

# Congratulations Leslie Anders, MS, RD, CDN, recipient of the 2010 Aramark Fellowship

By Denice Ferko-Adams, MPH, RD, LDN

The Weight Management DPG Fellowship, sponsored by ARAMARK, was created to support the professional development of one registered dietitian (RD) to engage in a service learning project that promotes healthy lifestyle changes in the population. The project objective includes creating a tangible product, program, or outcome that furthers weight management and the RD's ability to effectively promote healthy lifestyle changes in a population. The Fellowship is designed to be a year-long project that is expected to take approximately 15% of a RD's professional time and a stipend of \$10,000 is provided.



Leslie Anders, MS, RD, CDN

Leslie Anders received an MS in Nutrition from New York Medical College, is a Registered Dietitian and Certified Dietitian Nutritionist, and has been an adjunct professor of nutrition at Westchester Community

College. She has been in private practice in Westchester, New York for over 14 years and has been a member of WM since its inception seven years ago. She provides nutrition counseling to patients for a Scarsdale-based pediatric medical group, and regularly works with a wide range of children, adolescents and adults in the areas of weight control, healthy lifestyle modification, cholesterol abnormalities, diabetes, hypertension, eating disorders, IBD, IBS, food sensitivities/allergies, and eating disorders, among other conditions. She is presently a member and nominating chair for the Westchester Rockland Dietetic Association, a local affiliate chapter, and is the nutrition advisor for her school district's wellness committee.

Ms. Anders acted as a research coordinator for a study that facilitated weight loss in adolescent girls at The Children's Healthy Heart Center at Columbia/New York Presbyterian Hospital, where she worked with participants and developed assessment tools. She has also acted as a co-facilitator and program nutritionist at the Dean Ornish Reversing Heart Disease Program at Beth Israel Hospital in New York City. On behalf of the American Heart Association, she has created a "Functional Foods for Health and Healing" seminar and administered it to a large corporation in New York. She also developed and implemented an interactive program for high school seniors to introduce strategies for good nutrition and eating habits during their college years. Ms. Anders wrote several sections of the Readers Digest book, *The Healing Powers of Vitamins, Minerals and Herbs*; was a contributing author for the American Nutraceutical Association book, *Nutraceuticals: The Complete Encyclopedia of Vitamins, Minerals Herbs, and Healing Foods*; and has written numerous articles for *Natural Living Today* magazine as well as other publications and newspapers. Leslie has been a member of Community Supported Agriculture for 15 years, well before it was fashionable!

## IDEA for Teenage Girls

Ms. Anders has structured a project aimed at helping to reduce obesity among 14 to 18 year-old girls in an ethnically diverse and economically depressed school district by focusing on effectively improving their eating

and exercise habits, as well as providing education, counseling and guidance to them and the influential members of their environment – their parents/caregivers and the food service providers in their school. This "three prong" approach provides separate and appropriate support to the primary participants (the female students) as well as their integral supportive "team" members through the use of an "IDEA" program – Incentives, Demonstrations, Education (and evaluation) and Assessment (and appreciation for healthier lifestyles). The student/participants in the program will receive interactive group education at the school as well as periodic individual counseling. Separate and interactive meetings will be provided to parents/care givers that will include nutrition education (mirroring what the students are taught), skills and exploring local resources. The head chef/food director at the high school will be given a stipend to attend 1-4 classes at a cooking school such as the Natural Gourmet Institute (NYC) focusing on either vegetarian cooking techniques and/or basic healthy food preparation methods for students in order to provide them with healthy but tasty options for breakfast and lunch.

