



Religion

a member interest group of the

Academy of Nutrition
and Dietetics

Annual Report

June 1, 2019–May 31, 2020

Respectfully Submitted by,

Jessica Pearl, MS, RD, CSCS, CLT, CDN, FAND
RMIG Past Chair

Website: <https://rmig.eatrightpro.org/home>

Facebook: <https://www.facebook.com/RMIGMuslimsubgroupcommunity/>

Instagram: <https://www.instagram.com/religionmig/> (@religionmig)

The Religion Member Interest Group (RMIG) of the Academy of Nutrition and Dietetics is pleased to present its members with the 2019-2020 Annual Report.

Established in August 2017 as the first faith-based Academy Member Interest Group (MIG), the Jewish Member Interest Group (JMIG) and Muslims in Nutrition and Dietetics (MIDAN) merged to form RMIG with the main purpose of providing a resource and forum for religious diet education and community sharing. Building on an already impressive record of accomplishments by each individual group, together they have accomplished remarkable growth and development since their establishment to further expand RMIG’s reach and role in Registered Dietitian competence with religious diets. With plans to include additional religions, the Christian subgroup has since joined.

The Religion MIG has been characterized by a dedicated Executive Committee and member volunteer efforts that further strengthen the group. In alignment with the Academy’s mission of "a world where all people thrive through the transformative power of food and nutrition", RMIG has actively embraced this idea as they continue to establish themselves as the experts of nutrition in the religious realm.

Noted efforts continue toward cultural advocacy initiatives on Ramadan and Halal eating as well as Jewish and Christian religious diet stipulations to help equip colleagues in the dietetic community with the cultural competency and practical proficiency needed to advance and thrive professionally in an increasingly diverse society.

Furthermore, in alignment with the Academy’s vision to “accelerate improvements in global health and well-being through food and nutrition”, RMIG volunteers led educational activities in tandem with several health organizations to help raise nutrition awareness and improve long-term health outcomes within the Muslim, Jewish, and Christian communities.

Outlined within the report are the four fundamental goals upon which RMIG was founded, and activities throughout 2019-2020 that have brought the group closer to achieving them.

Membership

We continue proactive outreach, highlighting member benefits and opportunities. At closing of the 2019-2020 membership period, RMIG had 293 members.

Status	Total
Active	204
International	3
Life	3
Retired	27
Staff	10
Student	46
Total	293

Revenue	\$2,220
Expenses	\$3,329
Excess/Deficit	\$719
Reserves	\$10,445
Reserve %	154%

Executive Committee

RMIG Leadership for the 2019-2020 year:

Chair: YaQutullah Ibraheem Muhammad, MS, RDN, LD
 Past Chair: Jessica Pearl, MS, RD, CSCS, CLT, CDN, FAND
 Secretary: Mariah Haroon, RDN
 Professional Development Chair: Hiba Hamadeh, MMedSci, RDN
 Diversity Liaison: Lisa Brown, PhD, RD, LDN
 Nominating/Awards Chair: Bushra Islam, RDN
 Newsletter Chair: Mary Angela Niester, MPH, RD
 Newsletter Editor: Elizabeth Abbey, PhD, RDN, CDN
 Webinar Chair: Kelly Moltzen, OFS, MPH, RD

Executive Committee Meetings

The Executive Committee (EC) holds monthly calls on the fourth Wednesday of every month.

The EC meeting during FNCE® 2019 congregated on Saturday, October 26 at 1:00PM at the Philadelphia Marriott Downtown Room 404. Present were Yaqutullah Ibraheem Muhammed, Jessica Pearl, Bushra Islam, and Kelly Moltzen, Lisa Brown, Rita Brummett, and Kaylen Hickman.

Food & Nutrition Conference & Expo™ (FNCE®) 2019 Philadelphia, Pennsylvania

Events

- Spotlight Session: Feasting and Fasting: Nutritional Guidance During Religious Observances
- RMIG/NOBIDAN Multicultural Awards Dinner Celebration
- DPG/MIG Showcase

Pictures from the DPG/MIG Showcase, RMIG/NOBIDAN Multicultural Awards Dinner, and Spotlight Session at FNCE® 2019





RMIG Ramadan Toolkit

RMIG's Ramadan Toolkit was made available for sale at the Academy's online store for members and non-members to aid educators in providing healthy eating recommendations during Ramadan in their communities. Additionally, the toolkit has been approved for providing 2.5 Continuing Education Units, approved for CPE level 1 and learning codes 1040, 4010, 8015. The Ramadan Toolkit is now available for purchase via the following link: [Ramadan Toolkit](#)

Newsletters/Electronic Communication

RMIG Communication and Social Media: RMIG's electronic mailing list, Facebook (RMIGcommunity) and Instagram [@religionmig](#) continued to offer RMIG members the opportunity to connect, network, and support each other in an online forum. Upon joining RMIG through the Academy, the community can continue to flourish via outreach from our social media outlets.

RMIG Website and Member Only Resources: The new RMIG website is up and running for almost a year now and can be accessed at <https://rmig.eatrightpro.org/home>. The website continues to include the resources and discussion board from the previous webauthor page, in addition to notably expanded content and "Members Only" sections. While the website is a resource for all, RMIG members are granted free access to benefits including archival information and documents.

Leadership Opportunities: RMIG offered new leadership and other volunteer opportunities throughout the 2019-2020 year for members to enhance their professional skills while also supporting the community's focus. Opportunities included:

- Executive committee members
- Social media committee members
- Newsletter contributors and editor

RMIG's newsletter, *Food, & Faith Conversations*, continues publication quarterly. Members receive a copy electronically and they can also be accessed RMIG website. The newsletter includes articles exploring nutrition and religion, RMIG community activity reports and upcoming events, member spotlights, recipes, and other educational and informational content. Member contribution is encouraged via article/recipe submissions and/or positions on the newsletter committee.

RMIG Mission and Goals

Mission: Bringing together nutrition professionals of diverse faiths to lead efforts for optimizing health and well-being through food and nutrition. Accelerate improvements in global health and well-being through food, nutrition, and religion.

Goal #1: To provide a forum in which food and nutrition professionals working with the Muslim, Jewish, Christian communities (including those communities which RMIG may also encompass in

the future) may network with one another and develop professionally.

RMIG provides a number of benefits to support its members in their growth as both professionals and individuals. Activities and accomplishments included in this report detail how RMIG progressed towards this goal during the 2019-2020 membership year.

Goal #2: To increase diversity within the dietetics profession by promoting careers in dietetics within the Christian, Jewish and Muslim communities and providing a mentorship program for students and new dietetic professionals.

RMIG strives to support students and recent graduates to succeed as they start their careers. Examples of the work RMIG completed in the 2019-2020 year towards this goal are included below.

Educating Muslim Youth and College Students: RMIG members continue to educate middle and high school students on an individual basis as well as at local community and mosque events about careers in dietetics and the educational requirements to achieve.

Mentoring: RMIG Executive Committee officers provided mentoring and support to RMIG students through Facebook, email, and phone. Areas of mentoring included preparing for supervised practice applications, overcoming challenges with internship and job interviews/opportunities while wearing the Islamic dress, or *hijab*.

FNCE® Student Stipends: RMIG provides opportunities for funding of stipends for student members to attend the Food & Nutrition Conference & Expo™.

Goal #3: To serve as a resource for and to increase nutrition awareness within faith-based communities.

RMIG members participated in events and formed relationships during the 2019-2020 year to increase nutrition awareness in religious communities. RMIG offers Nutrition Outreach and Education grants for members who are providing nutrition education to a faith based community.

In addition to the events related to healthy eating during Ramadan using the Ramadan Toolkit materials, RMIG dietitians and students provided nutrition education on diabetes prevention, National Nutrition Month®, weight management, and MyPlate for youths and adults in the various faith-based communities.

Goal #4: To serve as a resource for and to disseminate factual information to members of the public, other dietitians and healthcare professionals, and organizations desiring better understanding of Muslim, Jewish, Christian, and other religious dietary practices.

RMIG collaborates with Health Ministries Association (HMA): to include the dietitian as an important component of a faith-based health promotion/faith community nurse program. RMIG collaborated with the Diabetes DPG and Sports, Cardiovascular and Wellness Nutrition DPG to create fact sheet resources.