



**GRACE Y. FADIN,
MS, RDN, CDN**

**System Director of Nutrition at
NYC Health and Hospitals**

CONTACT ME

[Grace Y. Fadin](#) 

Getting Started

What was your first job as an RD?

- As a relief RD at the VA in Salt Lake City

How did you first get into Nutrition Informatics? What sparked your interest?

- Working on Project Improvement/Quality Assurance

What education or training helped you most?

- My Research background, working as a research assistant in Academia Sinica and University of Utah.

What was your biggest challenge breaking in, and how did you overcome it?

- Collecting meaningful data with limited resources. Reading research papers to understand meaningful metrics and knowing the right people to work with to make it happen.

Day-to-Day & Key Skills

What is your current role?

- System Director of Nutrition at NYC Health and Hospitals

What does a typical day look like for you?

- Help the system to improve quality care of nutrition for our patients/residents and modify business plan based on the whole picture from collecting meaningful data and analyzing data to come out meaningful plans.
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Must-have technical skills (software/tools):

- Epic, excel, google form, google sheet, powerpoint, canva, ChatGPT, video editor

Beyond tech, what other skills are essential in this field?

- Able to use simple chat/picture to tell the story

Has AI impacted your day-to-day work? If so, how?

- Not day-to-day work however will use it sometime if doable since can't use too much AI because of HIPPA.

Resources and Tips

What resources do you swear by for learning?

- Google, chatGPT, Youtube

What's one key tip for someone trying to get into Nutrition Informatics?

- Starting a quality assurance/project improvement to improve patient outcome then get hands-on with data tools (remember to get data from tool not manually).

How do you stay updated on the latest trends?

- Read research papers and willing to test/try new apps, especially take chances to learn from your dietetic interns (new generation)
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The Impact

What do you find most rewarding about working in nutrition informatics?

- Instead of helping one patient at a time, you get to design systems and workflows that influence hundreds or thousands and taking messy dietary, clinical, or foodservice data and organizing it into dashboards or decision-support tools that actually change practice.
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Can you share a project you're proud of and its impact?

- Improving Malnutrition Care Score to reduce 30 days Readmission Rate. Use equity data to target the right population (elderly , food insecurity, and substance abuse) on continuing care after discharge from the hospital. Pull malnutrition revenue/30d readmission/length of stay impact to help recognize works from registered dietitians.
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