

# Public Health Registered Dietitians Meeting Jefferson County's Diverse Nutritional Needs

Residents of Jefferson County might not always like what they hear from one of the 7 JCDHE Nutrition Services dietitians, "Skip the vitamin water and go for a glass of cold water with a multi-vitamin instead" ... "balance your intake with physical activity" ... "breast feeding is best," but they can count on getting sound scientific nutritional education and information.

March 11, 2009 is National Registered Dietitian's Day and offers all of us an opportunity to recognize the important work of dietitians and nutrition educators in our communities. The dietitians' complex specialties make for an interesting and diverse menu: nutrition for children with

special needs; obesity prevention; diabetes management; failure to thrive; pregnancy and prenatal nutrition; breastfeeding; anemia; sports nutrition; coronary heart disease prevention.

JCDHE's Nutrition Services Program is comprised of the federally funded Womens, Infants and Children Program which provides nutrition education and supplemental food prescriptions for a monthly caseload of 7,950 Jefferson County residents and the Community Nutrition Program which offers nutrition education to schools, community partners and the public. These public health community nutritionists are committed to meeting the nutritional health needs of Jefferson County.

## JCDHE's Community Nutritionists:



### Judy Fowler, BS, MS, CNSC

- BS in Food and Nutrition from North Dakota State University
- MS is Masters in Non Profit Management from Regis University
- CNSC - Certified Nutrition Support Clinician

I have worked for over 30 years as a dietitian specializing primarily in nutrition for Children with Special Needs. My background includes private practice, Dietitian at the Wheat Ridge Regional Center, and Nutrition Services Director at a rehabilitation hospital. Currently, I am involved with DDRC/Early Intervention program, care coordinator/nutrition consultant for the Health Care Program for Children with Special Needs and WIC in Jefferson County. In addition, I consult with the Jefferson Center for Mental Health Wellness program and Clear Creek County Prenatal Plus Program.

**Accomplishments include:** 2007 Provider of the Year for DDRC; Past-president of Jeffco First Steps (children with special needs from birth to age 3); Chair of the Systems Oversight committee for TRIAD (organization to facilitate collaboration in childhood services for ages birth to age 8); presenter at several state conferences on topics of Children with Special Needs and Specialty Formulas; participation in several practice groups through the American Dietetic Association.  
**Contact Judy: 303-239-7146 or [jfowler@jeffco.us](mailto:jfowler@jeffco.us)**



### Margaret Lees Roldan, R.D. M.S. C.L.C

- B.S. Dietetics and Human Nutrition from CSU
- M.S. Management of Food Service Systems from CSU
- Certified Lactation Consultant
- Certified in Adult Weight Management through the American Dietetic Association (ADA) and the American Council on Exercise (ACE)

I have worked with JCDHE Nutrition Services for the past 16 years working with the WIC Program, Prenatal Plus program, Heart Wise program and other community nutrition programs. I am currently the co-chair of the Jefferson County Child Protection Team.

Professional Organizations include: Colorado Breastfeeding Taskforce, American Dietetic Association, Colorado Dietetic Association, Eating Disorder Professionals of Colorado

**Contact Margaret: 303-239-9581 or [mleesrol@jeffco.us](mailto:mleesrol@jeffco.us)**



## **Martha Gooldy Garcia, R.D., C.L.C.**

- B.S. Colorado State University in Food and Nutrition
- Certified Lactation Consultant

Associations: American Dietetic Association (ADA); Colorado Dietetic Association; ADA Pediatric Practice Group

I have been with JCDHE Nutrition Services for the past 18 years working with both the WIC and Community Nutrition programs. In addition, I coordinate the Growth Clinic, a multi-disciplinary team working with children who are failure to thrive or whose growth is faltering. I am also in private practice in Fort Collins where I consult with local pediatricians, teach classes and provide

home visitation for children with special medical needs. Past-president of Denver Dietetic association, member of American Dietetic Association and the Pediatric Nutrition Practice Group.

**Contact Martha: 303-275-7519 or [mgooldy@jeffco.us](mailto:mgooldy@jeffco.us)**



## **Kelsey Bennett, R.D.**

- B.S. Culinary Nutrition from Johnson & Wales University
- A.A.S. Culinary Arts from Johnson & Wales University

I have been employed by JCDHE Nutrition Services in their WIC Program since October 2008. Currently, I work in the Lakewood and Arvada offices providing nutrition related counseling for WIC and individual referrals. I help coordinate dietetic interns during their community nutrition rotations. Past Denver Dietetic Association Fundraising Chair

Associations include: Colorado Dietetic Association, Denver Dietetic Association, American Dietetic Association Behavioral Health Nutrition Dietetic Practice Group

**Contact Kelsey: 303-239-7139 or [kbennet@jeffco.us](mailto:kbennet@jeffco.us)**



## **Kim Phillips, R.D., C.L.C**

- B.A. - Food, Nutrition and Dietetics - University of Northern Colorado.
- Certified Lactation Consultant
- Breastfeeding Peer Counseling Coordinator

I have been employed by JCDHE as a Dietitian for 9 years and a practicing Public Health Dietitian for 11 years. Specialities include providing Breastfeeding counseling and nutrition counseling for WIC, Prenatal Plus and other community programs and referrals. I also coordinate the Breastfeeding Peer Counseling Program and the Jefferson County Breast Pump Program.

Associations: American Dietetic Association; Colorado Dietetic Association; Denver Dietetic Association

**Contact Kim: 303-275-7520 or [kphillip@jeffco.us](mailto:kphillip@jeffco.us)**



## **Lisa Wall, R.D.**

- B.A. - Food, Nutrition and Dietetics - University of Northern Colorado.

I have practiced public health nutrition for the past 17 years and have been working with JCDHE Nutrition Services for the past 3 years. My background includes working in Prenatal Nutrition, Infant and Child Nutrition, and Special Needs Nutrition.

Professional organizations include: American Dietetic Association; Colorado Dietetic Association; Denver Dietetic Association; Pediatric Nutrition Practice Group

**Contact Lisa: 303-275-7505 or [llwall@jeffco.us](mailto:llwall@jeffco.us)**



## **Sara Lemley, R.D., M.P.H., Nutrition Services Supervisor**

- M.P.H. from University of Michigan
- B.S. Dietetics, Purdue University

I have been the Nutrition Services Supervisor at JCDHE for 21 years. For 15 of those years I sponsored the County Employees Food Drive

- Executive Board member of the Mountain Resource Center
- Past-Board member Colorado Public Health Association
- Past-president of the Denver Dietetic Association

**Contact: 303-239-7117 or [slemley@jeffco.us](mailto:slemley@jeffco.us)**