**New Jersey Academy of Nutrition and Dietetics - Nominating Committee**

**Candidate Biographical Data Form: Ballot 2023-2024**

**Position:** Region 2 Nominating Committee

**Name and Credentials:** Shailja Mathur MS., M.Ed., RDN **Academy Membership #: 1043252 Address:** Rutgers Cooperative Extension of Somerset County

**Phone: (c)**   **(w) work** **Email: mathur@njaes.rutgers.edu**

**Education including route to registration: (Dietetic Internship, Coordinated Program) List Name and Date**

Dietetic Internships

*Sodexo, Allentown, PA, Dietetic Internship* August 2009 - August 2010

*Old Reformed Church Assisted Living, Old Bridge* June 2010 - August 2010

*John Brooks Long Term Care Recovery Center, Freehold* February 2010 - May 2010

*Raritan Bay Medical Center, Perth Amboy/Old Bridge*September 2009 - February 2010

Rutgers, The State University of NJ August 2006 - May 2009

Didactic Program in Dietetics (GPA 3.93/4.0)

University of Bridgeport, CT January 1997 - September 1997

Master of Education, (GPA 3.98/4.0)

**List Academic Institution and Date of Degree:**

Rutgers, The State University of NJ August 2006 - May 2009

Didactic Program in Dietetics (GPA 3.93/4.0)

University of Bridgeport, CT January 1997 - September 1997

Master of Education, (GPA 3.98/4.0)

Hartford Graduate Center, CT August 1995 - May 1996

Database Management Courses

National Institute of Information System (NIIT) August 1991 - August 1992

Associate degree, Computer, and Information Systems

Banaras Hindu University, India September 1989 - August 1991

Master of Science, Foods, and Nutrition (GPA 4.0/4.0)

University of Allahabad, India April 1986 - July 1989

Bachelor of Science, Home Economics (GPA 4.0/4.0)

**Professional Experience (Maximum: list most recent positions, maximum of 4):**

**Assistant Professor/FCHS Educator** July 2023 - present

*Rutgers Cooperative Extension of Somerset County*

**Senior Program Coordinator** October 2015 - June 2023

*Department of Family and Community Health Sciences, Rutgers Cooperative Extension*

**Senior Project Administrator for Indirect Education and Networks**

September 2010 - September 2015

*Department of Nutritional Sciences, New Jersey* *Supplemental Nutrition Assistance Program Education* (NJ SNAP-ED/EFNEP), Rutgers Cooperative Extension (RCE)

**Senior Program Coordinator for NJ SNAP-ED Support Networks & Middlesex County**

**SNAP-Ed/EFNEP** March 2007 - August 2009

*Department of Nutritional Sciences, Rutgers Cooperative Extension*

*Supplemental Nutrition Assistance Program-Education (formerly known as The Food Stamp Nutrition Education Program)*

**Professional/Volunteer Activities: (ACEND, DPG, NJAND, other professional groups) List Year**

Stanford CARE Nourish Advisory Board 2023- present

Diabetes Sisters Women of Color Advisory Group 2022 - present

Board Member (elected), Middlesex County Health and Wellness Council 2018 - present

Diabetes Sisters (PODS) Leader, National Non-profit 2017 – present

Member, Advisory Committee, SATHI, Rutgers Medical School 2015 - present

Treasurer, NEAFCS, NJ Chapter 2016 - 2018

Member, Advisory Committee, Sodexo Allentown Dietetic Program 2012 - 2018

Co-Chair, The Association of SNAP-Ed Nutrition Network Administrators 2013 - 2015

Co-Chair, Fundraising Committee, New Jersey Dietetic Association (NJDA) 2010 - 2012

Co-Chair Social Marketing Division, SNEB 2007 - 2014

**Honors/Publications**

**Most Valuable Partner Award (MVP) from Healthier Middlesex** **Consortium** 2022

The award recognizes partners that have gone above and beyond with assisting in efforts to execute activities and objectives within our Community Health Improvement Plan (CHIP). Served on the Board of Community Health Needs Assessment (CHNA) and served stakeholders with programs to improve their health and well-being. Healthier Middlesex Consortium serves Middlesex and parts of Somerset County

**NJAES, RCE Mary Jane Willis Diversity Award** 2019

The award recognizes outstanding efforts and accomplishments in achieving and sustaining diversity in Extension organization, programs, and audiences.

**NEAFCS Mary. W Wells Memorial Diversity Award** 2018

The award recognizes outstanding efforts and accomplishments of individuals or teams in diversity pluralism for any Extension Family & Consumer Sciences program or activity. Recognized with national and regional 1st place awards for the nutrition-focused Stroke Awareness Program in collaboration with Rutgers Medical School Team

**Elizabeth T. Roth/Mildred. Sangree Fellowship Award** 2018

National Extension Association of Family and Consumer Sciences - New Jersey Affiliate. The award is presented to promote awareness of the profession and the excellent work the recipient has completed.

**Best Innovative Initiative for the South Asian Health Awareness about Stroke Study** 2016

American Association of Physicians of Indian Origin - (AAPI USA) recognizes programs with innovative interventions that serve the Indian population residing in the United States

**Publications**

Satagopan J, Dharamdasani T, **Mathur S**, “ Lessons Learned from community-based recruitment for the South Asian Breast Cancer Study during the Covid-19 pandemic” (Published 11/23 PLOS ONE)

Visaria A, Dharamdasani T, Gaur S, Singh V, **Mathur S**, Varghese C, Demissie K, “Effectiveness of a Cultural Stroke Prevention Program in the United States - South Asian Health Awareness About Stroke “Journal of Immigrant and Minority Health August 2020

Preston P, **Mathur S**, “Intermittent Fasting for Weight Loss and Metabolic Health - Is it Effective?” Visions, Volume 34, Issue 2 2022

French A, **Mathur S**, “All About Fiber” Visions, Volume 32 Issue 1 2020

**Mathur S**, “What can you do with Seasonal Allergies: A Food as Medicine Approach” Acupuncture Yoga Magazine Fall 2017

Chin J, **Mathur S**, “Nuts for NUTrition” Visions, Volume 34, Issue 1 2017

Khan S, **Mathur S,** “Fiber: We all need It” Visions Volume 28 Issue 4 2016

**Membership/Organizations:**

Epsilon Sigma Phi 2022 - present

National Extension Association of Family & Consumer Sciences (NEAFCS) 2015 - present

Academy of Nutrition and Dietetics (AND) 2008 - present

New Jersey Dietetic Association (NJDA) 2008 - present

Association of SNAP-Ed Nutrition Network Administrators (ASNNA) 2009 - 2015

Society of Nutrition Education and Behavior (SNEB) 2003 - 2014

**Statement for Office** *(please write why you would like to be considered for this position, etc.)***:**

During the past 22 years, I have served Rutgers University and Rutgers Cooperative Extension (RCE) in various staff/faculty positions. This NJDA position presents an opportunity for me to advance my passion for service, education, and collaboration, to serve the dietetic community. I have listed a few highlights of my career journey that support my candidacy for this position:

It has been one of my career ambitions to improve the health of the communities I serve. I have been able to serve in various leadership positions to advance the profession and mentor the new generation of interns. Throughout my career, I have focused on chronic disease prevention and support interventions; worked with diverse communities using evidence-based nutrition and wellness education; and developed food access initiatives. At this point in my career, I am ready to offer more service in a leadership capacity.