**HARTFORD REGISTERED DIETITIAN NUTRITIONIST SARAH BOURQUE BECOMES 2015-2016**

**PRESIDENT OF the CONNECTICUT ACADEMY OF NUTRITION AND DIETETICS**

SIMSBURY, CT, July 14, 2015 – Registered dietitian nutritionist Sarah Bourque, began her one-year term as the new president of the Connecticut Academy of Nutrition and Dietetics (CT Academy), the state affiliate to the world’s largest organization of food and nutrition professionals.

“My goal as President is to further establish the Connecticut Academy of Nutrition and Dietetics as Connecticut’s go-to resource for professional learning, support, and promotion for didactic students, registered dietitian-nutritionists (RDN), nutrition and dietetics technician, registered (NDTR), and other healthcare professionals,” said Sarah. “I hope to accomplish this by adding additional value to CT Academy membership through new learning opportunities, providing resources to students pursuing didactic internships, and promoting the RDN/NDTR as the food and nutrition experts in the media.”

Sarah is a registered dietitian with Karelia Health, an employee wellness company that works with businesses throughout the United States to prevent and reverse heart disease through its cardiovascular disease risk-reduction program. She is also the coordinator of a Kids Eat Right grant project with Middletown Public Schools.

In her previous position at the State Education Resource Center, she served as the co-director of Connecticut’s USDA Team Nutrition and HealthierUS School Challenge grants, where she assisted child nutrition programs throughout the state improve student access to high-quality school meals. Sarah has also served in the clinical field as an inpatient dietitian and has managed a part-time private practice.

Sarah earned her B.S. in Dietetics, M.S. in Allied Health Sciences, and Certificate in Health Promotion and Health Education from the University of Connecticut. While earning her M.S. at UCONN, Sarah served as a research assistant and the project coordinator for a school wellness project in thirteen Connecticut schools.

Sarah has been a Connecticut Academy of Nutrition and Dietetics board member since 2010, where she served as State Policy Representative and Consumer Protection Coordinator. She was awarded the “Recognized Young Dietitian of the Year” by the Connecticut Academy of Nutrition and Dietetics in April, 2013.

Assisting Sarah is her term as CT Academy President are the following Executive Committee members:

President-Elect: Ellen Liskov

Council on Professional Issues (CPI) Chair: Nancy Ryan

Delegate: Tina Dugdale

Member-at-Large: Lisa Zarny

Secretary: Emily Pomykala

Treasurer: Carol Casey

Public Policy Panel Chair: Jessica DelVecchio

Media interviews with Sarah Bourque can be arranged by calling 203.667.0241 or by email at

[meghanflynnpr@gmail.com](mailto:meghanflynnpr@gmail.com). Photos are available on request.

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**About the CT Academy**

The Connecticut Academy of Nutrition and Dietetics serves the public through promotion of optimal nutrition, health, and well-being.As the leading advocate of the dietetic profession in Connecticut, our membership includes Registered Dietitian Nutritionists and Dietetic Technicians, Registered as well as students and retirees of the profession. Chartered by the Academy of Nutrition and Dietetics, the CT Academy is committed to serving the public in the state of Connecticut, while supporting activities at the national and international level.

There are currently 951 active members in the state of Connecticut. Practice areas include business/industry, communications, consultation and private practice, community nutrition, culinary, diabetes care, education, food and nutrition management/administration, gerontology, hunger/environmental nutrition, long-term care, nutrition support, oncology, pediatric, renal nutrition, research, school nutrition, sports nutrition, weight management and wellness/prevention.

For more information visit [www.eatrightct.org](http://www.eatrightct.org), follow us on **Twitter** @EatRightCT, find us on [**Facebook**](https://www.facebook.com/pages/Connecticut-Academy-of-Nutrition-and-Dietetics/59108970597) and check out our blog at [www.EatRightCTWordPress.com](http://www.EatRightCTWordPress.com).

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