

# A Unique Approach to Diet and Nutrition



Riva Touger-Decker

Professor and Chair, Department of Nutritional Sciences Professor and Director, Division of Nutrition

## CURRENT RESEARCH

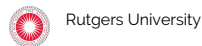
Improving employee health, increasing health-related quality of life, and informing dietitians

Diet and nutrition are very important aspects of our everyday life, and adults who spend the majority of their waking time in their workplace are at risk. In fact, two thirds of American adults are considered obese, and it is becoming increasingly necessary for them to have accessible resources and interventions to reduce health risks and maintain healthy lifestyles. Dr. Riva Touger-Decker, Professor and Chair of Nutritional Sciences at Rutgers University School of Health Related Professions, tackles this prevalent yet underestimated problem -- and more -- in her interprofessional, multilevel research. An expert in diet and nutrition, she researches three critical aspects of nutritional science: 1. cardiometabolic outcomes in individuals in workplace; 2. oral health and diseases related to diet; and 3. dietetic education. From a unique and original perspective, Dr. Touger-Decker develops protocols for interventions that will not only help promote wellness and decrease obesity in the workplace, but also revolutionize the way dietitians and dentists administer comprehensive care to patients.

The association between diet and oral health may not come readily apparent, but it is one that is rather intrinsic and important; the mouth is the gateway to food and nutrition, so anything that impacts the integrity of the orofacial region can potentially impact diet and nutritional well being. In collaboration with Tel-Hai Academic College and the Ministry of Health in Israel, Dr. Touger-Decker and her team looked at the impact of education and training of both students and health professionals like dietitians in nutrition focused physical exams (NFPE) of oral cavity and dysphagia screening. The Israel Ministry of...

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## AFFILIATION



## EDUCATION

- M.A. and PhD in Clinical Nutrition 1983, 1992. New York University Department of Nutrition and Food Studies
- B.S. in 1978. State University of New York College at Buffalo

## AWARDS

- Fellow, New York Academy of Medicine, 2012
- Excellence in Research Award, 2008
- Award for Process Improvement as Member of the School of Dental Medicine, 2003
- Excellence in Dietetic Education, 2003
- Award for Excellence in Medical/Dental Nutrition Education, 2003
- and 2 more...

## RESEARCH AREAS

Life Science, Cardiovascular, Metabolic / Diabetes, Oncology / Cancer

## FUNDING REQUEST

Your contributions will help support Dr. Riva Touger-Decker of Rutgers University as she tackles diet and nutritional well-being from a unique perspective. Donations will help fund \$150K/year supporting personnel and resources for dietetic education research, \$300K/year for oral health/disease research, and \$100K/year for feasibility pilot study to health improve diet, nutritional and cardiometabolic health and the quality of life for US employees; fund Dr. Touger-Decker.