Diverse and Successful Pathways to Your Career and Leadership

NOMIN Webinar
March 27, 2017

Twitter
@NOMIN_RDN
@Jonv_Nutrition
@NevaRDLD
@MiltonStokes
@MartyRDN
Moderator

Jonathan Valdez MBA, RDN, CSG, CDN, CCM, ACE-CPT
1) Explain the variety career pathways within the dietetic profession from veteran Registered Dietitian Nutritionists.

2) Describe one method how to become more involved with leadership within the Academy at the national, state, DPG or local level.

3) List one method to overcome obstacles on your journey to career success.
Speakers

Neva Cochran, MS, RDN, LD, FAND

Milton Stokes, PhD, MPH, RD, FAND
Speakers

Marty Yadrick, MBI, MS, RDN, FAND
Neva Cochran, MS, RDN, LD, FAND

Nutrition Communications Consultant, Dallas, TX
Was Becoming a Dietitian My Destiny?
My Path to Dietetics & Nutrition

“Work for a food company”
B.S. Dietetics & Nutrition

Dietetic Internship
Presbyterian Hospital of Dallas
Clinical Dietitian, Westgate Hospital
Denton, Texas
M.S. Nutrition
Texas Woman’s University
Career Progression

Presbyterian Hospital

Instructor, Texas Woman’s Hospital

Associated Milk Producers
Nutrition Consultant: 1989 - Present

- Outpatient Cardiac Rehab 1990 – 2003
- Audits International 1994 - 1996
- Woman’s World Magazine 1994 – 2014
- Egg Nutrition Center 1996 – present
- The Female Patient 1997 – 2002
- Coca-Cola Company 2003 – 2007
- ADM-Kao Enova Oil 2005 – 2008
- Maximum Fitness Magazine 2006 – 2011
- California Raisin Marketing Board 2008 - 2010
- Corn Refiners Association 2008 – 2015
- American Beverage Association 2013 – 2017
- Calorie Control Council 2014 – present
- National Cattlemen’s Beef Assn. Speakers Bureau 2014 - present
- Monsanto 2014 - present

Short-term: Mazola, Solae Soy, Cherry Marketing Institute, Borden, Nutrilite, Texas Beef Council, Subway’s Fresh Fit meals launch, Fresh Express Salads, Lean Cuisine’s Lean on Me program, Clementines from Spain, National Dairy, Board’s Milk Mustache Campaign, DFW Chinese Restaurant Association, ZuZu Restaurants, August Moon Restaurants, Expert witness for two law firms
**Woman’s World Diet Club**

**Lose weight eating any time you want!**

We’ve all heard that anything you eat after 7 p.m. turns into fat. No way, say researchers in Oregon, who found that eating more of your calories at night was no more likely to make you gain weight than eating them earlier in the day. Why? “We knew burning calories all night,” explains Shannon George, R.D. “So, to lose weight, just eat fewer calories then you burn each day.” Why has eating at night gotten a bad rap? “Because people tend to eat higher-calorie snacks while watching TV. Lose track of how much they’re eating and consume more calories than they should,” says the pro.

**Your slim trick**

Have an undeniable sweet tooth and instantly crave chocolate? But now, every time I get a craving, I eat a large sour pickle. The aftertaste is so strong, I can’t even think about candy or chocolate! This trick has cut my snacking so much, I’ve lost 2 pounds!

**Fig, Apple and Chicken Stir-Fry**

Loaded with fiber—not to mention flavor—this quick-and-easy entree is fancy enough for company and light enough for any diet!

**SAUCE**

1/2 cup low sodium chicken broth
1 tsp. sugar
1 tsp. soy sauce
1/2 cup water
1/4 tsp. red pepper flakes
1 tsp. salt
1/4 tsp. black pepper

**To make the sauce:**

1. Heat chicken broth, water, salt, pepper, and sugar until blended.
2. Stir in soy sauce, red pepper flakes, and black pepper.
3. Stir in vinegar and bring to a boil.

**TO SERVE**

1. In a large skillet, heat oil over medium heat. Add chicken, onions, and apples to pan. Cook until chicken is no longer pink and juices run clear.
2. Toss vegetables with sauce and stir until well blended.
3. Serve over rice or noodles.”

**Breakfast**

**STAY SATISFIED AND ENERGIZED ALL DAY**

Fuel your brain and keep hunger pangs away for good.

**MEAL PLANNER**

**BREAKFAST**

Healthy Eating Mississippi

[Image of a breakfast menu]
Experience shows me that leadership opportunities arise when you are doing what you were meant to do, especially when you are passionate about it.

Sylvia Escott-Stump, MA, RDN, LDN  “Leadership with a Little ‘L’”  JADA 2011;111(8):1109
My Professional Leadership Path

• **North Texas District**: Founding Member, Secretary, Community Nutrition Chair

• **Dallas District**: President & various Board positions

• **Dietetic Educators DPG**: Area Coordinator & Newsletter Editor

• **Texas Academy**: President, Delegate, State Media Representative & many other positions

• **Academy of Nutrition and Dietetics**: Media Spokesperson, House of Delegates & Executive Committee, Foundation Board & Chairman, Board of Directors, Member of Positions, Diversity, Finance, Nominating & Member Value Committees
Leadership Highlights

Texas Dietetic Association President
First strategic planning workshop using the national Academy strategic plan as a template & professional facilitator

Academy Media Spokesperson
~600 interviews in 7 years on radio, TV, newspaper and magazines across the country

Foundation Chair
Involved in planning for pilot of the RDN nutrition coach program in Kansas City schools, the forerunner of the Kids Eat Right initiative
Legislative Highlights

• As Dallas President-elect actively involved in successful 1983 bid for Texas dietitian licensure, first state in the country

• Led meeting with U.S. Congressman Pete Sessions to secure his co-sponsorship of the 2007 MNT Bill, which was subsequently passed.

• Organized a child nutrition workshop for parents with my Texas State House Representative, Carol Kent, with presentations by RDNs in 2010

• Served on Public Health Advisory Committee for Texas State House Representative, Stefani Carter 2012 - 2014
Each of us has within us the power and the responsibility of leadership. How we use this power and fulfill our responsibility is up to each of us.

Sylvia Escott-Stump, MA, RDN, LDN
“Leadership with a Little ‘L’”
JADA 2011;111(8):1109
“I never set out to be a leader in child nutrition; however, because I truly believe that school nutrition plays such an important role in the lives of our children and ultimately our community, it has driven me to take a strong leadership role in advocating for a healthy environment in our schools.”  **Dora Rivas, MS, RDN, SNS**

“Even though I am not the smartest dietitian or the one who has been treating eating disorders the longest, I am one who has been ‘out there.’ Out there is not always a safe or comfortable place for me to be, but I believe that it has been worthwhile for me and for the populations I serve. I would have been just as happy to be a follower, but there just wasn’t anyone out there taking the path that made the most sense for me.”  **Jessica Setnick, MS, RD, LD, CEDRD**
Leadership is not about winning

Leadership is about leading
And Serving

- Preceptor to 90+ dietetic interns since 2003
- Mentor to Tracy Williams, young member in Chicago with a physical disability, helping her with writing and speaking projects and encouraging the Academy to address issues related to members and students with disabilities
- Co-liaison for Central Dallas Area of Northeast Region of Texas Academy of Nutrition & Dietetics
Most Effective Leadership Traits

• being committed to being the best
• encouraging input from others
• being open-minded
• not micromanaging others
• being a “calculated risk” taker
• having futuristic thinking
• keeping the whole picture in mind, not just your own sphere of influence

Sylvia Escott-Stump, MA, RDN, LDN “Leadership with a Little ‘L’” JADA 2011;111(8):1109
Milton Stokes, PhD, MPH, RD, FAND

Director, Global Health & Nutrition Outreach
Monsanto

HOD Director-Elect
Career Thoughts

- If you can’t find a career you love, create it.
- Knowing what you don’t want is as helpful as knowing what you do want.
- Ask more questions.
- Say “Yes”! Doesn’t matter if you have done it; matters if you can do it.
- Have fun!
Milton’s Journey

It Started With Food And Family
Milton’s Pathway

1. Ann’s Country Kitchen
2. BS Dietetics
3. Dietetic Internship
4. Yale University School of Medicine
5. Yale-New Haven Hospital
6. Clinical, Freelance Writer
7. MPH
8. Private Practice, Per diem
9. PhD
10. DI Director
11. Professorship
Be Opportunistic – A Conversation Can Change Your Career

“Should GMOs be labeled?”

Outreach Through Network to a Colleague
By working for a company that contributes to food and nutrition security, I am honoring my mom’s work.
What I’ve Learned in My Journey Should Apply to Yours

• Choose the area of practice that resonates with you
• Build networks – Academy of Nutrition and Dietetics
• Take risks, be bold – failure only happens if you don’t learn anything
• If something interests you, explore it
• Share what you know – write a book or a blog, engage with media, take the stage

• Align yourself with people you admire because they will push you to find your greatness and provide support when needed.
• Did I mention have fun?
Marty Yadrick, MBI, MS, RDN, FAND

Director of Nutrition Informatics
*Computrition, Inc.*

Chair-Elect
*Academy Foundation*
My career pathway

- Clinical dietitian for first 9 years
- Worked on MBA during that time
- Administrative Officer for university dietetics department based at a medical center
- Moved to Southern California and was hired by Computrition
- Took “10x10” introductory biomedical informatics course
- Completed Master of Biomedical Informatics degree
Areas of Practice

1. Clinical
2. Community
3. Consultation & Business Practice
4. Food & Nutrition Management
5. Education
6. Research
7. Informatics
“The intersection of information, nutrition and technology”

Sept 2010 Nutrition Informatics Committee (drafted by Dr. Nancy Collins)
Volunteer roles

• District: Public Relations Committee, President, Treasurer

• State: Secretary, VP of Practice Council

• DPG: SCAN Symposium Chair, SCAN Chair

• Academy: Media Spokesperson, Delegate, Committee Chair (Diversity, Nutrition Informatics Committee), Treasurer, President, Foundation Chair-Elect
Becoming more involved

• Join your district dietetic association, DPGs and MIGs
• See how you can help – fill a volunteer vacancy, run for office

• Do your job! Don’t be a “resume padder”!
• Follow through!
Overcoming obstacles

• If it’s what you want, keep going for it!
• Don’t be afraid to fail
• Losing an election doesn’t mean that you’re not highly qualified

• Be patient – you may end up taking a job that’s not your first choice but that will give you much-needed skills for advancement.
• And on another note: Start saving now!
Don’t forget to give back!
Questions?

15 Minutes
Moderator: Jonathan Valdez MBA, RDN, CSG, CDN, CCM, ACE-CPT
E-Mail: Jonathan.a.valdez@gmail.com
Instagram/Twitter: Jonv_Nutrition

Speakers:
Neva Cochran, MS, RDN, LD, FAND
E-mail: nevacochnarnd@aol.com
Twitter: @NevaRDLD

Milton Stokes, PhD, MPH, RD, FAND
E-mail: milton.stokes@monsanto.com
Twitter: @MiltonStokes

Marty Yadrick, MBI, MS, RDN, FAND
E-mail: myadrick@computation.com
Twitter: @MartyRDN