

Spring 2010

Vol. 69 No. 1



Inside this issue:

IDA Leadership Results	2
Iowa State Culinary Tour	3
Spotlight on Sue Roberts	4
Dietetics Education & Internship Placement	5
Health & Aging Fellows Program	6
Simplified Diet Manual Update	8
District News	9
ID-HCC	10
Delegate's Report	12
A Message from Your President-Elect	13
Legislative Workshop	14
CEU Calendar	16

Dear Caring Colleagues,

In 2010, IDA continues strong through active exceptional leaders.

IDA launched the new decade with a whirlwind of activities this winter. Much gratitude to all B & C members who continue making phenomenal progress by fulfilling each of their volunteer roles.

Happy RD Day! Congratulations *Everyone* for choosing dietetics as your profession.

The world benefits from your expertise. **Seize the Day to Celebrate Your RD Day in a Special Way!**

Download the IDA Proclamation Press Release, photo and open house, posted on the IDA web-site send it to your local media; newspapers, radios, cable, post it on your website etc. *Passionately Promote our Profession all Month Long. You are the face of dietetics, you are the voice of dietetics, you are the indispensable providers of nutrition and health information and you make me proud to be in this profession.*

Celebrate Successes in All Our Focus Areas:

- *Visibility is Vital to Viability*
- *Communicate, Connect and Create a Healthier Community*

Partner, Promote and Partake in Opportunities that Protect the Health of our Nation and World

Leading Legislatively

A window of opportunity opened with the Healthy Kids Act. Through petition, personal and phone conversations the Honorable Representatives Frevert and Masher, will allow us to bring forth our recommendations to the Rules committee. Representative Frevert's phone calls to me were very favorable. Thanks legislative team for being present at the table and persevering for our most vulnerable.

Building a Robust Web Site

Check our site frequently as more membership information, media messages, documents and

Planning to Succeed

A large diverse groups of B & C members took on the challenge of strategic

(Continued on page 7)



Lois Stillman, MPH, CMS, ROLD

IDA Officers 2008-2009**Joetta Redlin****President**

PO Box 287
 Walford, IA 52351-0287
 (319) 846-2453 (H)
 (319) 377-4803 (W)
 (319) 846-4405 (F)
merleh@cedar-rapids.net

Heidi Petersen**Past President**

1305 Florence Drive #105
 Waukee, IA 50263
 (515) 339-7242 (H)
 (515) 643-8203 (W)
 (515) 971-6738 (C)
 (515) 643-8930 (F)
hpetersen@mercydesmoines.org

Lois Stillman**President Elect**

2941 470th Avenue
 Emmetsburg, IA 50536
 (712) 264-6505 (H)
 (712) 264-6505 (W)
lstillman@spencerhospital.org

Janice A. Fisher**Delegate**

712 Spencer Drive
 Iowa City, IA 52246
 (319) 351-1981(H)
 (319) 338-0581 X6468 (W)
 (319) 594-0669 (C)
bsf5021@mchsi.com

Donna Dolan**Member at Large**

6059 160th Ave
 Olin, IA 52320-7672
 319/484-2418 (H)
 515/440-4940 (O)
 319/480-3353 (C)
ddolan@hy-vee.com

Renee Sweers**Nominating Chair**

P O Box 563
 Menville, IA 51039-0563
 712/873-3596 (H)
 712/276-2157 (O)
 712/276-6211 (FAX)
rsweers@iastate.edu

Janet Johnson**Council on Professional Issues**

3121 Ridgemore Dr SE
 Cedar Rapids, IA
 52403-1936
 319/365-2240 H
 515/294-9798 O
janetj@iastate.edu

**IDA Leadership**

Congratulations to: Jill Lange - President-Elect,
 Anne Oldham - Council on Professional Issues Chair-Elect,
 Julie McMillin - Meeting Chair-Elect (formerly Member-at-Large Chair-Elect)
 Debbie Ruebelke - Nominating Committee Member.

These members will take the above leadership positions at the IDA Board & Council Transition Meeting held this summer in June.

The Nominating Committee would like to thank all of those members who voted and those members who ran and/or considered running for these leadership positions. The many professional benefits these members and future leadership members will receive are:

- ∴ To network with peers,
- ∴ To have access to the most current dietetic information,
- ∴ To receive CPE hours for leadership,
- ∴ To increase knowledge of dietetics outside current practice,
- ∴ To strengthen professional recognition by peers and employer, and
- ∴ To increase professional confidence.

With that in mind, it's not too early to start thinking about the 2011-2012 IDA Leadership Ballot positions:

President-Elect (one year position, then proceeds to President), Secretary/
 Treasurer (two year position),

Meeting Chair-Elect (one year position, then proceeds to Chair; formerly
 Member-at-Large Chair-Elect),

Council on Professional Issues Elect (one year position, then proceeds to
 Chair),

Nominating Committee member (one year position as member, second year
 proceeds to Chair-Elect, then third year proceeds to Chair), and

Delegate Elect (one year position, then proceeds to Delegate a three year
 position).

The 2010 IDA Annual Meeting is scheduled for October 7th & 8th, so the Nominating Committee would like to present the 2011-2012 ballot to the IDA Board by late August or early September. For more information about these positions, go to the IDA website (www.eatrightiowa.org) or contact the Nominating Committee. Thank you.

Reminder: Update your email address at ADA so we can provide you the latest IDA news and information on important activities. Go to: www.eatright.org and hit profile menu at the top.

IOWA STATE UNIVERSITY

OF SCIENCE AND TECHNOLOGY

TAKE A CULINARY TOUR OF IOWA: IOWA STATE WORKSHOP DESIGNED TO EXPLORE THE SCIENCE OF CULINARY CREATIONS

AMES, Iowa — Explore the science of culinary creations and take a “Culinary Tour of Iowa”. If you want to increase your culinary and nutrition skills, be sure to attend the annual “Enhance Your Iowa Plate” workshop at Iowa State University in Ames, Iowa June 10-11, 2010.

Participants will begin their tour working in the “chef’s kitchen” with live demonstrations and personal instruction from ISU Dining’s professionally trained chefs. Get hands-on culinary experiences while practicing proper food safety and cooking techniques, knife skills and fresh fruit and vegetable preparation. The two-day conference will culminate with a summer picnic—featuring Iowa foods prepared by the participants.

“Today’s dietitians and educators are more interested than ever in expanding their culinary skills, while staying up-to-date on the latest health and nutrition trends.” said Jean Anderson, senior clinician in Iowa State’s food science and human nutrition department. “This workshop allows us to blend two key areas of interest: nutrition and food. Participants will learn new tricks to provide quick, nutritious, tasty meals for family and friends.”

The Culinary Tour of Iowa will continue as participants are immersed in Iowa’s bountiful fresh produce with a visit to the West Des Moines Farmers’ Market. Participants will purchase produce at the market that they’ll learn to prepare with the help of the chefs on the second day of the

conference. “This conference will offer participants a unique opportunity to learn from ISU Dining’s professionally trained chefs,” said Erica Beirman, Iowa State’s culinary science coordinator.

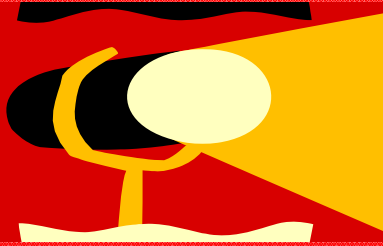
Stewart Burger, Coordinator of Special Events at the Knoll at ISU, will host a Pre-conference event: “Iowa Made”. This event will celebrate a selection of Iowa’s finest wines, spirits, beers and artisan cheeses on June 9, 2010 from 4:30 p.m. to 6:30 p.m. Burger will share his knowledge of this emerging industry through a sampling of food and wine pairings certain to delight the palate. The Pre-Conference event is an additional \$40.

Register online now at: www.fshn.hs.iastate.edu/plate. Workshop seating is limited to the first 50 people who register. Early-bird registration, before April 30, 2010 is \$149. After that, registration for the two-day conference is \$199. Registration includes a continental breakfast and lunch both days of the conference. Registrants also can opt to attend the Preconference, Iowa Made, June 9, 2010 from 4:30 p.m. to 6:30 p.m. for an additional \$40.

Registered dietitians can receive 12 continuing professional education units by attending the conference. All participants will receive a certificate of completion and a collection of recipes.

Increasing consumer interest in health and nutrition led to the development of the new culinary sciences major, and the same is true for the workshop. Beirman coordinates Iowa State’s

(Continued on page 11)



Spotlight on....

Susan L Roberts, JD, MS, RD



Susan Roberts has been a member of the Iowa Dietetic Association for 35 years – years of a very rewarding career as a food and nutrition professional. These years have led to her current vision and work of integrating food, agriculture, health and the law to develop policies and strategies for safer, sustainable food systems which in turn catalyze greater health among individuals, communities, and environments.

This journey started with graduation from Iowa State University with majors in Dietetics and Community Nutrition and an internship at the University of Iowa Hospitals and Clinics. Susan then joined the research team at the U of I Clinical Research Center focusing on cardiovascular research. While there she also obtained her masters degree in Preventive Medicine and Environmental Health. Next stop was the Iowa State Department of Public Health as the Director of the WIC program and later Director of Public Health Nutrition. Always up for a challenge, Susan decided to try private practice when it was a relatively new concept. She started Sue Roberts Health Concepts, Inc where she worked with private clients, corporate clients and the media to foster healthier lifestyles.

Private practice was very fun, but the bug to work in the public policy arena struck. At age 49, Susan decided to go back to school to become an attorney and work in food and health policy. She graduated from Drake University Law School with special certificates in Food & Agriculture Law and Legislative Practice.

Susan works now as a consultant on food and nutrition policy. Her current project is with the American Dietetic Association taking her to Washington DC often as she develops a report and environmental scan on opportunities for the ADA in public policy and advocacy. Back in Iowa she is co-convening the Iowa Food Policy Council.

Family has been very important and has supported Susan throughout her career. Her husband Ron is retired from Baxter Health Care and now owns a travel agency. They have four children: Ron Jr., Kellie, Josh married to Jennifer, and Melissa married to Craig. Kellie has 3 children and Josh and Jennifer 1 child, all wonderful grandchildren.

Sue and Ron live on a small acreage where they practice organic agriculture. They strive to raise much of their own food from vegetable and herb gardens, fruit trees, berries and grapes and a flock of chickens. Other meats and dairy are purchased from local farmers. Sue is becoming adept at food preservation and also loves entertaining. Other interests include biking, golfing, music, and travel.

Susan has been honored professionally as the recipient of the National Environmental Nutrition Award, the Iowa Public Health Nutrition Advocate Award, Association of State and Territorial Public Health Nutrition Director's National Award for Nutrition Advocacy and the American Dietetic Association Medallion Award.

Dietetics Education and Internship Placements

Jean Anderson, ISU DI Director

Anne Oldham, ISU DPD Director

Iowa State University (ISU) offers two accredited dietetics education programs: the Didactic Program in Dietetics (DPD) at the undergraduate level and the Dietetics Internship (DI) which is considered a non-degree, post-baccalaureate professional program. Both programs are very successful and recognized as top tier dietetics education programs in the country. Both programs credit their success with the support and opportunities you, the Iowa RD, provide to the students and interns.

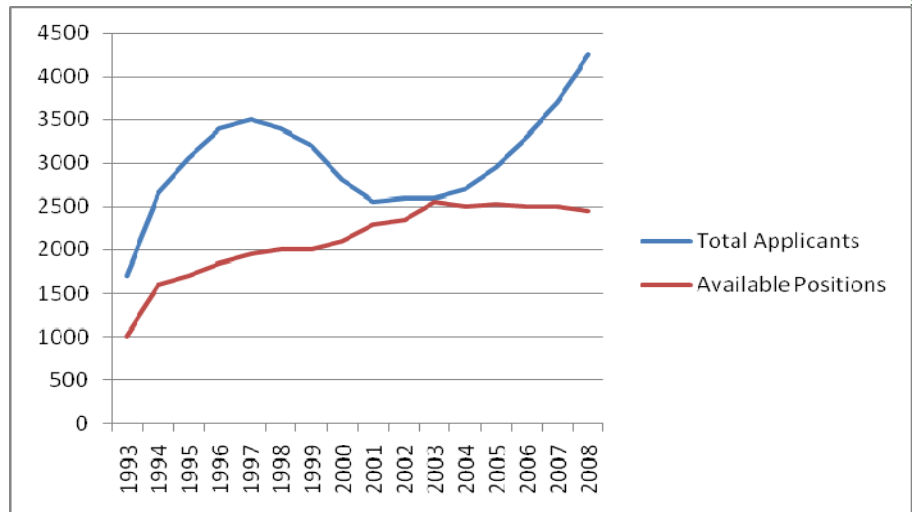
THANK YOU! You generously offer both DPD students and DI interns a variety of opportunities to experience different careers in the field of dietetics. As you know, there are specific requirements to become a Registered Dietitian: one must complete a minimum of a bachelor's degree, earn a DPD Verification Statement indicating that the student has completed foundation knowledge and learning outcomes as required by the

Commission on Accreditation for Dietetics Education (CADE). Then, the individual applies and is matched to a DI. Successful completion of the DI leads to the opportunity to sit for the national exam for RD credentials. You may be aware that some qualified DPD graduates do not receive an internship match. This can be a very disappointing and stressful time for that student and his/her family.

Here is an update on what the ISU dietetics programs are doing to help students during this time of competitive internship placement.

The DPD program is providing concrete and specific information about preparation for internship placement to students throughout their college career beginning in the freshman orientation course. This information is also discussed at club meetings, during advising appointments, and in a junior-level course which focuses on the profession of dietetics. Students are provided with the CADE handout "Suggestions to Improve Your Chances at Getting a Dietetic-Internship Position" (http://www.eatright.org/internship_suggestions). This handout clearly discusses GPA requirements, the importance of students obtaining letters of reference from individuals who know the quality of students' work and character, and that volunteer and work experiences will also be considered in the application review process. Students are encouraged to contact RDs for job-shadowing experiences, obtain volunteer and work experiences, and enhance their professional skills and abilities.

years: www.eatright.org/internship_availability. The graph above illustrates the supply and demand for dietetic internships since 1993.



Health and Aging Policy Fellows Program

A Unique Professional Fellowship Opportunity

Supported by The Atlantic Philanthropies and directed by Harold Alan Pincus, MD, Professor of Psychiatry and Health Policy and Management at Columbia University (in collaboration with the American Political Science Association Congressional Fellowship Program), this national program seeks to provide professionals in health and aging with the experience and skills necessary to make a positive contribution to the development and implementation of health policies that affect older Americans. The program offers two different tracks: (1) a residential track that includes a nine-to-12-month placement in Washington, D.C. or at a state agency (as a legislative assistant in Congress, a professional staff member in an executive agency or in a policy organization); and (2) a non-residential track that includes a health policy project and brief placement (s) throughout the year at relevant sites. Core program components focused on career development and professional enrichment are provided for fellows in both tracks.

The program is open to physicians, nurses and social workers at all career stages (early, mid, and late) with a demonstrated commitment to health and aging issues and a desire to be involved in health policy at the federal, state or local level. Other professionals with clinical backgrounds (e.g., pharmacists, dentists, clinical psychologists) working in the field of health and aging are also eligible to apply. Under special circumstances, exceptions may be made for non-clinicians who are in positions that can impact health policy for older Americans at a clinical level.

We are delighted to announce our partnership with the John Heinz Senate Fellowship in Issues of the Aging. Our programs have combined to create the joint John Heinz/Health and Aging Policy Fellowship. Each year, one individual will be designated the John Heinz/Health and Aging Policy Fellow.

Our goal is to create a cadre of professional leaders who will serve as positive change agents in health and aging policy, helping to shape a healthy and productive future for older Americans. To this end, we seek your assistance in informing potential candidates of this opportunity. Please feel free to forward this notification to prospective applicants or others in the field who may know of such individuals, or to suggest other methods and/or venues for marketing the program.

Continued on page 12

GO Electronic—sign up for IDA Google Groups and Constant Contact Messaging!

Sign up for the IDA Forum list serve at Google Groups:
Go to: <http://groups.google.com/group/IDA-forum>

Sign up for the IDA Legislative Forum list serve at Google Groups:
go to: <http://groups.google.com/group/IDA-Legislative-Forum>

Sign Up for Constant Contact Messaging at:
[IDA Mail List](#) All Forum List Serves are available at members section
www.eatrightiowa.org/

*ADA/IDA Membership Required for all forums and electronic messaging. ICD Membership is required for ICD list serve.

(Continued from page 1)

planning with very productive results. Aligning our goals with ADA unifies our focus and strengths our professional association from the national, state and local level. We welcome additional comments. Send them to any B&C member. The draft will soon be posted on the website.

Bylaws and Simplified Diet Revisions

Our leaders began the tedious process of revising two valuable documents. The SDM is used in nearly every state and many countries around the world. On our latest memo from the publisher it is now translated into Chinese. Royalties from the SDM benefit IDA by approximately \$12,000 to \$25,000 annually. Thanks Nicole, Judy, Andrea and Ann for ensuring these dollars continue.

Now as IDA President, I am urgently requesting more from each and everyone of us.

Remember, if it is going to Be, it is up to WE. "With Everyone".

Your Voice is Vital to Visibility and Valuable Reimbursement

Action Needed Now. The "Top Priority" for every Dietitian in Iowa is to voice your desire to have health insurance carriers list dietitians as health care providers. The more they hear this unified message throughout the state, the more we will be a part of health care teams and medical homes.

I give you this March Nutrition Month Challenge

Your Personal Challenge: Set up a meeting with your personal insurance representative.

Whether you have health insurance covered by your employer, through your spouse or are on a private plan, your advocacy is needed before signing up this year for health insurance. You pay premiums, please ask for being listed as a provider.

Visit with your HR representative or health insurance broker at your work site, whomever you pay your insurance to and express your desire to have the list of health care providers. If RD's are not on the list, please request that they be on the list in your policy. Your voice is needed now, decisions are being made on health care as I write this today. If chiropractors, PT's, or others are included inquire into also having RDLD's placed on the list. Blue Cross and Blue Shield covers dietitian services in Minnesota we should be included in Iowa.

Voice this message very soon.

With over 800 members strong, our voice will be heard. Have you spouse, adult children, parents and friends also request dietitian services when they are signing up for their health insurance. Hearing the need will help our profession greatly. Health insurance premiums are skyrocketing. In our area 20%! We need to help insurance providers curb these costs. If insurance companies are able to raise premiums, they are able to include the RD as health professionals that will directly reduce medical burdens. **Advocate for your very valuable profession by the end of March.**

Projects Happening and on the Horizon:

- **RD Coaches** hired through the *Health Schools Partnership* funded by ADA Foundation dollars
- **Live Healthy** has over 20,000 participants and **Go the Distance Day May 1st**.
- **Fit for Life** in crafting a new toolkit for use in physician offices for Pediatric Obesity
- **The NEMS** (Nutrition Environment Measurement Survey) is a proven set of tools such as evaluating food offered in vending machines. These are tools dietitians can use to evaluate how a community influences personal nutrition behaviors. Training starting in April through ISU.
- **Physician offices** integrating a nutrition component into offices. Learn more on a May 6th ADA Webinar: Making Nutrition Your Business: Legal & Financial advice fo integrating your private practice into a physician's office. Seek these opportunities soon RD's.
- **The MNT Provider newsletter.** June 1,2010 ADA has a new member benefit for you! The MNT Provider will be available free to all ADA members.
- **Alliance Healthcare Initiative** to fight childhood obesity offers visits to a registered dietitian as part of employee's health benefits. Recent developments include Humana signing on to work with employers including the Kentucky Employees Health Plan, along with Aetna, Blue Cross Blue Shield of Massachusetts, Blue Cross Blue Shield of North Carolina, and PepsiCo. Express to your insurance provider that you want this available to Iowans too.
- **ADA Foundation seeks funds** please consider

(Continued on page 10)

Simplified Diet Manual *Update!*

The anticipated publication date for the *Simplified Diet Manual* 11th edition is January 2012. The deadline for the manuscript to be submitted to Blackwell-Wiley is January 2011. The *Simplified Diet Manual* was first published in 1958 and continues to be published every 5 years by the Iowa Dietetic Association to meet Iowa Administrative Code chapter 58 nursing facility guidelines. The SDM is not only sold in Iowa but nationally and internationally as well. The 10th edition published in 2007 sold approximately 5,300 copies and was translated in both Spanish and Portuguese. The royalty money received from this publication helps fund activities within our IDA membership. Most impressively, the SDM is a published work of art put together by **IOWA** dietitians that work together collaboratively and share their expertise with the common goal of providing straightforward, user-friendly, evidenced-based diet and nutrition plans.

We are currently looking for Iowa registered dietitians that would be willing to contribute to the 11th edition. Contributors need to be reliable with deadlines and be knowledgeable about content area that is being revised, using credible supporting data. In particular, the following areas need a contributor:

- ∴ High Nutrient Diet
 - ∴ Finger Food Modification Diet
 - ∴ Vegetarian Diets
 - ∴ Food Allergies and Intolerances
- Please consider participating in the survey regarding the Simplified Diet Manual that is being sent out through our IDA forum constant contact list.
- A big “thank you” to all past contributors, editors and publication committee members who have made the *Simplified Diet Manual* a terrific diet manual in which the Iowa Dietetics Association can take pride in! Please contact me with any questions, suggestions or volunteering opportunities.
- Andrea Maher RD, LD, editor
563/529-6148
maher@huxcomm.net
- ∴ Nutritional Guidelines for Pregnancy & Lactation
 - ∴ Nutritional Guidelines for Feeding Normal Infants and Children
 - ∴ Diets for Renal and Liver Disease

The Simplified Diet Manual

Tenth Edition
Iowa Dietetic Association
Edited by Andrea Maher, RD, LD

Purchase Your Copy today!

Phone: 1-877-762-2964

Fax: 1-515-292-3348





District NEWS

MVDA

The Mississippi Valley Dietetic Association had three chapter meetings with programs in the Fall of 2009 that were all well attended. October's meeting and program was held at the Lavender Crest Winery in Colona, IL and served as both a social gathering as well as a program about grape and wine production, health benefits, and management of a food and beverage operation. 2010 brings programs on customized nutrients, hottest food and nutrition trends of consumers, and a beef industry update. Gilda's Club of the Quad Cities (cancer support) will be hosting the Beef Industry with their lovely kitchen/dining area. Members appear to enjoy a chance to network, simple refreshments, and relevant programs. Meeting days and times are varied to provide opportunities for members with various schedules a chance to attend. Other upcoming events are Legislative Day Feb. 16, National Nutrition Month, and election of officers. From the chapter Nominations committee are awards as follows:

Iowa

RYDY Beth Freehill
ODY Kathy Murchie
Medallion Ellen Hosch
Gem Vickie Pyevich MD

Illinois

RYDY Chrissy Mitzell
ODY Dawn Blockingler

Chapter President, Laurie Crane was able to attend both the Board and Council meeting the evening of Nov. 3 hosted by President Lois Stillman, and then the Chapter President's breakfast, hosted by President-Elect Molly Pelzer the next morning at the Annual Fall Meeting in Altoona. IDA is working hard to increase membership and participation, as are local chapters. MVDA uses the internet and email to stay in touch with members as much as possible, saving both time and money as well.

CIDDA

Welcome to a healthy 2010! What a great turn out of events for CIDDA in 2009, with events that included; a great presentation by Matt Russell on the Buy Fresh Buy Local campaign at Gateway market where we enjoyed delicious appetizers provided by the gourmet grocery.

In November we were fortunate to participate in a Fall tour of Picket Fence Creamery, the family owned and operated dairy, creamery and store in Woodward, Iowa. We also did volunteer work at Meals from the Heartland packaging food for the world's hungry. We were pleased to give our time.

The year is only half way through for us, so be sure to join us on our next chapter of educational, fun and exciting events!

Iowa Dietetics in Health Care Facilities Spring Meeting 2010 Presents:

New Beginnings in Nutrition Proficiency:

April 16th 2010

Program:

A Nutrition and Diabetes Odyssey part I – Jane Shaw RN, CNN, CDE

A Nutrition and Diabetes Odyssey part II – Paula Diers RD/LD, CDE

Simplified Manual Update – Andrea Maher RD,LD

What's for Dinner? Nutrition Interventions for the LTC Resident

Undergoing Cancer Treatment - Nancy Jolliffe RD,LD,

Check the IDA website for future updates.

ID-HCC News:

Dietitians representing Iowa Dietetics in Health Care Communities met with the Department of Inspections and Appeals in August '09 in regards to menu planning for long-term care residents. DIA has endorsed a menu planning guidance statement which allows for the incorporation of the Tufts Food Guide Pyramid for older adults. This endorsed statement can be found on the DIA website as well as on our IDHCC website under the quick link "LTC Menu Planning". A sample menu planning policy has also been added to our website for additional guidance. This endorsement does not necessitate any rule change or alter any of the current procedures and protocols utilized by surveyors when completing dietary tasks.

(Continued from page 7)

donating especially because of worthy RD coach project benefiting our state. In addition, four students received scholarships.

- **Nutrition Informatics** training deadline June 2, 2010.
- **State Regulatory Specialist (SRS) initiated by ADA** the B & C Reimbursement Chair will be re-titled SRS. Monica Lursen will fulfill this role in the coming year.

Leadership Institute in June for our future B & C leaders.

Congratulations to the new B & C members who graciously accepted additional responsibilities in IDA. Thank you Kathy, Christie, Kathy and Nadine for all your work seeking leaders. We have a multi-talented B & C because of the rich and diverse expertise shared from multiple generations and inclusion of both genders.

Celebrate National RD Day March 10th! & National Nutrition Month

"You may be only one person in the world, but you may also be the world to one personally", as shared by Wolfe Krinke. Thank you for participating in spreading what dietitians do in your area of the state.

A sampling of what we have planned in our area to give you ideas for your region of the state:

Weekly Wellness Screenings for the School System, YMCA, and County Employees, a Poster Contest for 5th Graders, an Open House for Health care Providers and citizens with games, food samples and prizes at our facility, presentations on Vit D for citizens, cable and radio interviews. *Please post what you do on our Web-Site for all members to stay current on events in our state.*

Remember... *Nutrition is Your Passport to Health...Happy Travels...*

See you at the April B & C meeting but before then, you are Welcome to visit the Irish Capitol of Iowa, Emmetsburg, Iowa, March 19th and 20th. Do the Round 'O Lock Run. Experience the Irish culture with food, dancing, singing and a parade...*In the lit of Irish laughter, you can hear the angels sing :)* Congratulate, "Outstanding Dietetic Student of the Year". Kara Strand, see information on the Student Spotlight section on our Web Site.

Thanks everyone for your exceptional service to the dietetics profession.

Spring and Irish Blessings to All,

Lois Tacke Stillman, MPH, CMS, RDL

IDA President

(Continued from page 3)

new undergraduate degree program in culinary science, which began in the fall of 2008. The program blends food science and technology with creative aspects of food preparation. Its academic home is the Department of Food Science and Human Nutrition, which is co-located in the College of Agriculture and Life Sciences and the College of Human Sciences.

More conference details and online registration is available at www.fshn.hs.iastate.edu/plate. **Contacts:**

Jean Anderson, Food Science and Human Nutrition, (515) 294-7316, janderso@iastate.edu

Erica Beirman, Food Science and Human Nutrition, (515) 294-4361, ebeirman@iastate.edu

Continued from page 5

Although the number of dietetic internship positions has increased, the number of total applicants has risen significantly since 2004, including first-time applicants as well as individuals who reapply. Well-qualified applicants who do not receive a match to an internship are encouraged to reapply.

In an effort to provide internship opportunities to as many well-qualified applicants as possible, the ISU DI has increased its number of interns over the past several years to reach 60 annual interns. The internship selects two classes of interns each year, with approximately 30 interns in each class. About half of the interns are placed at locations throughout Iowa, the remainder complete the internship in their home geographic location (such as NE, CA, NY). Typically, the internship class is made up interns who have completed DPD education at ISU as well as other accredited DPD programs across the country, and the internship class includes individuals who reapplied as well as those who matched on the first attempt and those for whom dietetics is a second career.

As the ISU dietetics programs strive toward continued excellence in educational preparation, informing applicants of the competitive internship placement situation, and accommodating as many

interns as possible, we appreciate all of the contributions of RDs who are providing valuable experiences to DPD students and DI interns. Thank you for your continued support of dietetics education in the state of Iowa.

As shared in the article above and in this month's ADA Times publication (Winter 2010 Vol 7, Issue 2), the personal stories of dietetic students' struggles remains very real. As a Commission on Accreditation for Dietetic Education (CADE) site visitor, I recently participated in a site visit in a Chicago-area university. In an extraordinary measure, a group of more than 25 DPD students and graduates requested a special meeting with the accreditation site visit team representing CADE. Their plea was loud and clear – what can you do as "CADE" to change the system and help us become Registered Dietitians? The experiences shared of years of denials into internships echoed the stories shared in the recent ADA publication. These women and men were mostly of color and diverse ethnic backgrounds and one even had a significant physical disability. They want to become RD's to give back to their local communities and neighborhoods in the Chicago area primarily. Many had become dietetic technicians and wanted to extend their education. As Jean and Anne shared, CADE, DPD programs and Dietetic Internships across the country, are working together to increase options for more students. It becomes increasingly important that we as current dietitians continue to promote our profession and invest in our students. There are many parts of Iowa in which RD's are scarce. As an employer of dietitians in long-term care, I worry about the prospects of finding RD's in rural areas in the next ten years and beyond. Take a moment today to evaluate the number of dietitians in your own community and where those opportunities may lie. As more distance internships expand, commit to providing a great experience for an intern if the opportunity arises and promote dietetic positions here in Iowa.

Alicia Aguiar, MS RD LD, CADE Site Visitor

Delegate's Report

Janice A. Fisher, PhD, RD, LD, CDE, BC-ADM

The House of Delegates is starting planning for our May 1-2, 2010, virtual meeting. Using a variety of electronic mediums, we will discuss the mega issues of Health and Nutrition Literacy and Management and Leadership. Summaries of the background papers are posted on the ADA website under governance.

Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions. Health literacy affects people's ability to navigate the healthcare system, including filling out complex forms and locating providers and services; share personal information, such as health history, with providers; engage in self-care and chronic-disease management; and understand mathematical concepts such as probability and risk. In addition to basic literacy skills, health literacy requires knowledge of health topics. The Institute of Medicine has highlighted health-disparity reduction and health-literacy improvement as critical components for high-quality health and health care for Americans. People with limited health literacy often lack knowledge or have misinformation about the body as well as the nature and causes of disease.

Without this knowledge, they may not understand the relationship between lifestyle factors such as diet and exercise and various health outcomes. Low literacy has been linked to poor health outcomes such as higher rates of hospitalization and less frequent use of preventive services. Both of these outcomes are associated with higher healthcare costs.

Management skills offer Registered Dietitians (RD) and Dietetic Technicians, Registered (DTR) an avenue for professional development and opportunity for career ladder advancement with increasing years of experience. Management and leadership abilities ultimately benefit the entire profession of dietetics, as RDs and DTRs become more highly valued employees in our institutions and organizations. Some of the positive benefits of management and leadership include:

- increased remuneration,
- increased authority,
- increased value,
- increased job satisfaction,
- a sense of accomplishment, and
- the positioning of RDs or DTRs in key decision making roles.

The four items rated as challenges by the greatest numbers of RDs echo a persistent theme:

- recognition of the value delivered by the profession of dietetics to the larger society,
- public awareness of our field,
- reimbursement for services, and
- compensation.

The issue to be discussed is "What is needed to influence and encourage RDs/DTRs to hold, aspire to hold, or function in a leadership or executive role in all environments? Practitioners need to understand and value that management and leadership skills are essential components used in all areas of practice. The education and training of dietetics practitioners already includes curriculum and competencies in management and leadership; however, RD/DTRs do not always adopt a mindset or promote themselves as managers or leaders; other professionals whose academic training in management may be minimal are promoted to positions of leadership more readily.

Please read these documents and share your thoughts with me at bsf5021@mchsi.com.

Calling **All** IDA Members:

Transform Yourself from Member to Leader

from Molly Pelzer, IDA President-Elect

Please consider sharing your leadership talents with IDA. In order for IDA to be successful and for our profession to thrive, we need you to be engaged. What talents do you have to share to make IDA more effective and efficient? There are many professional benefits that come with your leadership in IDA. These include:

- ∴ Networking with your peers
- ∴ Access to the most current dietetic information
- ∴ CPE hours for leadership
- ∴ Increased knowledge of dietetics outside current practice
- ∴ Strengthen your professional recognition by peers and employer
- ∴ Increase your professional confidence

Whether you're new to the profession or a seasoned dietitian like me, you can have an impact by offering to serve on the IDA Council. There are a variety of ways to get involved that represent a broad range of time commitments, talents and leadership opportunities. Are you ready to transform yourself from member to leader?

I'd invite you to:

*review the council position descriptions on the IDA web site. Visit www.eatrighiowa.org and follow this path: Members tab/Main Index/Policies and Procedures/IDA Position Descriptions

*contact me at mpelzer@midwestdairy.com and let me know where your leadership interests are for IDA.

I'm looking forward to collaborating with you!

-Molly Pelzer, IDA President-elect

Continued from page 6

The application deadline for the 2009-2010 fellowship year is April 15, 2010.

For further information, please visit our website at www.healthandagingpolicy.org or contact me or Phuong Huynh, Deputy Director of the program (huynhpt@pi.cpmc.columbia.edu or 212-543-6213) directly.

IOWA DIETETIC ASSOCIATION

Legislative Workshop



The Legislative Committee for IDA held a workshop in Des Moines on February 16, 2010. The workshop included speakers in the morning and visits to the Iowa General Assembly in the afternoon. Iowa Legislators were contacted before the meeting to arrange visit times. With the legislature in session, it was exciting to be in the lobby outside of the House and the Senate with the other lobbyists and sharing the benefits of nutrition services to Iowans with our elected officials.**

We were delighted to have Pam Michael, Director of ADA Nutrition Services Coverage, travel to Des Moines to share her expertise. She discussed reimbursement, the role of ADA in providing support for grassroots policy efforts and the impact of federal mandates on states, i.e. Medicaid with the group of about 40 RDs including the UIHC dietetic internship class. Other topics covered in the morning sessions included Sue Roberts - Legislation 101 and a panel that included Pam addressing nutrition billing, coding, structure of insurance benefit programs and Iowa Medicaid. Sister LaDonna Woerdeman presented Medicare reimbursement information with practical examples of utilization of the nutrition benefits for diabetics covered under Medicare part B and the Diabetic Self Management Care program. Jody Kealey prepared a presentation focusing on Medicaid reimbursement in Iowa and the steps Child Health Specialty Clinics has taken working with Iowa Medicaid Enterprise to expand payment for specialized nutrition services in that program.

Prior to lunch at the Capitol, up-dates were given on the status of the Healthy Kids Act. In addition talking points outlining current IDA policy strategic areas were discussed and given to participants to use during legislative visits. Sue gave practical tips on approaching and talking with legislators. And the group was off to the Capitol.

Talking points were summarized into one statement: Iowans will realize improved health with improved nutrition services. Details provided are below:

Improved nutrition services through Medicaid: Improve nutritional status and health of Iowans and save health care dollars by increasing access and availability of Medical Nutrition Therapy (MNT) and nutrition counseling for Iowan's covered under Medicaid.

2) Improved nutritional status and health of Iowa's children with school/AEA nutrition services

The legislation by the Healthy Kids Act is not fully implemented to date & children receiving support from the AEAs do not have access to nutrition care as required in the law.

3) Improved nutritional status for Iowans with nutrition services included in the defined team of the Medical Home Model

Assure cost savings in health reform by including registered/licensed dietitians as part of primary care team in Iowa's Medical Home Model as in SF 2092 where nutrition/RD/LD's fit into Medical Home Concept:

- a) Registered and licensed dietitians part of team, especially with delivery of diabetic care and lifestyle change
- b) RD/LDs provide cost saving primary and preventive care reducing costs of chronic health conditions
- c) RD/LDs are qualified professionals for care thru all stages of life – acute, chronic, preventative and end of life care
- d) MNT is evidence-based and standardized nutrition care process directs RD's care for optimum outcomes
- e) Registered dietitians give added value to physician directed care

View photos on page 14



**Members of the Iowa
Dietetic Association
Present
Representative Braley
with the
ADA's Public Policy
Leadership Award**

Members of the Iowa Dietetic Association presented Representative Braley with the ADA's Public Policy Leadership Award. ADA recognized Braley's efforts and support for making nutrition a priority in Congress. The award was presented at a fundraiser for Representative Braley's re-election campaign. From left to right: Elizabeth Vlock (U of IA dietetic intern), Anne Tabor, Representative Braley, Caleb Frazier (ISU dietetic intern), Sister LaDonna Woerdeman, Nikki Putman (ISU dietetic intern).



IDA Meeting Calendar

Mark your calendar for
next year's meeting!
UPDATED
INFORMATION

New Decade New Directions

West Des Moines Marriott

Thursday Oct 7 and Friday Oct 8, 2010

Topics include:

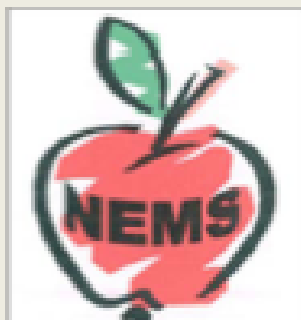
- RD Coach and Child Fitness
- How to Communicate Effectively with the Media, Public and Customers
- What is the best technology to use in your practice? Should you tweet, twitter, blog or ???
- Why are "inulin" and "resistant starch" hot topics in the news?

What is Value Enhanced Nutrition Assessment in WIC?

Continuing Education

Date	Meeting/Resource	Place	Contact
April 15, 2010	Current Issues in Nutrition The Good Gut Bugs: Prebiotics & Probiotics	Your Computer	www.cepd.iastate.edu/cin
April 16, 2010	ID-HCC Spring Conference	Des Moines, IA	http://www.eatrightiowa.org/icd/events.html
April 23, 2010	Effects of Diet and Phytonutrients for Metabolic Syndrome and Obesity	Anaheim, CA	http://www.nutrition.org/meetings/asn-annual-meetings-at-experimental-biology/satellite-symposia/
Several Dates in April	Iowa NEMS Training	Iowa Locations	See page17 for details
May 12, 2010	Healthy Aging Evidence-Based wellness & Treatment Plans for Age-Related Diseases	Des Moines, IA	Www.crosscountryeducation.com
May 20, 2010	21st Annual Iowa Breastfeeding Workshop	West Des Moines, IA	Dina Wendelin 515-263-4057 wendeldl@ihs.org
August 4-7, 2010	American Association of Diabetes Educators 37th Annual Meeting	San Antonio, TX	www.diabeteseducator.org
October 7-8th, 2010	IDA Annual Meeting New Decade New Directions :	West des Moines, IA	www.eatrightiowa.org/index.html
November 6-9, 2010	Food & Nutrition Conference & Expo	Boston, MA	/www.eatright.org/HealthProfessionals/content.aspx?id=8367

IOWA STATE UNIVERSITY
University Extension



Nutrition Environment Measurement Survey (NEMS) is a proven set of tools that can be used to evaluate how a community influences personal nutrition behaviors. The grocery store, convenience store, and restaurant assessment tools were developed with funding from the Robert Wood Johnson Foundation through Emory University in Atlanta Georgia.

To learn more details about the NEMS tools visit <http://www.med.upenn.edu/nems/>. In 2008 the Iowa-South Dakota Wellmark Foundation funded a grant to create an additional tool to be used with vending machines (NEMS-V) in communities. As part of the grant, regional trainings using all of the NEMS tools are being held in Iowa. These workshops are available to communities on a first-come first-serve basis. The two-day workshops will include field experiences to practice using the tools. Trained surveyors will be with each group to oversee the learning experience. The workshop is free and will include a continental breakfast and lunch each day as well as training materials. If you have questions regarding the trainings feel free to contact:

Susan B. Klein
515-240-0368 (cell)
Susan.Klein50@gmail.com

Carol Voss
515-242-5566 (office)
cvooss@dph.state.ia.us

DATES	CITY	LOCATION
April 8 - 9	Cherokee	Cherokee County Extension Office
April 15 - 16	Iowa City	Montgomery Hall – Johnson County Fairgrounds
April 22 - 23	Mason City	Cerro Gordo County Extension Office
April 26 - 27	Atlantic	Atlantic Area Chamber of Commerce
April 29 - 30	Attoona	Polk County Extension Office

Community grants will be available upon completion of the 2-day workshops.

Registrations taken by: Amy Marek, (515) 957- 5763, amarek@iastate.edu

FROM YOUR EDITOR :

Happy National Nutrition Month and Dietitian Day! Its finally warming up and IDA has some exciting spring events noted in this issue of the IDA Spring Bulletin. Be sure to participate in the survey for the upcoming edition of the Simplified Diet Manual. Your input is very valuable for meeting the needs of Iowa Dietitians and facilities they support.

Nadine

Bulletin Subscription	Advertising policy
<p>Non-IDA members, retired members and dietitians, from other states may subscribe to <i>The Bulletin</i>. The yearly subscription fee to cover printing, mailing and handling costs is \$10.00. Make check or money order payable to the Iowa Dietetic Association and send with your name and address to:</p> <p>Monica Lursen, RD/LD 27924 Butler Center Road Clarksville, IA 50619-9253 319-885-6557 lursen@butler-bremer.com</p> <p>IDA Bulletin Deadlines Please submit your unformatted articles for publication in the next IDA Bulletin to :</p> <p>Nadine Fisher, IDA Bulletin Editor</p> <p><i>Electronic submissions are required.</i></p> <p>Guidelines for submission can be viewed at : http://nutritionnetworks.com/idabulletin.htm</p> <p>Please send articles to: rf0619@mchsi.com</p> <p>The four yearly deadlines are: Feb 15, May 15, Aug 15, and Nov 15</p> <p>If you are interested in serving on the website committee please email me or call me during the day at: (319) 688-5866</p>	<p>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:</p> <p>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)</p> <ul style="list-style-type: none"> • 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. <p>Meeting announcements are listed free-of-charge as space allows and at the discretion of the editor</p> <p>Advertisement fees are determined by IDA and its Executive Director. A current schedule of fees may be obtained by email or US mail: lursen@butler-bremer.com or, Monica Lursen, IDA executive Director 27924 Butler Center Road Clarksville IA 50619-9253 phone (319) 885-6557.</p>