

IDEA Collective: July 2025

Congrats to the New RDs!!

Celebrating new Registered Dietitians

The summer for many RD2Bs is a stressful one, as they study and take the dietetics exam and transition from supervised practice to independent credentialed professionals, including our very own Jennessa Sharratt!

CONGRATULATIONS to Jennessa Sharratt, MCN, RD, and every new Iowa RD. We welcome you! To celebrate new RDs and promote equity, Jennessa, an IDEA team member and new RD, answers a few questions about her journey, and we will end with some IDEA resources.

Tell us about your journey to becoming a registered dietitian.

I initially wanted to become a critical care dietitian, until an RD mentor encouraged me to keep an open mind and let myself discover other interests. Since then, I've learned that I love the food industry, food service management, and of course, still critical care. I will be starting my career in clinical nutrition, but the beauty of our profession is that the possibilities are endless and I can learn new skills if I set my mind to it!

What setting will you be working in, and what are you most looking forward to?

I will be in a regional acute care hospital. I am excited for my role to include both ICU and Med/Surg patients so I can get a well-rounded experience as a young RD!

How do you plan to promote and support Inclusion, Diversity, Equity, and Access as a dietitian?

I decided on this path at age 13, during an early era of "clean eating" fad diets. At that age, I was getting creative in the kitchen for the first time and didn't realize the broader implications of these internet trends. Over the years, I've become invested in how problematic nutrition ideology like this is, because it separates those who have many resources from those who may be struggling to consistently get food on the table. Coming to this realization has been pivotal in my understanding of how impactful our voice can be as nutrition professionals.

What is one piece of advice or truth you would like to share with the dietetics community?

To students, keep showing up for yourselves every day! You will be so proud to claim your credential someday. Every evidence-based paper you have to write, case study you have to analyze, and MNT exam you have to take will be worth it when you see the difference you are making in people's lives.

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