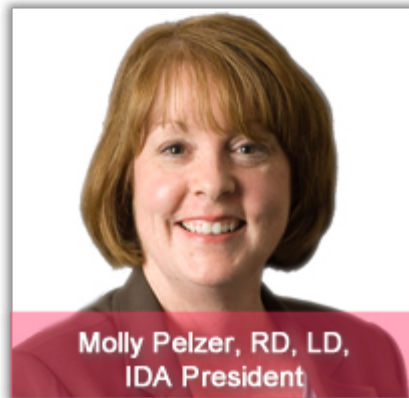


## President's Message...



What could we accomplish if we knew we could not fail?

☞ Eleanor Roosevelt



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I'd like to offer my thanks to every IDA member, especially the dedicated members of the IDA Board and Council for a fantastic year. I will fondly remember serving as IDA president and I'm very grateful to you for providing me this opportunity. I believe in the vision and mission of IDA and hold such respect for the members of the Association. As registered dietitians we do optimize the health of Iowan's and our dedicated leaders work diligently to empower all IDA members to be leaders in the area of food and nutrition.

We are very fortunate to have Monica Lursen as our IDA Executive Director. Her mentoring and coaching have not only helped me in my role as IDA president but have had helped me grow as a professional. I'm thankful for her passion to IDA.

As I pass the gavel to Jill Lange, I am confident the IDA Board and Council are poised for another great year ahead. I'm looking forward to slipping into the immediate past president's role and pleased that Lois Stillman will continue to be involved in IDA as she leads our media committee.

I'll look forward to continuing to enjoy working with IDA leaders in the future and invite you to get involved with your district association or IDA. Your aspirations for our profession and your willingness to share your time can help us accomplish anything – by working together we can't fail.

### Save for your 2011 Budget Planning File!

### The Iowa Dietetic Association Simplified Diet Manual 11th edition

Scheduled for release: winter 2011/12.

Anticipated price: \$54.99

New! Down-loadable handouts for most requested topics

**Why buy?** Written at the level dietary managers can understand and implement.

Reviewed and updated by Iowa Registered Dietitians.

Required by Dept. of Inspections and Appeals for LTC facilities in Iowa



## 2011 Iowa Dietetic Association Awards

Amy A'Hearn, RD, LD  
Chair, Awards Committee

**IDA** has a proud tradition of

recognizing dietetic leaders and the future of our profession through its awards and scholarship program. Each year outstanding nutrition professionals and dietetic students are recognized for their scholastic and professional achievements, leadership skills, and personal characteristics.

This year we had several nominations for many award and scholarship categories. The applicants were impressive and while many of the categories were

highly competitive, the following contenders were chosen as this year's recipients.

- IDA Medallion Award = Sandra Guise, RD, LD
- IDA Recognized Outstanding Dietitian of the Year Award = Molly Pelzer, RD, LD
- IDA Recognized Young Dietitian of Year Award = Lisa Nolting, RD, LD
- IDA GEM Award = KCRG

Congratulations to all of our 2011 recipients. They will be honored at the annual meeting this fall. Thank you to all applicants. Again, many of the award categories were very competitive this year. We are a state rich with outstanding nutrition professionals. We encourage you to nominate those you feel are worthy of recognition this upcoming year (application deadlines to be announced).

Each year IDA also accepts applications for up to three- \$600 scholarships for undergraduate students or interns that are members of ADA. The application form can also be found on the IDA website. Hurry, the application deadline is fast approaching, June 1, 2011. For more information, please contact Amy A'Hearn at [amy-ahearn-1@uiowa.edu](mailto:amy-ahearn-1@uiowa.edu), or 319-360-1217.

# DELEGATE'S REPORT SPRING 2011

Janice Fisher, RD LD PhD CDE BC-ADM

## The ADA House of Delegates met virtually on

April 30-May 1, 2011. Two Mega Issues were discussed using small group conference calls with reporting back to the entire group. I facilitated Table 8 which counted among its members Diane Douglas, RD, LD of New Orleans, a past IDA President, and Angie Tagtow, MS, RD, LD who represented the HEN DPG. One mega issue discussed was identifying and prioritizing new mega-issues for the HOD to discuss in the next few years. While not in final format, there was a lot of discussion about ADA needing to establish alternative pathways to become a Dietetic Professional. At the present time, about 50% of internship eligible students actually match to an internship. Another topic was the image and perception of the dietetic professional and the association. Another recommendation was the role of the dietetic professional in responding to climate, energy, and natural resources such as soil and water, to enable a safe and resilient food and water system.

The other mega-issue was a dialogue session regarding Market Place Relevance. A key goal of this dialogue was to recommend how RD's and DTR's could be more nimble, create opportunities, and be proactive.

Many suggestions were identified that individuals as well as ADA as our parent organization, could implement. The term "Nimble" was explained to mean being very responsive to change and to be

Flexible, fluent, and focused comes to my mind when I think of this term. One theme that came up frequently was that ADA, State Affiliates, and DPG's have a tendency to utilize a small group of professionals for many committees, task forces, etc. Including a broader range of dietitians/dtr's could help work occur more rapidly, and address more subjects during the same time frame. It would also help people build professional and leadership skills. Market Place Relevance discussions also included topics such as multidisciplinary teams, professionals or technology that threatens the scope of our practice, and a look at our competitors. The motion that HOD members will be voting on in late May, 2011 is the development of an Associate Member classification. ADA has spent considerable time on this subject and has put into the definition many limiting criteria. The cost for being an Associate Member will be 1.05% the cost of ADA membership for dietitians. They have defined the educational credentials to meet the requirements for associate member, and have limited the role that person can have in ADA and its affiliates. It appears that there is sufficient support in the HOD for this motion to pass.

I am planning my schedule to speak at IDA districts for next year. If your district is interested in me doing a presentation, please contact me at 319 594-0669 and we can discuss dates and potential topics. FNCE is September 24-27, 2011, with the HOD Fall meeting prior to it. FNCE is earlier than most years, so post HOD information will be available shortly after that time.

## Child Nutrition Reauthorization 2010

Ann Feilmann MS, RD, LD

**Every** 5 years Congress must reauthorize Child Nutrition Programs.

Child Nutrition Reauthorization (CNR) is never as simple as a yes vote to reauthorize, but viewed as an opportunity to improve aspects of the program or identify pilot projects that may demonstrate benefits for the future. The Healthy Hunger-Free Kids Act of 2010, signed into law by President Obama on December 13, 2010, is what the act to reauthorize child nutrition programs was named this time. Programs included in CNR are National School Lunch Program (includes meal and snack offerings at Breakfast and Afterschool), Summer Food Service Program, Child and Adult Care Food Program (CACFP), and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).

Full information on the Act can be found on the USDA Food and Nutrition Service web site. From the home page follow these clicks: > School Programs > Legislation (tan box on left) > Implementation of the Healthy Hunger-Free Kids Act. Due to the complexity of this Act, guidance for these sections will be coming from USDA during the next year or two. Guidance already released plus an implementation timeline is included in the information.

In this act there are over 70 sections that address specific items of child nutrition programs organized under three goals called "Titles" and one Title for miscellaneous. The Titles are: Title I - A Path to End Childhood Hunger; Title II - Reducing Childhood Obesity and Improving the Diets of Children; Title III - Improving the Management and Integrity of Child Nutrition Programs and Title IV - Miscellaneous.

Brief highlights of some of the nutrition related sections (check website for the details) of each title:

### **Title I – A Path to End Childhood Hunger**

102 –Foster children become categorically eligible which allows direct certification for free meals.

105 –A competitive grant program to encourage expansion of Breakfast Programs.

112 – Annually schools are to distribute information about summer feeding program in the area.

141 – Funding for childhood hunger research.

### **Title II – Reducing Childhood Obesity and Improving the Diets of Children**

201 –This is the section, which instructs the Secretary of Agriculture to develop regulations to update the meal patterns and nutrition standards of the school lunch program. The proposed rule based on the recommendations of the Institute of medicine (IOM) was open for a comment period, which ended April 13, 2011.

A final rule is expected winter of 11-12. Once the meal patterns/nutrition standards are finalized and a district is certified by the state to be in compliance, all reimbursable lunches will receive an additional 6¢ per lunch. This is different than the increases attached to cost of living increases. It is the first across the board increase to the base calculation for reimbursement in many years.

(Continued on page 6)



## ADA Public Policy What's Heating Up?

Teresa Nece, MS, RD, LD

**ADA** had three main legislative pieces on the agenda: the reauthorization of the Older Americans Act, the passage of the Medical Food Equity Act and the support of the Senate HeLP bill. Because of the intensity and the amount of time spent on the federal budget, not too much has happened on these bills. However, ADA is moving forward on issues important to members.

### **Older Americans Act (OAA)**

ADA is working on several fronts including asking the other major nutrition and aging organizations to co-sign a letter to the Congressional leaders to make this a priority, exploring having the North Carolina Dietetic Association host a reception for Representative Virginia Foxx, chair of the House subcommittee for this bill, leveraging our relationships with Senators Mark Kirk and Al Franken along with staying connected to Senator Tom Harkin's staff. ADA also is continuing to work with Healthy Aging (HA) DPG and Dietetics in Health Care Communities (DHCC) DPG. Finally ADA is continuing to assist the Administration on Aging to identify creative and innovative program ideas.

### **Medical Food Equity Act**

The Medical Food Equity Act now has been introduced in both chambers. Senators Kerry, Schumer, Menedez and Gillibrand introduced the *Medical Foods Equity Act of 2011* (S.311). The companion House bill (H.R.1311) was sponsored by Representatives Baldwin, Jackson-Lee, Johnson (GA), Johnson (TX), Polis and Wasserman Schultz. The links to the bills are <http://thomas.loc.gov/cgi-bin/bdquery/D?d112:2:./temp/~bdwPNR::/home/LegislativeData.php>

**Please encourage the Iowa Representatives and Senators to become a supporter.**

### **HeLP**

The HeLP America Act (S.174) introduced by Senator Tom Harkin aims to improve the health of Americans and reduce health care costs by reorienting the Nation's health care system toward prevention, wellness, and health promotion. A copy of the letter sent to IDA is included in this bulletin Issue.

### **New Bills on the Horizon**

#### **H.R.1382 - White House Conference on Food and Nutrition Act**

It has been more than 40 years since the last White House Conference in this area. The purpose of the Conference would be *"the President to call the White House Conference on Food and Nutrition to be convened in order to make fundamental policy recommendations on ways to end hunger and to improve nutrition in the United States"*.

#### **H.R. 531 Access to Frontline Health Care Act of 2011**

Representative Bruce Braley introduced this bill into House. This important bill would reduce health disparities by providing loan forgiveness to health practitioners including dietitians.

203 – Water will be made available to children free of charge in the area meals are served at school.

204 – Wellness policy updates.

208 –Instructs the Secretary of Agriculture to establish nutrition standards for all foods sold in school outside of the school meal programs. (This will be a national version of the nutrition standards in Iowa's Healthy Kids Act of 2008!)

(Continued from page 4)

## 210 – Organic Food Pilot Program

221 - Requires USDA to review and update nutrition standards and meal costs, and to publish proposed rules for CACFP.

223 - Funding to study nutrition and wellness quality of Child Care settings.

231 – Support for breastfeeding in the WIC Program.

241 – Nutrition Education and Obesity Prevention Grant Program.

243 – Grants to assist in implementation of farm to school programs.

**Title III – Improving the Management and Integrity of Child Nutrition Programs**

306 – Instructs the Secretary to establish a program of required training and certification for school food service personnel.

**Title IV – Miscellaneous**

This title deals mainly with extending dates and therefore extending programs and parts of the Richard B. Russell National School Lunch Act.



## Learn. Grow. Advance.

### Opportunities from the Center for Professional Development

#### Individual Online Learning Available (On Demand 24/7)

Are you looking for ways to complete your individual CPEUs? If so, did you know that the Center for Professional Development brings educational opportunities right into your home or office and allows registrants the ability to learn at their own pace, at their own time and at their own convenience? The online modules are easy to use and new programs will be added throughout the year. Registrants have access to their e-learning modules for 30 days from the date of purchase and can bookmark courses to return to and complete at a later time. The following includes base pricing and the current listing of courses. Bookmark the link below and check back periodically as new courses should be added monthly.

\$19 ADA members\*\* \$49 Nonmembers

\*\*ADA members must use a coupon code to receive the discounted rate when registering for the program. The price will adjust to \$19 after you apply this member discount code. Here are the programs currently available:

- Nutrition (Diet) Order Writing and Hospital Privileges
- PubMed Tutorial — Free for ADA Members
- Vegetarian Approaches to Type 2 Diabetes
- Current Perspectives on Sodium and Health: The Salty Evidence

- *Achieving Cultural Competence: An In-Depth Overview and Applications in Dietetic Practice*
- *Healthy Land, Healthy Food, Healthy Eaters: The Role of Dietitians Cultivating Sustainable Food Systems*
- *Revolutionizing Meal Delivery: An Opportunity for Culture Change in Long Term Care*

#### Online Certificate of Training Programs

- **NEW!** *Prevention Strategies for Childhood Obesity: What Every Registered Dietitian Needs to Know* (3 Modules)

#### Teleseminar Schedule—Upcoming Events

- *Three Months Post MDS 3.0: Now What?* (January 20)
- *Food-Borne Outbreaks and Recalls* (February 24)
- *Payment Received...Experts Share Strategies for MNT Billing Success* (March 23)
- *FDA's Gluten-Free Rulemaking: Implications for Your Clients with Celiac Disease* (April 7)
- *Culturally-Competent Care: Skills for Achieving Dietary Compliance across Cultural Lines* (June 23)

Be sure to visit [www.eatright.org/cpd](http://www.eatright.org/cpd) regularly to find new programs for your professional development and continuing education needs, including free member programs!

# CPE CALENDAR OF EVENTS

**July 23 – 26, 2011**

**SNE 2011 Annual Conference- Empowering Nutrition Gatekeepers: From Parents to Products to Policy.** <mailto:info@sne.org>  
Kansas City, MO

**August 3-6, 2011**

AADE 38<sup>th</sup> Annual Meeting & Exhibition  
American Association of Diabetes Educators  
Las Vegas, NV  
<http://www.diabeteseducator.org/annualmeeting/2011/index.html>

**August 4 & 5, 2011**

**Autism 2011**  
Cedar Rapids Marriot  
Cedar Rapids, Iowa  
<http://www.stlukescr.org/>

**September 24-27, 2011**

**ADA Food and Nutrition Conference & Expo (FNCE)**  
American Dietetic Association  
San Diego, CA  
<http://www.eatright.org/fnce/>

**September 26-28, 2011**

**6th Annual Obesity and Wellness Congress**  
The World Congress  
Washington, DC  
<http://www.worldcongress.com/events/HL11088/index.cfm>

**October 1-5, 2011**

**The Obesity Society 29<sup>th</sup> Annual Scientific Meeting**  
Orlando, FL  
<http://www.obesity.org/meetings-and-events/annual-meeting.htm>

**October 7, 2011**

**Directions in Diabetes**  
Call 888/DIABETES Ext. 6862  
[srolfe@diabetes.org](mailto:srolfe@diabetes.org)  
Kirkwood Training and Outreach Services  
Marion, Iowa

**October 25-27, 2011**

**International Scientific Conference on Nutraceuticals and Functional Foods**  
Pavol Jozef Šafárik University in Košice.  
Kosice, Slovakia  
<http://www.foodandfunction.net/Conference>

**October 29 - November 2, 2011**

**APHA Annual Meeting and Expo**  
**American Public Health Association,**  
Washington, DC  
<http://www.apha.org/meetings/AnnualMeeting/>

**November 1st & 2nd, 2011**

**X-Treme Nutrition Make Over: Give Your Career A New Look!**  
**Iowa Dietetic Association Annual Meeting**  
Hy-Vee Conference Center  
5820 Westown Parkway  
West Des Moines, IA 50266  
<http://eatrightiowa.org/annmtg/index.html>

# Share your ideas and knowledge!

## Call for Poster Session Abstracts

X-Treme Nutrition Make Over; Give Your Career a New Look!

Iowa Dietetic Association Annual Meeting

November 1& 2, 2011

Hy-Vee Conference Center

West Des Moines, IA

The poster session provides an opportunity to **share innovative projects that are effective** in promoting nutrition messages with colleagues from across the state. They inspire and showcase the RD as the nutrition expert! Poster displays can include information obtained from formal research projects as well as other projects that have been successful in achieving outlined goals with measurable outcomes.

### 1. Poster Session Display-Tuesday, November 1: 11:45 – 2:00

This will be a visual presentation of your program or activity that has successfully achieved project goals with measurable outcomes.

### 2. Abstract Form

One page abstracts should include, but are not limited to:

1. Title and Author(s)
2. Objective - narrative description of project
3. Results - outcome measures
4. Summary - benefits of sharing project with peers
5. Please have abstracts submitted by October 1, 2011 if you would like to be included in the conference packet.

### 3. Display Space and Equipment

A covered 6-foot table will be provided for each display. **Participants are requested to bring their own display board.** Set up will be available on 11/1/2011 after 6:30 a.m.

# Share your ideas and knowledge!

## Call for Poster Session Abstracts

**X-Treme Nutrition Make Over; Give Your Career a New Look!**

**Iowa Dietetic Association Annual Meeting**

**November 1& 2, 2011**

**Hy-Vee Conference Center**

**West Des Moines, IA**

**Registration Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Title of Poster: \_\_\_\_\_

Display needs:             Full 6-foot table     Half of table length (3-foot area)

Other: (please specify): \_\_\_\_\_

Please send this completed registration form along with your abstract to:

Erin Bergquist MPH, RD, LD, CNSC [erin\\_b@iastate.edu](mailto:erin_b@iastate.edu)

**Deadline: October 1, 2011**

TOM HARKIN  
ICNA

United States Senate  
WASHINGTON, DC 20510-1502

(202) 224-3264  
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TTY: (202) 224-4611  
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March 23, 2011

Teresa Nece  
Public Policy Coordinator  
Iowa Dietetic Association  
7071 Oak Brook Dr  
Des Moines, IA 50322-4800

Dear Friend:

In the past, you have expressed an interest in chronic disease prevention and legislation that will encourage healthier lifestyles in America. I would like to take this opportunity to keep you up to date about an important bill I recently introduced in the Senate that would provide all sectors of our society - including child care centers, schools, workplaces, and community health care providers - the tools and incentives they need to achieve the goal of making the nation a healthier place.

On January 25, 2011, as Chairman of the Senate Committee on Health, Education, Labor and Pensions (HELP), I was proud to introduce the Healthy Lifestyles and Prevention America Act, also known as the HeLP America Act. This bill contains numerous provisions that facilitate healthy lifestyles and encourage a national atmosphere of wellbeing.

Among other provisions, the HeLP America Act will:

- Provide fresh fruits and vegetables to all low income elementary schools, building on the successful Harkin Fresh Fruit and Vegetable Program;
- Create a healthier workforce by offering tax credits to businesses that provide comprehensive workplace wellness programs to their employees;
- Reduce Americans' sodium consumption by developing a two-year reduction target for packaged and restaurant foods;
- Empower Americans to be informed food consumers by improving front of package food labeling and protect kids from unfair junk food advertising; and
- Create equal opportunities for students with disabilities for physical education and extracurricular activities.

These and other key provisions of HeLP America Act build on the prevention measures already established by the new health reform law, the Affordable Care Act (ACA). This historic law, which I played a pivotal role passing, requires insurance companies to provide

## IDA Officers 2010 - 2011

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coverage for a range of preventive health services free of cost-sharing, co-pays, or co-insurance. Covered services include screenings for many kinds of cancer, blood pressure, diabetes, and cholesterol tests, as well as well-baby and well-child visits from birth to age 21. The ACA also provides Medicare beneficiaries with a free annual wellness check-up, giving seniors a chance to develop personalized prevention plans with their doctors.

Finally, to empower individuals and communities with the resources and tools they need to integrate local prevention and public health activities, the ACA established the Prevention and Public Health Investment Fund. The Fund's first \$500 million investment was dispersed in FY 2010, with Iowa organizations receiving \$2.69 million to enhance prevention and wellness efforts, to train primary care physicians, and to improve the public health infrastructure. On February 9, 2011, Department of Health and Human Services Secretary Kathleen Sibelius announced an additional \$750 million investment in the Fund for FY 2011.

Investing in wellness and chronic disease prevention is not only smart for America's health, it's smart for America's economy. Patients with chronic illnesses account for 75 percent of the nation's \$2.5 trillion in annual health spending, according to the Centers for Disease Control and Prevention (CDC). Yet preventive services accounts for only 4 percent of spending, even though this outlay often pays for itself. Indeed, for every dollar spent on smoking cessation programs for pregnant women, we save \$6 in future economic and social costs, and for every dollar spent on chronic disease prevention, we save \$5.60. Simply put, it costs far less to prevent a disease from taking hold than to treat it later at an advanced stage.

Let me close with one of my favorite quotes from Benjamin Franklin, who famously said, "An ounce of prevention is worth a pound of cure." I wholeheartedly agree. The HeLP America Act provides a comprehensive approach to promoting America as a prevention society, and its passage would put us on the path to wellness, boosting our economic productivity in the process. As Chairman of the HELP Committee, I will be actively promoting the bill's many important prevention and wellness provisions during the 112<sup>th</sup> Congress.

Thanks again for your advocacy for and interest in federal prevention initiatives.

Sincerely,

Tom Harkin  
United States Senator

TH/lam

## ADA Foundation Update:

How often do you have a chance to make a difference in less than 30 seconds?

The answer is just during the ADA's dues renewal process. Please consider a donation to the ADA Foundation and make a difference in the life of a deserving student, a family striving to create a healthier future or a member who needs funding for an important research initiative. It's easy to do, fill in your donation amount right on the renewal form or go online at [www.eatright.org/dues](http://www.eatright.org/dues) Donors of \$250 or more will become members of The Eat Right Society.

## Medical Homes: What Does the Dietitian Need to Know?

by Carlene Russell, MS RD CGS LD

**Medical** homes are part of our nation's overall efforts to reform the health care system.

Primary care is being positioned in the center of health care delivery.

The goal is to enhance quality of care and reduce costs by improving prevention and continuity of care and reducing unnecessary treatment, avoidable hospitalizations, duplicative testing, and ineffective care.

Many communities are in the process of developing their medical home(s). This creates an opportunity for Dietitians. Dietitians must advocate for the inclusion of nutrition services early in the development process so as not to miss the opportunity as health care reform is changing the way primary care is provided.

### ***What is a Medical Home?***

A medical home is not a place but rather a comprehensive system of care. It is a team approach connecting the patient, family, medical providers with the clinic and community resources with the patient being in the center. Care originates in a primary care setting and fosters a partnership among the patient, the personal provider, other health care professionals (may include RDs) and the patient's family when appropriate. A medical home utilizes the partnership to access all medical and non-medical health related services needed by the patient and family to achieve maximum health potential. Services range from preventive care to management of chronic illnesses.

Medical homes use integrated data systems – computerized medical records and performance reporting to continuously improve access to and quality of care, as well as communication with patients and other providers.

The National Committee for Quality Assurance (NCQA) has developed a definition and standards for patient centered medical home which allow for practices to qualify at different levels <http://www.ncqa.org/tabid/631/Default.aspx>. There may be other organizational standards.

An example of how this might work in the medical home clinic setting for an individual with diabetes: In the health assessment, the patient is identified as having elevated blood glucose, excessive energy intake and obesity. The clinic has a protocol for the RD to provide MNT for individuals with diabetes on initial diagnosis and then annually. The computer generates the annual referral and the clinic case manager schedules the appointment. The Dietitian participates in clinic quality assurance meetings to discuss diabetic patient outcomes and process improvement.

The NCQA requires all medical homes to have 5 of 10 core elements, including the ability to track referrals and use evidence-based care management guidelines for at least 3 medical conditions. A practice that takes on additional capabilities (such as e-prescribing) may qualify as a higher-level medical home. An overview of the criteria can be found on the NCQA web site under *PCMH 2011 Content and Scoring Summary* (see link below). As you look at the criteria, you will notice many opportunities for dietitians such as:

- Comprehensive Health Assessment- could lead to referral for MNT for a variety of conditions.
- Using Data for Population Management- could lead to automatic referrals for MNT for certain conditions or at certain time frames.
- Implementing Evidence-Based guidelines- ADA Evidence Analysis Library has many nutrition related guidelines that could be incorporated into the medical home.

### **What can the Dietitian Do?**

- Be aware of what a medical home is and what is going in your community.
- Identify your goals for being involved in the medical home.
- Be familiar with standard language for nutrition care so recommendations can be made to include nutrition as the medical home electronic medical records are being developed.
- Be familiar with nutrition evidence-based medical care from the ADA Evidence Analysis Library.
- Visit with primary care physicians or individuals within the clinic who are responsible for developing medical home to advocate for inclusion of nutrition services.
- Be familiar with community based nutrition services that may be helpful to clients' i.e. congregate meals, food bank, food assistance (food stamps), evidence-based health program such as Stanford Chronic Disease Self- Management ( covers basic nutrition, medication management, communicating with health care providers, setting goals to improve health), etc.
- Explore options for becoming care coordinator to provide dual service in the medical home and creating opportunity to expand role of dietitian..

### **Additional resources:**

1. Iowa Health Care Reform Act HF 2539  
[http://www.idph.state.ia.us/hcr\\_committees/common/pdf/clinicians/hf2539\\_overview.pdf](http://www.idph.state.ia.us/hcr_committees/common/pdf/clinicians/hf2539_overview.pdf)
2. Medical Homes: Will They Improve Primary Care? [www.mathematica-mpr.com](http://www.mathematica-mpr.com)
3. National Committee for Quality Assurance Patient Centered Medical Home Standards  
<http://www.ncqa.org/tabid/631/Default.aspx>.

## Spotlight on Ann Feilmann, MS, RD, LD



**I**t is funny how things go full circle – or within 40 miles of it! It all started with a BS in Dietetics and Community Nutrition from Iowa State. My husband and I moved south to Dallas, TX the day after graduation and now many years later here I am six months into my job as Bureau Chief of the Department of Education’s Bureau of Nutrition, Health, and Transportation in Des Moines.

In between I have experienced life in Texas, Florida, Virginia, and Italy. I have found food is a great conversation starter and people love to talk about their local specialties. As a result my recipe box has expanded to include homemade flour tortillas, grits, greens, and multiple pasta dishes.

One thing that I learned is to never underestimate an opportunity that seems like it is at a “too small” facility. My first job out of ISU was at GMH, a 25-bed hospital in a small north Texas town. You got a chance to do all the jobs in the Nutrition Department from patient diet instruction to cooking and clean-up as well as personnel management – sometimes in the same day! Not only was I able to do an ADA planned work experience, multiple staff were a part of my research study (eating lots of oats and giving blood samples) for my Master’s that qualified me for the Registration exam. Looking back, having to become a jack of all trades in that first job really prepared me to succeed in any location I found myself in.

My husband, Mark joined the US Navy after a year in Texas to follow his passion to fly. I can honestly say that my work experience and academic training in Dietetics was flexible enough to find employment in any location the Navy took us to. I consulted at Long Term Care facilities for elderly and mentally handicapped, was Field Registrar for a University offering degree programs on overseas Navy bases, taught nutrition classes on NOAA ships, and provided individual counseling at a Dietitian Consulting firm. After 13 years Mark moved to reserves, we were back in the states and had our young son, Grant. That’s when the pull of grandparents and Iowa called us back to this beautiful state. A job at the Iowa Veteran’s Home allowed us to move back. During my time at IVH I had the opportunity to follow my preference for administrative Dietetics and move into the Food Service Director role. After ten years a move to School Food Service lasted for seven years and last fall on to my current position.

Another important part of my career has been involvement in professional organizations. Don’t just attend the meetings but jump in and get involved at the local or state level. Stretch your skills! You connect with people who are making things happen and keep you up to date. Early in my career I had the opportunity to attend ADA’s National Conference and I was hooked! I recommend it for everyone. What a motivator to be in meetings with thousands of other people from all over who share your vocation!

## Save the Date: IDA Annual Meeting



### **X-Treme Nutrition Make Over: Give Your Career A New Look! Iowa Dietetic Association Annual Meeting**

November 1st & 2nd, 2011  
Hy-Vee Conference Center, West Des Moines Iowa  
5820 Westown Parkway  
West Des Moines, IA 50266

Julie McMillin

14 NEW! Individual Online Learning modules – 2010 FNCE video sessions.

Web-based: NEW! 24/7, On-Demand E-Learning Now Available!

. Fluids and Electrolytes: What the RD Needs to Know

. 2010 Presidents' Lecture: Social Networking-Taking Communications to the Next Level

. Vitamin D: Connecting Science to Health

. Healthy Aging: Roles of Protein, Omega-3 Fatty Acids and Weight Loss

. New Nutritional Approaches in the Intensive Care Unit

. Emerging Opportunities for RDs in the Restaurant Industry

. Ethics and End of Life Nutrition and Hydration

. Diet, Physical Activity and Genetics: Energy Balance for Fighting Breast Cancer

. Effectiveness of the Gluten-Free Diet in Treating Leaky Gut, Schizophrenia or Non-Celiac Gluten-Sensitivity

## **DIVERSITY LEADERS PROGRAM**

The application process for the 2011-2012 Diversity Leaders Program is now open with a deadline of June 6, 2011. ADA members in the Active membership category from an underrepresented group can apply for the Diversity Leaders Program. The program has a variety of funded leadership experiences such as, ADA's annual conference, public policy programs, and an educational visit to ADA headquarters. A mentor is provided to guide and explain the Association's programs and services and to build supportive professional relationships throughout the year. At the end of the first program year, the Diversity Leader will be asked to volunteer for the second year at the district, state, DPG, MIG or national level. Four leaders will be selected. Application materials can be found on ADA's website in



## BULLETIN SUBSCRIPTION & ADVERTISING POLICY

**Non-IDA members, retired members and dietitians, from other states may subscribe to *The Bulletin*. The yearly subscription fee to cover printing, mailing and handling costs is \$25.00.**

Make check or money order payable to the Iowa Dietetic Association and send with your name and address to:

Monica Lursen, RD/LD 27924 Butler Center Road Clarksville, IA 50619-9253 319-885-6557  
[lursen@butler-bremer.com](mailto:lursen@butler-bremer.com)

**IDA Bulletin Deadlines** Please submit your **unformatted** articles for publication in the next IDA Bulletin to:

Nadine Fisher, IDA Bulletin Editor

***Electronic submissions are required.***

Guidelines for submission can be viewed at:

[http://eatrightiowa.org/bulletin\\_2010.pdf](http://eatrightiowa.org/bulletin_2010.pdf)

Please send articles to: [rf0619@mchsi.com](mailto:rf0619@mchsi.com)

The four yearly deadlines are: Feb 15, May 15, Aug 15, and Nov 15

If you are interested in assisting with the website please email me or call Nadine during the day at: 319-688-5866

For information on advertising in the Bulletin or on the IDA website, please contact Monica Lursen (email below). The following information is relevant to determining advertising fees:

**Non-profit groups relating to IDA/ADA** are provided free advertisement space. The size of the ad may be altered at the discretion of the editor. (Example: ADA Foundation, Practice Groups)

**Non-profit groups not relating to IDA/ ADA** pay 50% of the advertisement rate (Example: Iowa State Press, educational facilities, IDA/ADA Members)

**Profit groups or organizations** representing profit groups and groups not related to IDA will pay 100%. (Example: Hawkeye Foods, Martin Brothers)

This policy includes ads for products, services, books and educational materials, as well as classified ads.

Meeting announcements are listed free-of-charge as space allows and at the discretion of the editor

Advertisement fees are determined by IDA and its Executive Director. A current schedule of fees may be obtained by email:

[lursen@butler-bremer.com](mailto:lursen@butler-bremer.com)

Monica Lursen, IDA executive Director

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