



**Virginia Quick, PhD, RDN**

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**Contributing author:**

**Chapter 11: “A Needs Assessment Is Essential for Audience-Focused Communication”**

**Chapter 12: “Use Behavior Change Theories to Create Effective Communication”**

**Chapter 38: “Measure Success with Testing and Evaluation”**

**Chapter 41: “Nutrition Communicators Publish Research in Peer-Reviewed Journals”**

With almost 15 years experience as a Registered Dietitian Nutritionist, researcher and teacher, Dr. Quick is well versed on the importance of communicating nutrition in the dietetics field. In collaboration with colleagues, she has published over 70 manuscripts in peer-reviewed nutrition and health journals that have made valuable scientific contributions. Dr. Quick’s research is focused on the etiology and prevention of obesity and disordered eating behaviors, community nutrition interventions, and program assessment and evaluation across the lifespan. In her current role as the Rutgers DPD Director, she integrates communicating nutrition concepts into her courses taught at both the undergraduate and graduate level in the effort to enhance student learning and performance.

**What led you to contribute your time and expertise to writing *Communicating Nutrition*?**

I was very excited to hear that this book was being written as there is nothing else like it out there in the marketplace. When I was asked to contribute, I jumped at the opportunity as I knew the potential impact it could have on current and future nutrition communicators and wanted to be a part of this valuable contribution to the nutrition and dietetics field. It was great being able to collaborate with other experts in the field and share our expertise based on our prior knowledge and experiences.

**What is the impact you hope this book, and specifically the portion you helped write, has on the profession of nutrition and dietetics?**

I hope this book will provide the tools and guidance individuals need to advance their nutrition communication skills using evidence-based practices. Additionally, it would be wonderful to see this book being utilized in the classroom as part of the dietetics curriculum.

**Connect with Virginia:**

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