

Summer 2010

Vol. 69 No. 2

SIZZLING:

- New Decade New Directions Sneak Preview
- Healthy Partnerships
- Legislative Update

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It's Summertime: Make Living Heart Healthy

Longer days and rising temperatures signal summertime. The American Heart Association has some tips to help you stay active, safe and heart healthy when it's hot outside.

Beat the Heat

You can stay active and beat the heat by:

- ✘ Going to a gym for a nice, cool environment with a variety of activities.
- ✘ Visiting your favorite local swimming hole or taking swimming lessons at a pool.
- ✘ Starting a walking group with your friends at the mall or other indoor location.
- ✘ Taking up an indoor sport, such as racquetball, basketball or volleyball, or taking an aerobics class.

If you exercise outside when it's hot and humid, wear light, comfortable clothing and work out in the early morning or late evening. Know the symptoms of heat exhaustion and heat stroke, and if you experience them, stop exercising and take measures to cool down immediately. You may need medical attention.

Come on in, the Water's Fine

Headed to the pool, lake or ocean this summer? Make sure you're prepared. Drowning is a leading cause of death in infants, children and adolescents. Watch your children, and learn CPR so you can act quickly to prevent drowning.

[Continued on page 8](#)

IDA Officers 2009 - 2010**President**

Lois Stillman
712 264-6505 (H)
712 264-6505 (W)
lstillman@spencerhospital.org

President Elect

Molly Pelzer
563 886-6020 (O)
563 886-6611 (H)
mpelzer@midwestdairy.com

Past President

Joetta Redlin
319 377-4803 (W)
319 846-4405 (F)
jredlin@gmail.com

Secretary/Treasurer:

Doug Robertson
319 356-0892 (O)
319 848-3280 (H)
douglas-p-robertson@uiowa.edu

Delegate

Janice A. Fisher
319 338-0581 X6468 (W)
319 594-0669 (C)
bsf5021@mchsi.com

Member at Large

Julie Halfpop
515 963-0895 (H)
1 800 847-2404
Ext 3316 (O)
jhalfpop@martinsnet.com

Nominating Chair

Kathy Moen
515 386-3326 (H)
515 386-2114 (O)
gkmoen@yahoo.com

Meeting Chair Elect

Jean Anderson
515 294-7316(O)
janderso@iastate.edu

Chair Council on Professional Issues

Nicole Arnold
515 432-6065 (O)
515 451-6270 (H & CELL)
narnold@hy-vee.com



Iowa's
BEST!

IDA 2010 AWARDS

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.

- o IDA Outstanding Student Award = Maren Vik
- o IDA Medallion Award = Joan Dolezal, RD, LD
- o IDA Recognized Outstanding Dietitian of the Year Award = Anne Tabor, MPH, RD, LD
- o IDA Recognized Young Dietitian of Year Award = Beth Freehill, RD, LD
- o IDA GEM Award = Vickie Pyevich, MD, Pediatric Cardiologist

Congratulations to all of our 2010 recipients. They will be honored at the annual meeting this fall. Thank you to all applicants. Again, many of the award and scholarship 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, 2010. For more information, please contact Lori D. Winborn at lordietz@yahoo.com, or 319-857-5338.

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.



WE NEED YOU!

Call for IDA Leadership 2011- 2012

*Have Fun, Meet New People, Make a Difference,
Learn New Skills !*

Kathy Moen RD, LD, Chair

The Nominating Committee is now in search of candidates for the 2011-2012 IDA Leadership Ballot which will include the following 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,

Council on Professional Issues Elect

One year position, then proceeds to Chair,

Delegate Elect

One year position, then proceeds to Delegate, a three year position, and

Nominating Committee Member

One year position as member, second year proceeds to Chair-Elect, then third year proceeds to Chair

To find out more information about these position log on to the IDA website at www.eatrightiowa.org (Members tab/Main Index/Policies and Procedures/IDA Position Descriptions) or contact one of the Nominating Committee Members.

I would like to take this opportunity to thank the 2010-2011 members for allowing me to serve as part of the IDA Board and Council.

Kathy Buffington, Nominating Committee Chair (kbrdld@aol.com)

Christy Frese, Nominating Committee Chair-Elect (crfese@hy-vee.com)

Debbie Ruebbelke, Nominating Committee Member (mruebbelke@aol.com)

The Nominating Committee would ask those members interested, or even curious, about the above listed positions or those members who would like to recommend a fellow member for one of the positions to contact a committee member a.s.a.p. **As noted in the *Spring Bulletin*, the 2010 IDA Annual Meeting is scheduled for October 7th & 8th, so the Nominating Committee would like to present a list of all the candidates for the 2011-2012 ballot to the IDA Board by late August or early September.**

Legislative Update from Washington, DC

Teresa Nece, MS, RD, LD, SNS

Legislative Update from Washington, DC Congress continues to work on reauthorization of Child Nutrition Programs. A majority of members of the House of Representatives -- 221 members from both sides of the aisle -- have submitted a letter to Speaker Nancy Pelosi (D. Calif.) expressing their strong support for reauthorizing the Child Nutrition Programs this year. The letter states: "President Obama has called for a historic investment in these programs in order to respond to two of the greatest child health challenges of our time, hunger and poor nutrition. Respectfully, we request your leadership in assisting in the identification of possible offsets to support President Obama's call for new investments to properly fund these important anti-hunger and nutrition programs."



Our work is not done. ADA continues to talk with representatives and their staffs about the policy provisions that must be included in a strong Child Nutrition Reauthorization. It is vital that these decision makers hear from you, the nutrition experts in their districts.

Please continue to communicate with your Congressional representative and his or her staff about the following ADA priorities for reauthorization:

- Extending nutrition standards for all foods sold in schools (H.R. 1324, The Child Nutrition Promotion and School Lunch Protection Act).
- Strengthening nutrition education and promotion and local school wellness policies (H.R. 5090, The NEW Schools Act).

Establishing professional standards for district-level school nutrition directors (Senate Healthy, Hunger-Free Kids Act, Section 306)

Please visit the Congressional Messages section of ADA's website for updated House and Senate materials and talking points.

Teresa Nece Appointed to Advisory Council

Teresa Nece, MS, RD, LD, SNS has been appointed to the Iowa Prevention and Chronic Care Management Advisory Council. She will be representing the Iowa Dietetics Association. The Iowa Department of Public Health coordinates the work of the advisory council. A monthly health care reform newsletter, *The Check-up*, is available at the main IDPH Health Care Reform website: http://www.idph.state.ia.us/hcr_committees/

Medical Home System Advisory Council Update

Anne Tabor, M.P.H., R.D./L.D. has been attending the Iowa Department of Public Health Medical Home System (IDPH) Advisory Council meetings. The Medical Home System Advisory Council will make recommendations to IDPH on the plan for implementation of a statewide, patient-centered medical home system. Anne is representing IDA at these meetings.

NEW DECADE NEW DIRECTIONS



**NEW DECADE NEW DIRECTIONS
IDA 2010 ANNUAL MEETING
OCT 7, 8 WEST DES MOINES MARRIOTT**

**Watch for registration information mailed to you in early August.
We look forward to seeing you in October!**

**Planning Committee: Jean Anderson, Molly Pelzer, Julie McMillin,
Sarah Davis, Karen Foster, Elise Klopfenstein, Mary Sell, Karen Uhrich**

CPEU	THURSDAY OCT 7	TOPIC/SPEAKER (title may change)
Total: 5.5		
--	7:00 – 8:15	Buffet breakfast assorted cereals, oatmeal, fruit/juices, bagels
---	8:15-8:30	Welcome, Molly Pelzer, IDA President
1	8:30 – 9:30	Opening speaker : <i>The Healing Power of Humor</i> Dr. Stuart Robertshaw, President & CEO National Association for the Humor Impaired
1	9:30 – 10:30	<i>VENA Information</i> Brenda Dobson, IDPH
---	10:30 – 10:45	AM Break, beverages only
1	10:45 - 11:45	<i>Best Communication Practices</i> Communication Specialist, sponsored by Midwest Dairy Council
----	12 – 1:15	Business and Awards luncheon
Break out sessions Select A or Select one from B or C and select one from D or E		
2.75	1:30- 4:30 (SESSION A)	A: <i>Building on What We Learned in 2009: Motivational Interviewing</i> Linda Snetselaar, Donna Hollinger, Karen Smith University of Iowa
1.25	1:30 - 2:45 (SESSIONS B & C)	B: <i>Technology and Social Marketing Tools in Your Dietetic Practice</i> , Nadine Fisher C: <i>Go Green</i> Judy Trumpy, ISU Dining Services and Emily Krengel, Cass County Memorial Hospital
----	2:45 – 3	PM break, beverages only
1.5	3 – 4:30 (SESSIONS D & E)	D: <i>Public policy Updates and Discussion</i> , IDA Liaisons E: <i>Media Practice</i> sponsored by Midwest Dairy Council
----	4:45 – 6	President's Reception
----	6 – 8:30	IDA Board and Council meeting,

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NEW DECADE NEW DIRECTIONS



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CPEU (may change) Total:6.5	FRIDAY OCT 8	TOPIC/SPEAKER (title may change)
----	7:00 – 8:15	Buffet breakfast assorted cereals, oatmeal, fruit/juices, bagels
-----	8:15-8:30	Welcome Jill Lange, IDA President-elect
1.5	8:30 – 10:00	<i>Inulin (fructans) & Resistant Starches: Functional Fiber with Human Health Benefits</i> Mr. Bryan Tungland, Dir. of Technology Innovation & Nutrition, DNA Dreamfields, LLC sponsored by: Dreamfield Pasta
---	10:– 10:15	AM Break, beverages only
1.25	10:15 – 11:30	<i>Behind the Headlines: Answers to Agriculture Practices</i> Sponsored by National Beef Industry
1.5	11:30: - 1:30	Buffet Lunch— with posters and vendor booths
1.25	1:30 – 2:45	<i>Complimentary and Alternative Medicine</i> Dr. Sam Culwell sponsored by Natural Standard
----	2:45 – 3	PM break, beverages only
1.25	3-4:15	<i>RD Coach</i> Katie Brown, ADAF
----	4:15	Closing remarks
----	4:30	Conference ends

WANTED

IDA Members interested in **Guest Blogging**.

Contact:

Mary Sell if you are available to serve during 2010 -2011

Email: msell@martinsnet.com

Previous experience helpful but not required.

HEALTHY PARTNERSHIPS

Katie Brown, Ed.D., RD, LD



On Friday April 23, Hanawalt Elementary School in Des Moines was pleased to welcome and host former First Lady of Iowa Christie Vilsack, wife of United States Secretary of Agriculture Tom Vilsack, and longtime advocate for children’s health and nutrition. Mrs. Vilsack observed the Healthy Schools Partnership (HSP) program, an innovative school-based model that combines practical nutrition education with physical education to promote health and wellness learning among students. Registered dietitian (RD) nutrition coaches are paired with physical education teachers in the classroom and use fun methods that are proven to effectively engage kids in learning the importance of energy balance – balancing the calories they consume with calories they burn through their daily activity. Working together, these professionals that make up the “energy balance” team, help students develop long-term healthy lifestyle habits.

Joining Mrs. Vilsack during her visit were representatives of the partner organizations that developed the HSP program—the American Dietetic Association Foundation (ADAF), the American Council for Fitness and Nutrition Foundation (ACFN), and PE4life – along with Lorna Heemstra, Hanawalt Dean of Students; John Baker, Hanawalt PE4life teacher; Sandy Huisman, Des Moines School District Food Service Director; and the Iowa Dietetic Association.

The Des Moines area was selected as a Healthy Schools Partnership community in 2009 and has a team of 10 RD nutrition coaches, currently teaching the innovative energy balance program curriculum in four school districts: Des Moines, Pella, Norwalk, and Ankeny.

The program is being evaluated by the University of California at Berkeley, Center for Weight and Health in collaboration with Iowa State University. The program evaluation will measure fitness levels, attitude and behavioral changes toward nutrition and physical activity including looking at changes made around food choices in the school cafeteria. The program is made possible through a multi-year grant from the Healthy Weight Commitment Foundation.

During Mrs. Vilsack’s visit, 4th graders at Hanawalt Elementary School learned about “Power Beverages” as an RD Coach used sugar packets to demonstrate sugar content in selected beverages. Mrs. Vilsack remarked how wonderful it is to have Registered Dietitians delivering the nutrition messages. In PE class, the students were led by the RD Coach and PE4life teacher through a fun, interactive game, “Balance Your Beverage,” that reinforced the energy balance message. Student comments included, “Wow, I had to do a lot of jumping jacks when I chose the soda,” and, “White milk had a lot of calcium and protein but no added sugar, cool.” Mrs. Vilsack enjoyed conversations with Hanawalt students as they shared their comments about having an RD Coach at their school. One student said, “The dietitians have taught me how to identify ‘Power Pick’ foods at school and my family is doing a good job at home, too.”

For more information about the Healthy Schools Partnership program, contact Katie Brown, Ed.D., RD, LD at Kbrown@eatright.org or visit <http://www.acfn.org/healthy-schools-partnership>.

IDA BULLETIN



NEW & Improved IDA Bulletin Article Submission Guidelines

The following guidelines have been developed to assist the IDA Bulletin Editor and IDA contributing authors. Full cooperation in adhering to deadlines is needed in order to maintain the IDA publishing schedule.

1. All articles should be submitted in MS WORD format or plain text format via email as an attachment to maher@huxcomm.net.
2. All articles are to be submitted single spaced in **11 point Arial**.
3. Please put only 1 space after each period for each sentence and paragraph. Please **DO NOT** indent paragraphs. This saves space.
4. All articles should be saved with the author name and the title. For example: legislative update fisher.doc **instead of** spring bulletin article.doc
5. Articles should be limited to 750 words and please include any related pictures in the document or as attachments.
6. All articles will be edited for clarity, style, punctuation, and grammar. Every effort will be made to maintain your original intent.
7. Each article should follow the format below:
Article Title, Your name, credentials, and IDA position if applicable, Text of article
Example:
Reaching Your Goals in Business
Susan Jones, MS, RD, IDA Public Relations Chairperson
TEXT OF ARTICLE
11. The IDA bulletin goal is to improve communication among members and we encourage articles written in that spirit.
12. All ideas for articles are encouraged!

Thanks for your cooperation in making this a most successful

year for the IDA Bulletin!

Please view these guidelines on the [IDA Website](#).



[Continued from page 1](#)

Fire up the Grill

Dusting off the old grill? Keep these tips in mind to help you grill “fat-sensibly” this summer.

- ✘ Go for grilled fish. The healthiest types include salmon, trout and herring, which are high in heart-healthy omega-3 fatty acids.
- ✘ Buy chicken breasts instead of the fattier dark meat (legs and thighs). Remember to remove the skin before eating or try grilling chicken or turkey burgers using breast meat. Add diced onions for more flavor.
- ✘ Choose “loin” and “round” cuts of red meat and pork. Look for “choice” or “select” grades of beef instead of “prime.” While these have the least amount of fat, don’t forget to trim the fat when you get home.
- ✘ Use a rack so the fat drips away from the food.



Mary Greeley Mileage Club

As

a way to encourage young people to become more physically active, Mary Greeley Medical Center (MGMC) of Ames has partnered with 12 Story County elementary schools with the help of parent volunteers to provide Mileage Club. It is an 8 week program that is offered March 29 through May 21, with about 4,300 kids participating. This is the fifth year that Mileage Club was offered in Story County. In 2009, Story County elementary schools logged more than 41,000 miles participating in the Mileage Club.



The Mileage Club offers students an opportunity to walk or run during designated recesses (Mon, Wed and Fri noon recess at our school) and student participation is voluntary. All students receive a chain with a lap card to start. A “toe token” (colored foot) is earned for every 5 miles logged which they string on their chain. Students earn a “speedometer” award to post in their school classroom for walking 10 miles, a certificate for completing 20 miles and a special gift (sun visor) for those who log 25 miles during the 8 week program. Students get to sign the Mileage Club poster in P.E. if they meet the 15 mile goal which is a *big deal*. Fun activities throughout the program reward and recognize students for being physically active. All awards are designed to provide students with a sense of accomplishment, recognition, and a source of positive image building and are sponsored by MGMC.

Doreen and I have been parent volunteers for Mileage Club at Ballard West in Slater for the past couple of years. **Let us know if you are interested in starting Mileage Club in your local school district.** We would enjoy the opportunity to visit with you about how you could do something like this in your community. See the website www.fitnessfinders.net for a catalog that contains Mileage Club items, e.g. toe tokens.

Andrea Maher RD, LD

maher@huxcomm.net

563/529-6148

Doreen Blackmer MS, RD

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IDA Jobline

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AICR HPE eCommunity



I am pleased to invite you and your members to join our new program, "Health Professionals and Educators (HPE) eCommunity" from the American Institute for Cancer Research (AICR). It is designed to deliver tools and information that will benefit RDs and your patients, and clients. We hope you will share this information with your members. There is no charge to join the program.



AICR has been the leader in diet and cancer prevention since the 1980s funding research in food, nutrition, physical activity and body weight and cancer prevention and survivorship. In 2007, AICR published the expert report, *Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective*, which is the most comprehensive report on diet and cancer ever completed. It found that a predominantly plant-based diet may reduce the risk of cancer.

We have a special relationship with Registered Dietitians because AICR recognizes the importance of diet and related life style issues in lowering risk for cancer and other chronic diseases. We provide a wide range of educational materials; many RDs are already familiar with our popular New American Plate concept.

The AICR HPE eCommunity offers a special way for AICR to connect with RDs and other health professionals to offer up-to-date, evidenced based information. And we want to hear what HPEs needs are as well.

The new program offers:

- ✘ **AICR *In Depth*** by Karen Collins, MS, RD, CDN which provides information for you and your clients on hot topics
- ✘ Online chats following each In Depth
- ✘ Subscription to Science Now
- ✘ Special discounts on publications

You will find more information about the program at our website: <http://www.aicr.org/hp>

From my years serving on the Georgia Dietetic Association board I know the important role that state associations play in keeping their members up to date on practice, policy and resources. I look forward to working with you to inform your members about AICR's resources, whether through your website, newsletter or other venues.

If you have any questions, please contact me by email or phone.

Sincerely,

Alice Bender, MS, RD
Nutrition Communications Manager
American Institute for Cancer Research

Congratulations!

Lois Stillman, MPH, CMS, RD, LD,
IDA President was awarded
**Live Healthy 2010 Administrator
of the Year** in May from the Iowa
Sports Foundation...

ADAF Healthy Schools Partnership & RD Coaches Thriving in Des Moines Schools Request your Support!

Courtney Bloxham, RD, CSG, LD, ADAF Iowa Chair
Mary Jo Schechinger, RD, LD, ADAF Iowa Co-Chair

The American Dietetic Association Foundation (ADAF) is putting emphasis on childhood obesity with the creation of the RD Nutrition Coach Model and Energy Balance curriculum for the Healthy Schools Partnership (HSP). This program is unique and provides student's access to actual RD's at their schools! Nutrition education is happening in the P.E. classroom with nutritional coaching, fun nutrition games and posters, and education for parents as well.

With such huge success in Kansas, the greater Des Moines area was chosen as the next city for this outstanding program to begin. Eleven RD Coaches are providing their expertise in four schools. It is already in the third year and by the end of this school year will have reached over 3,000 students!

Here are some of the comments from the kids:
"Before I didn't worry about nutrition, but now I'm active and eat the right choices."-5th grader

"I went from 142 to 130 pounds. I feel much better when I see a difference and all thanks to having a dietitian and a physical education teacher to encourage me." - 6th grader

"I learned that eating healthy is a lifelong journey to maintain."-9th grader

As dietitians, we always ask ourselves, is there research happening to back this up? The answer is "yes" and it is proven successful. There have been significant dietary improvements in these students, specifically in their nutrition knowledge compared to students from control schools. Students in the intervention schools also

reported eating more fruits and vegetables, and actually did eat more fruits and vegetables during school lunch. It's working!

It costs an average of \$200 per child to fund the HSP program. We are asking our members to demonstrate their support for the ADA's initiative to reduce childhood obesity and improve the health and lives of our young people with a financial contribution. Please consider making a donation of \$50, \$100 or \$200 today.

Please visit the ADAF website to make your donation today! www.eatright.org/Foundation/
To read more about the RD Coaches and the HSP, visit www.eatright.org/foundation/healthyschoolpartnership/

Congratulations Kathleen Niedert, PhD, MBA, RD, CSG, LD, FADA,

Kathleen has been appointed to the [National Quality Forum's](#) Steering Committee for the National Voluntary Consensus Standards for Nursing Homes project. This project seeks to identify and endorse measures and patient experience of care surveys that address nursing homes for public reporting and quality improvement. Dr. Niedert is the director of clinical and dining services at [Western Home Communities](#) and owner of Omega Health Associates.

In addition, Kathleen recently contributed to the newly updated American Medical Directors Association's clinical practice guideline *Altered Nutritional Status in the Long-Term Care Setting*. The Guideline can be purchased at [AMDA's web site](#).

IDA Meeting Calendar

Mark your calendar for
next year's meeting!

*****STAY TUNED FOR UPDATED
INFORMATION**

IDA Annual Meeting 2010

West Des Moines Marriott.

Thurs - Friday Oct 7-8 2010

West Des Moines Marriott

1250 Jordan Creek Parkway

Continuing Education

Date	Meeting/Resource	Place	Contact
June 10-13	Center for Mind-Body Medicine Professional Nutrition Training Program — "Food as Medicine"	Capital Hilton Washington, D.C.	www.cmbm.org
June 25-29	American Diabetes Association 70th Scientific Sessions	Orange County Convention Center Orlando, Fla.	www.diabetes.org
July 4-8	Dietary Managers Association 50th Annual Meeting & Expo	Hilton Chicago Chicago, Ill	www.dmaonline.org
July 17-20	Institute of Food Technologists Annual Meeting & Food Expo	McCormick Place Chicago, Ill.	www.ift.org
July 24-27	Society for Nutrition Education Annual Conference — "Child Nutrition: Action Today for a Healthy Tomorrow"	Peppermill Resort Reno, Nev.	www.sne.org
August 4-7	American Association of Diabetes Educators 37th Annual Meeting	San Antonio, TX	www.diabeteseducator.org
August 16, 17, or 18	Managing Gestational Diabetes Diagnosis to Delivery and Beyond	Iowa City, IA Des Moines, IA or Omaha, NE	www.pesihealthcare.com
September 22-23	Consumer Federation of America National Food Policy Conference	Washington, D.C.	www.consumerfed.org
October 7-8	IDA Annual Meeting—New Decades New Directions	West Des Moines, IA	www.eatrightiowa.org
September 22-23	Consumer Federation of America National Food Policy Conference	Washington, D.C.	www.consumerfed.org
November 6-9	Food & Nutrition Conference & Expo	Boston, MA	www.eatright.org

FROM YOUR EDITOR :

Summer is here and it's time to get outside and get moving. I am impressed with all the new initiatives and partnerships created with the intent of promoting a healthy active lifestyle across the ages, and this issue provides several examples in Iowa.

Go Iowa RD's and establish your expert presence at the table of these organized proactive events that will lead our future in the direction of wellness and health! I am proud of our state and our organization. It's great to be an Iowa RD.

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 \$25.00. 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://eatrightiowa.org/bulletin_2010.pdf</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 assisting with the website please email me or call Nadine 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).</p> <p>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>