

*Transcription: Translating Opportunity to Impact
October 7, 2023*

Demetrius Willis, MS, MBA, RDN, LDN: Nutrition is important to me because I've seen how it can heal people both emotionally and physically, even spiritually.

LCDR Kibbe Brown, MS, RDN, CDE: People have the power to enjoy good health. They simply have to understand how to choose from the choices they're given.

Luis Gonzalez, MS, RDN: Dietitians always want to make a positive difference, and that energy is translating to the opportunity to impact thousands of lives.

Eunice Troupe, MS, RDN, LDN: I want to be that person. I want to help as many people as possible in however long a time that I have.

Gonzalez: I work in nutrition communications and I specifically, the core of my job is to educate other healthcare professionals and in particular registered dietitian nutritionists, and just give dietitians a confidence to educate their patients and clients in making informed food decisions.

Willis: I'm the senior dietitian and nutrition education coordinator for the Nutrition Services Department, and that's with the Women, Infant and Children program. And through that position I have, there's so many ways I'm able to impact the community.

Troupe: As soon as I became a dietitian, my first job was here at Saint Mary's Hospital as the inpatient dietitian. Just knowing that the impact I'm having on my community keeps me going every day. I love my job.

Brown: I serve in the US Public Health Service as the Registered Dietitian Nutritionist, and I think dietitians can empower their patients to make better choices, to enjoy healthy foods and to live a good life.

Willis: The reason why I love the feel the dietetics is because it's so versatile. I can go to elementary school to talk to young kids about the benefits of health. Later on that day, I can mentor teenagers, and to give them hope that things can be better. Let's talk about how they can.

Troupe: We have a very large population of underserved and there's such a need to see a dietitian. It drives me to make a difference. I screen the entire hospital, ICU, round consults, and then I see patients for whatever nutrition deficiencies they may have. It's a multifaceted job.

Gonzalez: My favorite part of being a dietitian is working with other dietitians. We come together and share different areas of expertise, creating educational programs... so by us

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providing credible information, consumers can continue to have a trust in the work that we do as a profession.

Brown: As a registered dietician, the population I serve are Native Americans. We come from a tradition of excellent health and excellent nutrition, and it's really only recently that we've seen losses in our health related to changes in our diet and lifestyle. And my role as the nutritionist is to help awaken the people back to how we can regain our health through supporting our bodies with great nutrition.

Willis: Bad habits, food misconceptions... these get passed down from generation to generation, so it's up to us as dietitians to take that initiative. And if we can teach them when they're young, from there they can institute change.

Gonzalez: In every place where food or nutrition is being discussed, there should be a registered dietitian nutritionist part of the conversation.

Brown: Human health is so fragile, and it's an honor to be able to serve and work with Native Americans and to work in the community where my family is from.

Troupe: Food heals you, so that that makes me feel happy about what I do.

Willis: It's a good feeling to know that of all the professions that there are, I'm in one that actually makes a difference.