

STUDENT MEMBER SPOTLIGHT:
MATHILDA JOHNNY
LAFAYETTE DISTRICT

What type of work setting/area of concentration did you specialize?

I'm a Nicholls State University Dietetic Intern at present.

What are your hobbies?

Cooking, movies, and talking to dietitians about why they truly love the area of dietetics they are in.

Why do you think continuing education is important for dietitians?

Because they need to stay abreast of current MNT and practices for all of the disease states.

What is your fondest memory of LDA?

The annual conventions, I always learn so much and network with dietitians from all areas of dietetics.

What makes you an exceptional dietitian?

I hope my well-rounded education and accomplishments as a student will make me an exceptional future RD.

Who is the person who has inspired you the most?

My grandparents. We ate garden-fresh veggie and fruits, farm-raised livestock and drank rain water.

Briefly describe a patient who has touched you.

A 73 year old female whom I had to do a diet prescription for of a renal/diabetic diet. She had so much courage and faith for how sick she was.

How has dietetics changed/what is the biggest change since you first entered the field?

Dietitians are finally able to charge in increments for MNT and diabetes education.

What is your favorite food/recipe?

Anything with the ingredient shrimp!

What do you like best about being a dietitian?

That I will be an intricate and important person towards a healthier USA.

Name the accomplishment you are most proud of.

I'm most proud of accomplishing getting accepted into dietetic internship, as competitive as it is.

Anything else you would like to share with our members about yourself.

The current childhood and adolescent pandemic problem we have really bothers me. I feel if we mold healthy eating habits in our children, they will then generate a "domino effect" for generations to come where their children, grandchildren, great-grandchildren will eat healthy from childhood to their senior years. If healthy eating is all a child knows, they will become a healthy adult, who will have healthy children, etc.

