



Sarah Haddadin



Nutrition Assistant I Food and Nutrition Services

- Years at Hoag: 1
- Pursuing a bachelor's in nutrition science
- Has a strong desire to become a registered dietitian
- Parents migrated from Jordan
- Before her family was financially stable, they lived in poverty. Mostly ate processed food
- At the age of 15, she was underweight and diagnosed with prediabetes. This motivated her to learn about the importance of health and nutrition
- Hopes to one day provide education to third world countries such as Jordan so the population will not have to face malnutrition

To Kingston Technology,

My name is Sarah Haddadin. I am currently pursuing a career in dietetics and possess a strong desire in continuing my education to become a registered dietitian.

Growing up, my parents decided to leave Jordan and migrated to the U.S. Since there is a difference in culture and language, there were some barriers. My family had to assimilate quickly. With limited communication, it was hard to adjust to the American lifestyle. Before they were financially stable, we had to live in poverty. When it came down to nutrition, we ate what was relatively inexpensive, which was mostly processed foods. Because of a lack of health education and poor diet, by age 15, I was underweight and diagnosed with prediabetes. This motivated me to learn the importance of health and nutrition. This is when I decided to pursue an education in nutrition.

Hoag has played a huge role in my life during the year I have been here. As a nutrition assistant, I have gained much knowledge and experience in my field, and I can't wait to be able to bring that same knowledge

here to Hoag once I become a dietitian. I want to encourage patients to take control of their health with clean eating and whole foods. One day, I hope to provide education to third world countries such as Jordan so the population will not have to face malnutrition. I hope to improve the longevity and quality of life among my community and communities all over the world. The surrounding community of Hoag is predominantly comprised of Latinos, who also suffer from poverty and malnutrition, and it would mean the world to me if I could help them with their nutritional needs. As a health care provider, it is important to take these factors into consideration to assess and treat patients properly. My role as a registered dietitian will involve designing meal plans, advocating healthy nutrition and providing nutrition therapy to our patients.

Sincerely,
Sarah Haddadin

