



MURIEL BOWSER
MAYOR

November 15, 2022

The Honorable Phil Mendelson
Chairman
Council of the District of Columbia
John A. Wilson Building
1350 Pennsylvania Avenue NW, Suite 504
Washington, DC 20004

Dear Chairman Mendelson:

In accordance with section 2 of the Confirmation Act of 1978, effective March 3, 1979 (D.C. Law 2-142; D.C. Official Code § 1-523.01), and pursuant to section 202 of the District of Columbia Health Occupations Revision Act of 1985, effective March 25, 1986 (D.C. Law 6-99; D.C. Official Code § 3-1202.02), I am pleased to nominate the following person:

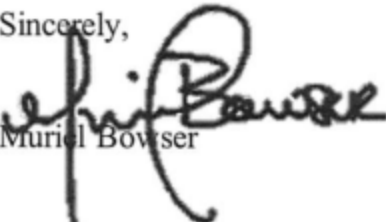
Ms. Njeri Jarvis
Texas Avenue, SE
Washington, DC 20020
(Ward 7)

for reappointment as a licensed dietitian in the District member of the Board of Dietetics and Nutrition, for a term to end March 12, 2025.

Enclosed you will find biographical information detailing the experience of the above-mentioned nominee, together with a proposed resolution to assist the Council during the confirmation process.

I would appreciate the Council's earliest consideration of this nomination for confirmation. Please do not hesitate to contact me, or Steven Walker, Director, Mayor's Office of Talent and Appointments, should the Council require additional information.

Sincerely,


Muriel Bowser



Chairman Phil Mendelson
at the request of the Mayor

A PROPOSED RESOLUTION

IN THE COUNCIL OF THE DISTRICT OF COLUMBIA

To confirm the reappointment of Njeri Jarvis to the Board of Dietetics and Nutrition.

RESOLVED, BY THE COUNCIL OF THE DISTRICT OF COLUMBIA, That this resolution may be cited as the “Board of Dietetics and Nutrition Njeri Jarvis Confirmation Resolution of 2022”.

Sec. 2. The Council of the District of Columbia confirms the reappointment of:

Ms. Njeri Jarvis
Texas Avenue, SE
Washington, DC 20020
(Ward 7)

as a licensed dietitian in the District member of the Board of Dietetics and Nutrition, pursuant to section 202 of the District of Columbia Health Occupations Revisions Act of 1985, effective March 25, 1986 (D.C. Law 6-99; D.C. Official Code § 3-1202.02), for a term to end March 12, 2025.

Sec. 3. The Council of the District of Columbia shall transmit a copy of this resolution, upon its adoption, to the nominee and to the Office of the Mayor.

Sec. 4. This resolution shall take effect immediately.

Njeri Kai Jarvis

Professional Summary:

I am a driven, reliable, self-motivated, detail oriented, Registered Dietitian/ Nutritionist and Herbalist dedicated to the idea of using food and herbs as medicine for health. I have extensive experience in the field of nutrition and herbal education, working well collaboratively and independently, managing projects and respecting deadlines. My degree in Medicinal Herbs and Internship, researching and writing for the American Herbal Pharmacopeia under the supervision of its director, Roy Upton, allows me to critically evaluate pharmacological and historical research and its clinical relevance. I can translate the science of nutrition and herbs from theory to practice in practical and fun ways. I am proficient **with** computers, regularly using Microsoft suite, Google Docs and software for virtual meeting, video and sound recording, as well as template web design.



I understand OSHA for supplements and GMP for Herbal products and have practical working knowledge of processing plant material into herbal products ready for distribution. I have a strong affinity for herbal agriculture and its promotion and am comfortable presenting educational material in numerous formats for a variety of audiences. I enjoy the role of educator and engaging people on the topics of nutrition, herbs, health and wellness. I have a Bachelor of Science in Nutrition and Dietetics with a minor in dance, a Graduate Certificate in Clinical Medical Herbalism, and additional graduate studies in sustainable agriculture and food systems.

I have a Master of Science in Herbal Medicine **with** an area of concentration on Product Design, manage the Culinary Demonstration Kitchen at Fresenius Medical Care -North America, Chillum, DC's joint venture clinic. I developed the curriculum, education and communication tools for the demonstration kitchen, designing the menu, producing the newsletter, adapting the recipes, procuring the food and equipment and conducting the bi-monthly food demonstration. In this position, I encourage individuals to take increased responsibility for their health behaviors by featuring herbs, foods and lifestyle strategies that open the door to usher in health and wellness.

I have a strong foundation in product management, product marketing and sales, creating product concepts, marketing strategies and website and funnel design. I have experience training teams on products and presenting to C-Suite level teams.

Professional Experience

Utopia WellCare

Vice President of Sales and Marketing Corporate Wellness

May 10, 2021 - Present
Washington, DC / Pennsylvania

Functional Nutrition and Wellness thought leader and industry subject matter expert in well-being and population health management. provide consultative support to sales partners and clients on Utopia WellCare's go to market wellness solutions. Lead the sales team in new business opportunities and external speaking engagements, championing Utopia WellCare's presence as a leader in well-being and support sales partners to help clients build a culture of well-being.

General Responsibilities:

- Product Designer and Manager/ Product Marketing Manager / Sales Lead - Utopia WellCare's Health in 6 Sessions Corporate Wellness Program
- Lead the market resource for our sales team supporting internal and external speaking engagements: Sales presentations, conferences, videos, webinars, wellness councils, requests for proposals, community initiatives, etc. as applicable.

- Lead the patient engagement education initiatives that involve weekly education, seasonal strategy guides, content marketing campaigns, surveys, analytics reports
- Support the acquisition of new business, by educating distribution partners (brokers/consultants) regarding Utopia WellCare's well-being strategy and approach.
- Lead organizational assessment conversations and other well-being subject matter expertise conversations with external clients
- Create and reviews well-being strategies for targeted clients. Developed the Nutrition and Wellness program, curriculum and marketing packaging.
- Reinforce learning on strategy development, tools and other wellness solution related topics with internal and external partners.
- Mentor and coach team members as well as lead onboarding / training of new hires, as applicable
- Provide Clinical nutrition services via on one consultation for patients via telehealth, virtual and on site means.
- Perform other related duties as assigned

Teladoc

Telehealth Registered Dietitian

April 2020 - July 2021

Washington, DC / National

Provided virtual electronic health record assessment, counseling and documentation with use of the nutrition care process, standardized terminology and appropriate forms. Provided evidence based medical nutrition therapy created customized nutrition treatment care plans. Provided nutrition counseling and education to optimize nutritional status, screening for chronic disease risk assessment when indicated. Actively remained abreast of the latest nutrition research, integrating new findings into plans and nutritional services.

Responsibilities and Duties

- Provided nutrition advice in accordance with company guidelines, state and federal laws and regulations
- Developed nutrition plans and implement interventions based on knowledge of patient's current health status and goals
- Continued to implement personalized and goal appropriate nutrition strategies with patient follow-ups and communication with physicians and other health care providers as needed.

Renal Dietitian Experience

Fresenius Medical Care – Chillum DC - Fulltime

Washington, DC October 2016 - April 2021

DaVita Health Care Inc. -Union Plaza

Washington, DC October 2014 – 2016

Mercy Medical Center Baltimore

Baltimore, MD Sept 2007 – Oct 2014

Founded, Operated and Managed the Home Therapy food demonstration kitchen, developing curriculum and the monthly newsletter as well as hosting wellness food therapy culinary events that focus on ***Food as Medicine***. Hired with Fresenius Medical Care's Chillum DC's joint venture clinic to run the nutrition component of the medical practice for Hemo-dialysis, Peritoneal dialysis and Home Hemodialysis modalities, providing complementary and alternative medical nutrition therapy in conjunction with standards of practice for medical nutrition therapy in renal;

- Manage the Comprehensive Assessment and Plan of Care Process for In- Center and Home modalities.
- Conduct initial and monthly nutrition assessments, writing problem centered progress notes and providing one on one patient counseling and education.
- Participate with health care team in ***Patient Assessment and Plan of Care***.
- Conduct monthly management of ***Mineral Bone Disorder and IV Vitamin D titration*** of Zemplar and Hecetrol and oral vitamin D for clinic/s. Assess and make recommendations for use and titration of Sensipar for issues with secondary hyperparathyroidism and hypercalcemia.
- Attend monthly ***Quality Assurance meetings***, compiling and presenting data on nutrition markers and overall nutrition progress of clinic
- Coordinate and conduct monthly patient and staff in-service group education presentations, lobby days and/or hands-on whole food healthy eating presentations, focusing on the goals of the renal diet and integrating the newest science and traditional methods to improve gastro-intestinal health. Maintain ongoing communication with healthcare contacts that provide additional support via lectures, demonstrations, and in-services on issues relevant to patient care.
- Act as ***liaison between pharmaceutical representatives and the clinic***, initiating paper work and other contact in order to obtain supplements, medication samples (with doctors' orders) and education materials for the clinic.

- **Designed and presented the power point presentation** outlining best practices for increasing patient participation in DaVita's (DaVita Rx) Pharmacy program for the Atlantic Stars Divisional DaVita Rx Pharmacy meeting held at Live Casino in Ann Arundel County Maryland. Received the highest score for effectiveness/best presentation in the seminar's feedback survey.
- **Broadened the Mercy supplement program**, for patients with low visceral protein stores and / or issues with underweight and failure to thrive, by introducing facility to and registering Patients with the Abbott Patient Assistance Foundation's supplement program. Increasing overall clinic supplement participation to 42% percent up from 10%.
- **Supervised Dietitian Assistant**, Bone Mineral Champion Patient Care Technician, A bumin Champion Patient Care Technician in developing tasks and materials in order to provide ongoing daily education and nutrition assistance
- **Conducted Anemia Management** for DaVita – Catonsville. Improved outcomes for Hemoglobin by 6-10 % with steady increase in the first quarter of starting anemia management.
- **Improved outcomes for Howard Street Clinic's Mineral Bone Disorder** from an initial score of 16 points in January 2008 to 21.5 points as of August 2008. Improved Howard Street Clinic's Phosphorus outcomes meeting goal by 14% from April 2008 (45% of Patients in range) to August 2008 (59.4% of Patients in range) via implementation of "Project Phosphorus" a team focused self-created education tool.
- **Improved Mercy Clinic's Calcium outcomes from 70% meeting goal to 95-100% consistently meeting goal** from month to month. Improved Phosphorus markers meeting goal from 55% of patients meeting goal to 80-86% consistently meeting goal from month to month by implementing multiple self-created team centered programs that focus on ongoing staff in-servicing and weekly one on one counseling of patients in addition to providing ongoing monthly low Phosphorus demonstrations. Improved Albumins ≥ 4.0 from 38% meeting goal up to 50% meeting goal and achieved and maintain Albumins ≥ 3.5 consistently $\geq 84%$ meeting goal by utilizing Abbott Supplement program and one on one monthly counseling.
- **Conducted Quarterly Health and Wellness Lobby Day Fairs with emphasis on improving GI health and overall nutrition utilizing functional nutrition and herbal therapies**. Created original education material for Mercy facility and provided sample renal friendly food based herbs that can be incorporated into daily routines to help assist GI health. Prepared sample spice blends bags gleaned from Dietitian Connection web site utilizing anti-inflammatory spices that could be used on poultry, fish, meat and more. Sample bags were provided to patients for home use and a food demonstration in house was conducted for in center sample.
- **Contributed original nutrition education materials** to the Bay City Lights Region 6 Albumin Binder for the kick-off push to improve overall albumin outcomes throughout the village and within Bay City Lights.
- **Improved Albumin (one of the main markers for mortality and morbidity)** outcomes at the DaVita Union Plaza clinic from 82% at start date in October 2014 to 95% meeting the goal by March 2015.
- **Served as the Point Person** for Union Plaza's for the Mid Atlantic Renal Coalitions (MARCS) Five Diamond Training
- **Present DaVita's Corporate Initiatives on Nutrition** for the Atlantic Stars Divisional Meetings for Dietitians (Topics: Albumin and Protein Stores; Eat Healthy: Today's Kidney Diet)
- **Contributed original content article** to the DaVita National Newsletter for print: Fall 2015

Maryland University of Integrative Health's Natural Care Center

Integrative and Functional Nutritionist & Sales / Marketing Presenter

Laurel, MD

2019 -2020

Provided Nutrition Care Management with a focus on Functional and Integrative Nutrition for outpatient clinics specializing in: Oncology, Endocrine/Diabetes, Hormone, Cardiovascular, Autoimmune, Gastro Intestinal and, Weight Management; Chronic Kidney Disease; Provided educational talks and health fairs. Educated patients about how to implement a holistic diet to help them regain their health from a multitude of problems

- Individual Nutrition Counseling: Provide high quality one-on-one nutrition counseling sessions using evidence based Medical Nutrition Therapy. Work to empower clients with personalized nutrition education and create a plan tailored to fit their goals, needs, lifestyle, likes and dislikes. Specialties of the practice include fertility nutrition, thyroid disease, PCOS, gastrointestinal conditions and eating disorders.
 - Developed and implemented nutritional strategies based on patient uniqueness/individual health history.
 - Developed educational materials to support and expand on nutritional recommendations.
 - Responded to requests from healthcare providers for current evidence for safe/effective use of integrative and functional nutritional therapies.
 - Developed workshops/classes in regards to nutrition for specific health issues
 - Developed workshops/classes and/or ongoing programs that target health/wellness topics.
 - Presented education and food demonstrations at multiple Health Fairs.
- Well versed in functional testing, Organic Acids Testing, Spectra Cell Lab test and DUTCH Testing, GI Map Testing, Cyrex food allergy testing and ZRT lab hormonal testing.

- Well Versed functional nutrition, current nutrition science research, supplementation and the nutrition industry, utilizing GMP Certified Supplement Dispensaries.

Adventist Home Health

Part Time Nutritionist/ Registered Dietitian

Silver Spring & Waldorf, MD

July 2015- February 2017

- **Administered Medical Nutrition therapy for Home Bound Patients**, assessing nutritional needs based on diagnosis and developed interventional plan and instruction to assist with supporting or changing long term behavior.
- **Provided instruction, education and counsel from a Functional Nutrition and Medical Herbalism point of view** for multiple diagnosis (Diabetes, Hypertension, Atherosclerosis, Renal, Cancer, Coumadin Therapy, Weight Management, Gastro-intestinal Health, Dysphagia, Appetite and Intake, Supplementation, Herbal and Vitamin/Mineral Therapy, Anti-inflammatory meal planning, meal planning for wound care visceral protein restoration)
- **Presented staff education**: created Diabetes Mellitus presentation with concurrent educational materials for staff, patients and families.
- **Improved diabetic and hypertensive outcomes**: I have a proven track record of improving glucose in Diabetes management via diet within 1-2 weeks and HgbA1c within a quarter and improving blood pressure control within similar time frames with diet and herbal interventions.

Kirov Academy of Ballet DC

Wellness Team Dietitian/ Nutritionist

Washington, DC

May 2015 - October 2016

- **Oversaw the management of the nutrition aspect of the student health improvement and wellness program** including design, planning, implementation, management, and evaluation. Developed and maintained a dynamic, comprehensive, data-driven nutritional wellness strategy. Developed and coordinated programs and strategies to promote student health and wellness. Created methods to evaluate program success. Evaluated aggregate health risk assessment data and surveys to determine priorities and types of health education programs needed.
Designed and implemented promotional and motivational wellness initiatives, managed incentives and coordinated activities.
- **Developed nutrition education curriculum along with education materials and food demonstrations**. Conducted the Nutrition education classes; administered individual Nutrition Assessment and Care Planning for students (identifying and addressing food allergies; propensities for eating disorders and general healthy eating and lifestyle methods from a Functional Nutrition approach and incorporating medicinal herbal therapy)
- **Created and initiated a survey/ assessment tool** (to be updated annually) to determine student's feelings around body image, nutrition, health and wellness and feelings regarding meals provided by the school to address and update the school's menu to better meet the needs of the students
- **Developed an alternative menu** for the school providing greater micronutrient content to support bone/ligament and joint health along with anti-inflammatory measures to support muscle conditioning. Introduced Food based vitamin and mineral support via Mineral Bone Broths and Herbal tea blends;
- **Collaborated with the Executive Chef and Contracted food service provider's** (Brock) Nutritionist along with the Kirov Director of operations in adjusting the menu to provide greater nutrient quality while accommodating student requests and desires. Created and Provided in service education for staff; Utilized the following wellness techniques along with diet education and instruction: Emotional Freedom Technique (EFT) strategies; labyrinth walking, oil pulling, Coloring Mandalas and grounding techniques)
- **Planned, discussed, monitored, supplychain activity** of food suppliers along with executive chef. Evaluated and tracked vendor prices, quality and delivery while monitoring logistics of herbal shipments. Ensured efficient delivery of service quality.
- **Created the Schools first "21 Day Winter Wellness Challenge"** (conducted February 20- March 5, 2016) as a means of increasing intake of the revamped menu, while encouraging healthy, easy meal planning and balanced intake. Solicited donated prizes for students with the first being 4 tickets to see New York City Ballet at the Kennedy Center. The first challenge had 40% participation and 25% completion with 4 winners and 12 students receiving certificates of recognition. The success of the challenge, resulted in a request for bi-annual challenges to be conducted.
- **Provided Group Health and Wellness Classes** and individual assessment, care planning and counsel based on whole foods nutrition and food based herbs addressing issues around body image, binge eating disorder, anorexia, bulimia, bone and joint health, gastrointestinal health, meal planning, food shopping, vegetarian meal planning, weight and size, health risks and benefits associated with established habits and behaviors
- **Identified and assisted students and parents manage and address issues related to "the well dancer" the** following issues: Food Allergies and Sensitivities, Underweight, Arthritis and other bone and joint issues, Asthma, General gastro-intestinal

disorders, hypothyroidism, utilizing multiple functional nutrition based approaches particularly vitamin, mineral, enzyme, probiotic and herbal therapies along with strong emphasis on the Specific Carbohydrate Diet, GAPS Diet, Body Ecology Diet and Elimination / Rotation diets.

- **Introduced Emotional Freedom Technique (EFT)** to students, staff and parents to assist with issues with related to anxiety as a means of encouraging self-directed relaxation.

Renal Advantage Inc. (Formerly Gambro HealthCare)

Renal Dietitian

Forestville-Clinton-Beltsville, MD

September 2002 – August 2007

Provided the nutrition component of patient care in accordance with company, state and federal policies, procedures and guidelines. Monitored labs and patient progress.

- Conducted initial and monthly nutrition assessments, writing problem centered progress notes and providing one on one patient counseling / education.
- Assisted health care team with patient care planning. Initiate quarterly short-term care plan meetings and renal osteo-dystrophy management.
- Attended monthly Quality Assurance meetings, compiling and presenting data on nutrition markers.
- Coordinated and conducted patient in-services, presenting in-center counseling and inviting guest speakers to discuss issues relevant to patient care. Acted as liaison between pharmaceutical representatives and the clinic, initiating paper work and other contact in order to obtain supplements, medication samples (with doctors' orders) and education materials for clinics.
- Created patient education materials (boards, posters, handouts)
- Improved outcomes in albumin from 85% meeting to 94% meeting standards within the Silver Hill Clinic; Improved outcomes with dialysis adequacy by 10-15% from 65%-70% meeting to 80%-85% of patients meeting, through consistent dry weight monitoring, counseling and updating in both Clinton (Southern MD Nursing Home) and the Beltsville clinics; Improved outcomes with PTH management by 30% in 2004 - 2005 at the Silver Hill Clinic

Bear Nutrition & Herbs

Founder / Owner

www.BearNutritionandHerbs.com

www.BNHwellness.com

Washington, DC / Hyattsville, MD

Feb 2001 – 2010 and July 2012 - Present

Develop and implement nutrition, health and wellness promotion programs for contracting companies and individuals. I have specialization creating health and wellness programs for dancers as athletes and artists, creating programs that engage dancers to develop lifestyles strategies and behaviors that support the physical and mental demands of professional dance students.

- **Presented** at the Saint Thomas More: Women's Health Symposium Breast Cancer Awareness at the Mary Virginia Merrick Center "11 Key Components of Health Supportive Eating Plans" June 3, 2017
- **Presented** at the National Kidney Foundation's Maryland Chapter Council for Renal Nutrition's annual meeting original research, "Is There Room for Herbs and Functional Nutrition in Renal" October 13, 2016
- **Provided Dance, Exercise and Nutrition services** for the following organizations: Jones-Haywood School of Ballet (DC), Oxendine Performing Arts Academy (MD), Kimble's Health and Fitness Center (MD), The Fitness Company / Sport and Health of Gaithersburg, PSI Inc. and John F. Kennedy High School - Montgomery County, MD.
- **Provided fitness and nutrition screenings, assessments, care planning and counseling**
- **Conducted nutrition classes, workshops** and food preparation demonstrations
- **Instructed ballet and modern dance classes**, Pilates mat classes, and Aerobic dance classes. Created original choreography for high school theater productions (Once on This Island and The Wiz). This choreography is still being used in current productions.
- **Created Education and Health Promotion materials** to meet the specific needs of the organization
- **Provided nutrition services for PSI's Golden Years Senior's Program** – group education classes for the Geriatric population
- **Renal dietary consulting for American Renal Associates**: Adelphi Clinic 2006 - 2009
- **Renal dietary consulting for Bon Secours Hospital** (Baltimore, MD) Hemo-Dialysis Clinic 2010; systematized the dietary program and trained their renal dietitian.
- **Have experience assisting clients manage and address the following issues**: Diabetes, Hypertension, Food Allergies and Sensitivities, Bipolar/Schizophrenia, Autism Spectrum Disorders, Obesity/Overweight, Underweight, Arthritis and other bone and joint issues, memory loss and mental fatigue/decline, early stage cancers, Sleep Apnea, Asthma, General gastro-intestinal disorders, hypothyroidism, utilizing multiple functional nutrition based approaches particularly vitamin, mineral, enzyme, probiotic

and herbal therapies along with strong emphasis on the Specific Carbohydrate Diet, GAPS Diet, Body Ecology Diet and Elimination / Rotation diets.

- Created Website and all marketing campaigns

Department of Treasury Fitness Center (Millennium Health and Fitness)

Washington , DC

Assistant Director

May 2001 - March 2002

Assisted in the management and daily operations of facility

- Instructed group fitness classes: Step, Kick Boxing, Body Sculpting, Yoga, Aerobic dance and Pilates Mat. Provided one-on-one personal training.
- Initiated and implemented the Aerobic Dance and Pilates Mat classes
- Conducted fitness screenings and assessments and developed individual fitness programs
- Created Nutrition Program: all forms and procedures for screening, assessment and programming; Provided individual counseling and group workshops; created educational literature for display and distribution

PSI Inc.

Washington , DC

Dietitian

September 1999 - April 2001

Provided medical nutrition therapy involving screening, assessing, care planning and counseling of moderate to high-risk populations (geriatric, school aged, MR/DD, substance abuse, cardiovascular, renal, diabetic, HIV, overweight / obesity). I assisted with the implementation of nutrition programs. Conducted nutrition assessments and counseling for clients / patients. I assisted develop and conducted in house nutrition classes for the Work Hardening Program
Provided clinical and community nutrition support to PSI counselors and staff

Education

Maryland University of Integrative Health, Laurel, MD

Master of Science in Therapeutic Herbalism: Product Design - December 2018

Maryland University of Integrative Health, Laurel, MD

Graduate Certificate in Medical Herbalism: Clinical Practice - April 2012

Howard University, Washington, DC

BS - School of Pharmacy, Nursing and Allied Health Sciences - May 1999

Major: Nutrition and Dietetics Minor: Dance

Tufts University - Friedman School of Nutrition Science and Policy

Graduate Course in the Certificate Program for Sustainable Agriculture and Food Systems - Sept 2014 - Dec 2014

Internships:

American Herbal Pharmacopoeia (AHP) (California & Wash, DC)

Maryland University of Integrative Health's Herbal Dispensary (MUIH) (Laurel, MD)

Providence Hospital (Washington , DC)

DC General Hospital (Washington , DC)

Howard University Hospital (Washington , DC)

Washington Home and Hospice (Washington , DC)

United Planning Organization (Washington , DC)

United States Department of Agriculture (Beltsville , MD)

Honors:

Howard University Trustee Scholar
National Teacher's Union Scholarship recipient
Fresenius Medical Care – NA Core Value Achievement Award 2017
Fresenius Best Award – Outstanding Dietitian – Capitol Region DC 2018

Certifications / Continuing Education Training / Memberships

Marketing / Sales

Thunderbolt Lead Generation Training (Google and Bing Algorithms) March 2022
Sales Pages & Funnel Development March 2022
CRM - Infusion Soft / KEAP Training - October 2021
Strong Brand Social Media Marketing - 2021
Running Successful Facebook Ads with A&B Testing- August 2020
Writing Good Sales Copy 2021, 2022
Wordpress 2017, 2018
WIX Web design 2018, 2019, 2020, 2021, 2022

Functional Nutrition:

SIBO Solution - Treating and Managing SIBO / IBS/ OBD - March 2022
Kharazzian Institutes - Autoimmunity Clinical Strategies and Treatment Applications - March 2021
Kharazzian Institutes - Gastrointestinal Clinical Strategies and Treatment Applications - May 2020
Kharazzian Institutes- Infertility, Prenatal Care, and Maternal Health Clinical Strategies and Treatment Applications - November 2020
Clinical Environmental Medicine - 2020
Dr. Terry Wahls - Protocol - 2015
Body Ecology - 2012

Dietetics / Food Service Management:

Prometric's Food Safety Manager Certification - 2019 - 2024
Registered Dietitian with the Academy of Nutrition and Dietetics - 2000 – present
Member of the International Association of Dance Medicine and Science - 2015 - 2020
Member of the Academy of Nutrition and Dietetics - 2017 – 2019

Integrative Health, Wellness, Nutrition

Pulse Diagnosis with Lonny Jarret, LAc - Laurel, MD 2016
Energetics of Food with Paul Pitchford - Laurel, MD 2013
A Top Down View of The Five Elements with Lonny Jarret - Laurel, MD 2013
Building, Managing and Marketing Herbal Practice with R. Notter and R. Payne - Laurel, MD 2012
Integrative Care for Autism Spectrum Disorder by Dr. Steve Cowan - Laurel, MD 2012
Exploring the Benefits of Fermentation C. Fischer and H. Yurukov - Laurel, MD 2012
Strengthening the Immune System for Winter Chris Webb - Laurel, MD 2012
Qi Gong Training - Laurel, MD - 2011

Movement / Activity / Exercise

Physical Mind Institute Method Pilates (Pilates Mat Instructor Training) - Bethesda, MD 2001
Cooper Institute for Aerobics Research (Personal Trainer / Health Promotion Certifications) Dallas, TX - 1999
Dance Institute of Washington - Dancer - Washington, DC 1993 – 1999
Jones-Haywood School of Dance (Capital Ballet) - Ballet Instructor / Choreographer - Washington, DC 1993 - 2003
Rosella Hightower Centre de Danse Intl. - Cannes, France 1993

Public Speaking

- Presented - 30 Day Detox Group - **BNH Wellness** - quarterly 4 week group program with 4 (60 minute) education classes from September 2020 - present
- Presented - Preparing for Vaccination: How to Build a Resilient Immune System and Home Natural pharmacy - **BNH Wellness** April 2021
- Presented - Preparing for Vaccination: How to Build a Resilient Immune System and Home Natural pharmacy - **Xi Omega Chapter of Alpha Kappa Alpha Sorority**, Washington, DC - May 2021

- Presented at the DaVita Rx Pharmacy Improving Outcomes Symposium – “Key Actions to improving enrollment and retention.” I was invited to speak based on my clinics above average outcome results of enrolling and managing the pharmacy to clinic prescription program October 2014
- Presented at the National Kidney Foundation's Maryland Chapter Council for Renal Nutrition's annual meeting original research, “Is There Room for Herbs and Functional Nutrition in Renal” October 13, 2016
- Presented at Adventist Home Health Staff Training “Integrative Nutrition Strategies for Managing Diabetes Mellitus” Staff Education November 2015
- Presented at the Fresenius Medical Care's Fall Social Worker and Dietitian Meeting, “Herbs and Functional Nutrition for improving digestive health in the Renal Population” October 5, 2017
- Presented at the Saint Thomas More: Women's Health Symposium Breast Cancer Awareness at the Mary Virginia Merrick Center “11 Key Components of Health Supportive Eating Plans” June 3, 2017
- Presented: Culinary Cooking Demonstration for Fresenius Medical Care North America's Chillum, DC Clinic, “10 Steps to Healthy Eating” June 15, 2017
- Presented: Culinary Cooking Demonstration for Fresenius Medical Care North America's Chillum, DC Clinic, “Summer is Here” July 20, 2017
- Presented: Culinary Cooking Demonstration for Fresenius Medical Care North America's Chillum, DC Clinic, “Healthy Snacking Ideas” August 24, 2017
- Presented: Culinary Cooking Demonstration for Fresenius Medical Care North America's Chillum, DC Clinic, “Supporting Immunity While Navigating the Sugar Holidays” September 27, 2017
- Presented: Culinary Cooking Demonstration for Fresenius Medical Care North America's Chillum DC Clinic, “Enjoying the Holidays” November 15, 2017
- Presented: Culinary Cooking Demonstration for Fresenius Medical Care North America's Chillum DC Clinic, “All About Sauces – Cooking without Salt” April 19, 2018
- Presented: Culinary Cooking Demonstration for Fresenius Medical Care North America's Chillum DC Clinic, “Managing Diabetes” May 24, 2018
- Presented: Culinary Cooking Demonstration for Fresenius Medical Care North America's Chillum DC Clinic, “Summer Grilling; Preventing Protein Energy Wasting” July 10, 2018
- Presented: Culinary Cooking Demonstration for Fresenius Medical Care North America's Chillum DC Clinic, “Revisiting Eating for a Healthy Lifestyle” October 18, 2018

Publications

- Publication: DaVita Dietitian Connection - National Newsletter – Spring 2015 “Decreasing Sodium Intake with Functional Foods: Consider homemade salad dressings”
- Publication: Fresenius Medical Care -NA – National Nutrition Newsletter (NNN) – “Digestive Support in CKD – An Herbal Perspective” – Winter/Spring 2018
- American Herbal Pharmacopoeia's (AHP) *Andrographis Paniculata* Monograph. Conducted the research and wrote 3 sections of the Monograph addressing Historical and Traditional Uses, the herb Commerce and Handling and Processing. Working under the leadership of Roy Upton – Executive Director. May 2018 - August 2018

Community Service

- Volunteer - United States Arboretum's Children's Garden; June 2018 – present
- Volunteer - United States Botanic Gardens – Medicinal Herbs and Mediterranean Herbs Exhibit August 2018
- Volunteered - ECO CITY Farm, Edmonston, Maryland, worked on local urban permaculture; March 2017 – June 2017

Professional Posts

- Washington, DC Board of Dietetics: Member 2022 - present
- Washington, DC Board of Dietetics: Member 2019 - 2022
- Secretary: National Kidney Foundation of the National Capital Area Council on renal nutrition November 2002-2003



Executive Office of the Mayor - Office of Talent and Appointments

John A. Wilson Building | 1350 Pennsylvania Avenue, Suite 600 | Washington, DC 20004

Njeri Jarvis



Njeri Jarvis, LDN, is a licensed dietitian and current member of the District of Columbia Board of Dietetics and Nutrition. She is the owner of BNH Wellness and the vice president of sales and marketing at Utopia Wellness.

At BNH Wellness, Ms. Jarvis develops and implements nutrition and dietary programs for contracting companies and individuals. At Utopia Wellness, Ms. Jarvis is the product designer and marketing manager in its Corporate Wellness Program. She leads the market resource for the sales team by supporting internal and external speaking engagements and leads the patient engagement education initiatives. She also provides clinical nutrition services via one-on-one consultations for patients. Prior to Utopia Wellness, Ms. Jarvis worked at Teladoc as a telehealth registered dietitian, where she provided virtual health record assessment and counseling.

Throughout her career, Ms. Jarvis has had extensive clinical experience working with patients on improving nutrition and overall health and wellness, including managing the Culinary Kitchen at Fresenius Kidney Care. Here she designed the menu, developed and adapted the recipes, procured the food and equipment, and conducted the monthly food demonstration.

A Ward 7 resident, Njeri Jarvis received a Master of Science in Therapeutic Herbalism from the Maryland University of Integrative Health, a graduate certificate in Medical Herbalism Clinical Practice from the Maryland University of Integrative Health, a certificate for Sustainable Agriculture and Food Systems from Tufts University's Friedman School of Nutrition Science and Policy, and a Bachelor of Science in Nutrition and Dietetics from Howard University.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

Executive Office of Mayor Muriel Bowser



Office of the General Counsel to the Mayor

To: Bryan Hum, Steve Walker
From: Betsy Cavendish
Date: October 12, 2022
Subject: Legal sufficiency review of Resolutions nominating Njeri Jarvis and Dr. DeAnna Nara as members of the Board of Dietetics and Nutrition

This is to Certify that this office has reviewed the above-referenced resolutions and found them to be legally unobjectionable. If you have any questions in this regard, please do not hesitate to call Vanessa Careiro, Deputy General Counsel, Executive Office of the Mayor, at 202-724-1303, or me at 202-724-7681.

A handwritten signature in black ink that reads 'Elizabeth A. Cavendish'.

Elizabeth Cavendish