

Food for Thought

OFFICIAL NEWSLETTER OF THE MONTANA DIETETIC ASSOCIATION (MDA)



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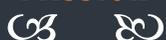
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Newsletter Mission



- Provide factual, informative, and interesting information.
- Provide insight and inventive ideas to people interested in dietetics in Montana.
- Promote healthful lifestyles through ideas and contributions.

President's Message

Wow! Your MDA Board of Directors finished a long and very full conference call meeting on Friday, November 4th. When you get the chance, please thank them for the time they volunteer to keep your professional association working. Here are some highlights of our meeting:

Media Representatives Committee: Thank you to *Tracy Konoske*, *Patti Snyder* and *Crystelle Fogle* who have agreed to be members of this new committee. Because Montana is large we need 2 more members to complete the group and ADA is providing a Trainer for a pre-conference in May at our MDA FNCE in Kalispell (see page 8). If you have a heart for telling the world about dietitians and healthy foods – please come forward!

A new Web site, Member Data Base and Registration Process for MDA: In January-March the MDA BOD will be working with Affiniscape, Inc. to design a new Web site, improve member communications and streamline the registration process for the MDA FNCE. We hope to have a new look and to be more visible to our membership. Thanks to *Linda Fredenberg*, *Holly Nickels* and *Chris Fogleman* for their tremendous work on the subcommittee to investigate this project.

Public Policy Panel: *Katie Bark*, *Ginny Mermel* and *Minkie Medora* continue to work toward reducing hunger and communicating the need to legislators involved. Their terms are coming to an end and we need new members that they can mentor. If you have a heart for affecting public policy to improve nutrition for the public – please come forward!

Name change: Communication from ADA indicates that as a separate association from ADA, the choice to change our name is ours. The MDA BOD voted to remain the Montana Dietetic Association for the 2012 year. So for 2012, **we will be known as The Montana Dietetic Association, an Affiliate of the Academy of Nutrition and Dietetics** (see page 7).

ADA FNCE in San Diego: I attended an excellent training for Affiliate Officers and for Public Policy. Thank you to *Ginny Mermel*, *Melody Anacker*, and *Dayle Hayes* who took time from their exhibit viewing and workshops to join me in meeting with Juliana Smith, ADA Director, State Government Relations.

Licensure: *Pat Bollinger* is actively working with the Board of Medical Examiners and is an excellent liaison to the MDA BOD. She has obtained training on Licensure from ADA and is ready to share her training with us in 2012. Please plan to attend.

Our next MDA BOD meeting: March 9th from 3-5 pm will be a conference call. If you can attend just contact me to get the agenda. Many hands make light work. Join us!

- *Nonie Woolf, MPH, RD, MDA President, woolfnonie@yahoo.com.*

Facebook Anyone?

Check out MDAs Facebook page! What a great way to keep in touch and share knowledge. On Facebook, search “Montana Dietetic Association.”



Honoring Registered Dietitians

Mike Menahan, a State of Montana Representative, stopped by my house about a month ago and gave me the original copy of the Joint Proclamation of the Senate and House honoring Registered Dietitians. I'd asked Mary Caffero, our Senator, to read the ADA version in the Senate and Mike to read it in the House. Well, Mary called and said she would and I didn't hear from Mike so figured he couldn't get it on the agenda. Wrong!!! He explained and apologized because he didn't have secretarial/aide help and so didn't call or contact me till his visit. He said he modified the document to make it a Joint Proclamation and it was read in the House and is in the history of the state.

I did send a thank you note to Jim Peterson, President of the Senate, Carol Williams, Senate Minority Leader, Mike Milburn, Speaker of the House and Jon Sesso, House Minority Leader.
- A note from Pat Hennessey, Retired, RD

Please see the full proclamation, on the next page.

Recipe: Sweet Potato Hummus

Makes 4 cups—Great use for leftovers—On sandwiches—As a dip

Ingredients

- 1 pound sweet potatoes or yams, peeled and cut into 1-inch pieces
- 1 can (19.5 ounces) chickpeas, drained and rinsed
- 1/4 cup fresh lemon juice (from 1 lemon)
- 1/4 cup tahini (sesame paste)
- 1 ½ tablespoons olive oil
- 1 ½ teaspoons ground cumin
- 1 garlic clove, chopped
- Coarse salt and ground pepper
- Paprika (as desired) for garnish
- Whole-wheat pita and/or crudites such as red pepper and broccoli



Directions

1. Set a steamer basket in a large pot, or if you don't have a steamer, just use a regular pot with about 2 inches of water in the bottom, and reserve the water to thin at the end as necessary. If using a steamer, fill with enough water to come just below basket. Bring to a boil. Add potatoes; reduce to a simmer, cover, and cook until tender, 10 to 12 minutes. Drain water as necessary, reserving for later, and cool slightly. Transfer to a food processor.
2. Combine chickpeas, lemon juice, tahini, oil, cumin, and garlic in the food processor. *Note: if you don't have tahini (sesame paste), you can substitute peanut butter or any other nut butter, although that will yield a slightly different taste.* Puree, about 1 minute; thin with reserved water if necessary. Season with salt and pepper and let cool. Refrigerate in an airtight container, up to 1 week. Garnish with paprika as desired. Serve with pita wedges (toasted or not) or sliced fresh vegetables of choice. Crudités like sweet peppers, cucumbers, carrots, broccoli, or sugar pod peas are popular choices. This also makes a great spread for sandwiches or wraps.

Nutrient Analysis:

For each 1/4 cup serving =

- 80 calories
- 3.3 grams of fat
- 0 cholesterol
- 84 grams of sodium
(since you are to rinse the beans)
- 29 grams of carbohydrate
- 2 gram of fiber
- 3.3 grams of protein



***A JOINT PROCLAMATION OF THE SENATE AND THE HOUSE OF
REPRESENTATIVES OF THE STATE OF MONTANA
Honoring Registered Dietitians***

March 9, 2011

WHEREAS, Registered Dietitians are the food and nutrition experts who can translate the science of nutrition into practical solutions for healthy living; and

WHEREAS, Registered Dietitians have degrees in nutrition, dietetics, public health or a related field from well-respected, accredited colleges and universities, completed an internship and passed an examination; and

WHEREAS, Registered Dietitians use their nutrition expertise to help individuals make unique, positive lifestyle changes; and

WHEREAS, Registered Dietitians work throughout the community in hospitals, schools, public health clinics, nursing homes, fitness centers, food management, food industry, universities, research and private practice; and

WHEREAS, Registered Dietitians are advocates for advancing the nutritional status of Americans and people around the world.

NOW THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES AND THE SENATE OF THE STATE OF MONTANA, we do hereby proclaim Wednesday, March 9, 2011 as "Registered Dietitian Day." That all citizens are encouraged to recognize the contributions of Registered Dietitians and express appreciation for their commitment to promoting science-based nutrition in the hope of achieving optimum health for both today and tomorrow.

President of Senate
Jim Peterson

Speaker of the House
Mike Milburn

Senate Minority Leader
Carol Williams

House Minority Leader
Jon Sesso

MDA Needs You!

Continued from article at right. All positions perform other duties as directed by the BOD:

President-Elect - serves as a voting member of the BOD and oversees the planning and coordination of the annual meeting in spring 2008. Plans projects for the presidential year.

Treasurer - Serves as a voting member of the BOD, ADAF fundraising chair and Chair of the Financial Committee. Regulate funds, securities and financial records, update and provide financial reports. Ensure that records are audited annually. Prepare and submit budget and file taxes.

Members at Large (1) - Serves as voting members of the BOD. Requires that the person not have previous experience on the board. These positions may be subcommittee/task force liaisons to the BOD.

Nominating Committee (2) - Serves on the BOD for one year and as the Chair of the Committee in the second year. This position can't run for another MDA office while serving on this committee. Ensures that nominees meet the requirements to run for office and official ballot complies with MDA policies and procedures.

Recognized Dietitian of the Year (RDY)

Nominees will be show active participation in the national, state, or district association. They will have demonstrated concern for the promotion of optimal health & nutritional status of the population, and demonstrated leadership in the Association, community or employment.

Recognized Young Dietitian of the Year (RYDY)

The successful nominee must be 35 years or younger as of April 1; must show active participation in the national, state, or district association; must have not been previously selected as an RYDY; must have demonstrated concern for the promotion of optimal health and nutritional status of the population; and must have demonstrated leadership in the Association, community or employment.

Emerging Dietetic Leader of the Year

The successful nominee will have not less than 5 years and not greater than 10 years of practice experience (interrupted careers or time periods not in practice, are not to be considered in years of practice); active participation in state, national or district associations for at least 5 years; must have not previously been selected as RYDY or RDY; demonstrated concern for the promotion of optimal health & nutritional status of the population; demonstrated leadership in the Association, community or employment.

MDA Needs You! Board Positions & Nominations

The Montana Dietetic Association is on the lookout for **outstanding individuals who are seeking to gain experience by serving on our local MDA Board.** Positions are a superb opportunity and best of all you will gain wonderful and valuable knowledge and experience that will help shape your career (**see descriptions for each position at left**):

- President-Elect (3 year commitment, one as president-elect, one as president and one as past-president)
- Treasurer (2 year commitment)
- Member At Large—1 position open (2 year commitment)
- Nominating committee member – 2 positions open (2 year commitment)

Nominate an outstanding individual/colleague who warrants to be recognized for a job-well-done. Nominations are needed for the following:

- Recognized Dietitian of the Year (>35 yrs of age and active participation in dietetics, health & nutrition)
- Emerging Dietetics Leader
- Recognized Young Dietitian (less than 35 years of age)

For more information, please contact a Nominating Committee member:

- Destiny Anderson, destiny.anderson@ihs.gov
- Janelle Campbell, jcampbell@mdmh.org
- Brittney Turville, brittneywadsworth@gmail.com



Do You Know What To Do?

REPORTING HARM and UNLICENSED PRACTICE

Do you know of someone who has been harmed by the “care” given by an unlicensed person, a person selling nutrition supplements, but actually making a nutrition assessment and counseling clients? Are you aware of someone practicing nutrition who has a revoked medical or nursing license? Perhaps there’s a person with a master’s degree in holistic nutrition from an unaccredited university unaware that practicing nutrition in Montana requires a license. These are just a few examples of the practices of unqualified people creeping into the scope of practice defined by statute.

Responsibilities to the Public [ADA Code of Ethics (June 2, 2009)]

- **Consider the health, safety, and welfare of the public at all times.**
- *Report* inappropriate behavior or treatment of a client by another dietetics practitioner or other professionals.
- **Comply with all laws and regulations applicable or related to the profession or to the practitioner’s ethical obligations as described in the ADA Code of Ethics.**

There is a no-cost, legal avenue for reporting in Montana—*because we have licensure!* In Montana the process begins with filing a complaint with the Board of Medical Examiners (BOME), our licensure board. The form is readily available on the BOME web site, http://bsd.dli.mt.gov/license/bsd_boards/med_board/board_page.asp, and is reproduced on the next page. Click on the complaint tab to find the form and also flow sheets on what to expect after a complaint is filed. Contact LaVelle Potter, compliance officer, for any questions, concerns or hesitancy you have about filing a complaint: lpotter@mt.gov, (406) 841-2362.

In my 5 years serving on the Board I’m aware of many complaints filed each year. By statute each is carefully heard. Complaints against licensees are the majority; a few are about unlicensed practice. Complaints are a sign that the licensure system is meeting its mission of protecting the health, safety, and well-being of Montanans by licensing competent health professionals. From time to time dietitians contact me about what to do about worrisome situations. I urge you to take steps to submit complaints in these cases.

- Pat Bollinger, MS RD, pbollinger@bresnan.net, (406) 443-0134, Nutritionist Member of the Montana Board of Medical Examiners

This Quarter’s Quote

“Health, like skills and motivation, belongs to the individual, and is influenced by individual choices.” -Wendy D. Lynch

STATE OF MONTANA
DEPARTMENT OF LABOR & INDUSTRY
BUSINESS STANDARDS DIVISION
301 SOUTH PARK AVE, 4TH FLOOR
PO BOX 200513
HELENA MONTANA 59620-0513
(406) 841-2333 FAX (406) 841-2363

FOR OFFICE USE ONLY
COMPLAINT NUMBER

COMPLAINT AGAINST: _____ LICENSE #: _____
(If Known)

PROFESSION/OCCUPATION TYPE: _____

BUSINESS/FIRM NAME: _____ PHONE: _____

ADDRESS: _____
Street # or PO BOX City/State Zip Code

If Applicable:
PATIENT NAME: _____ DATE OF BIRTH: _____

NATURE OF COMPLAINT: *please describe in detail the nature of the complaint, giving dates and other information. If service is part of the complaint, give information about telephone calls, contracts, etc. Attach additional sheet if necessary. (Maximum characters: 950)*

LIST OF WITNESSES AND EVIDENCE: *(Maximum characters: 295. Attach an additional sheet if necessary)*

WHAT ACTION ARE YOU REQUESTING OF THE BOARD? *(Attach an additional sheet if necessary)*

The facts and matters contained herein are true, accurate and correct to the best of my knowledge.

YOUR NAME *(Please Print)*: _____ PHONE #: _____

YOUR ADDRESS: _____

I hereby authorize that all of my protected health information maintained by any and all of my healthcare providers and that all of my health information maintained by any and all of my healthcare providers be furnished to the above-named licensing board and/or its agents. This authorization shall remain in effect until the licensing board has concluded all actions concerning this complaint.

COMPLAINANT'S SIGNATURE: _____ DATE: _____

A quick review of legislation that Affects YOU

State Legislation

End Childhood Hunger Study- The legislation that launched this interim study was authored by Montana Food Policy Chair and MDA member Minkie Medora, introduced by Representative Chuck Hunter, (D- Helena), and advocated for by many MDA members. Currently the Health and Human Services Committee of the MT legislature is reviewing public comments regarding gaps in the emergency food supply and how to fix them.

Insurance Exchanges - The Patient Protection & Affordable Care Act requires all states establish state-regulated and standardized health care plans from which individuals (who are not otherwise insured) may purchase health insurance that is eligible for Federal subsidies. All exchanges must be fully certified and operational by Jan 1, 2014. ADA has asked each state affiliate to work with its insurance exchange committee to ensure that medical nutrition therapy is covered by the plans included in the insurance exchange. Since MT legislators rejected the insurance exchange bill, the federal government will establish MT's exchange.

Licensure- during the last two MT legislative sessions the Health Freedom Alliance, <http://healthfreedom.org/>, has attempted to break the existing RD licensure law. This group, which is funded by various supplement manufacturers, continues to threaten licensed nutrition practice in Montana.



Federal Legislation

The Healthy Hunger Free Kids Act (Childhood Nutrition Reauthorization Act) which provides funding for child nutrition programs was passed in 2011. Publication of the final version of the new school meal standards is slated for December 2011. Competitive food regulations will be released for public comment in February 2012.

Food Safety Modernization Act was signed into law in January 2011. It represents the first major overhaul of the US food safety regulations in nearly 70 years. The focus of this law is to prevent food borne illnesses and other problems before they reach the consumer, rather than react to them. Under this law, the FDA has the authority to order a food product recall. It also requires many more inspections of food production and processing facilities. Within the past two weeks, the Senate increased FDA funding by \$50 million to help improve food safety efforts and implementation.

Farm Bill- negotiations are currently underway to cut \$23 billion. The situation is complicated by several pieces of Agriculture legislation recently introduced in the House and Senate. If funding cut decisions aren't reached by Agriculture Committee members, the deficit Super Committee has jurisdiction to cut the agriculture budget.

Older Americans Act (OAA) is due for reauthorization in 2012. There is considerable concern about proposed cuts to adult feeding programs. By 2015, Montana, will be the 4th oldest state with 25% of its population aged 65 or older. Keeping people healthy and at home is a key strategy for dealing with the cost of a rapidly aging population. A cost-benefit analysis by the American Dietetic Association found that the cost of one day in a hospital roughly equals the cost of one year of meals supported by the Older American Act. The cost of one month in a nursing home equals the cost of providing mid-day meals five days a week for about seven years.

Budgetary Super Committee- This committee has the authority to reduce the funding to any of the above named programs, even in instances where funding cuts have already been made. Our Montana Senator Max Baucus serves on this committee.

Ginny Mermel, Public Policy Committee Co-Chair,
ginnymermel@gmail.com

If we are not present in the discussion, RDs may be undervalued or omitted from delivery of nutrition services.



Billings Montana Dietetic Association (BMDA)

We have had another successful year with Billings Montana Dietetic Association (BMDA)! The group was able to offer many exceptional educational opportunities. From Sports Nutrition to working with American Indian patients to Childhood nutrition, and everything in between. We were able to offer 17 CEUs to our members this year.

We also once again participated in Saturday Live, to help spread information on healthy eating to children as well as adults. The Billings group loves doing this event each year, and are proud to be able to help serve our community. The Billings group has really grown, we have had members join us from Livingston, Kalispell and Hardin. We even teleconferenced speakers in from as far away as Colorado Springs! Our new Board of Directors will take over in November, and they will continue to lead the district organization to provide outstanding services to our members and community.

New Board of Directors for BMDA:

Therese Hrnccirik RD, LN – President
Steph Selzler RD, LN – President Elect
Jessica Martin RD, LN – Secretary
Krystie Nelson RD, CNSC, LN – Treasurer
Willee Brese RD, LN – Member at Large

I would like to take this opportunity to thank all of the BMDA members for supporting this organization. Leaving the office of President really is bitter sweet for me. I have so enjoyed watching our group grow from an idea to fruition, and I will greatly miss being actively involved in the BMDA board. However, I do think it is time to step back and let the new board members with their fantastic ideas take the reigns and really help to grow our amazing district!

- Tami Waite RD, CSR, LN, BMDA Outgoing President, twait@billingsclinic.org

MDA Member Dayle Hayes receives SNA FAME Award!

Dayle Hayes, MS, RD and a member of the Montana Dietetic Association, has received the national **2012 School Nutrition Association (SNA) FAME Award as a Friend of Child Nutrition** <http://www.fameawards.net/>, largely based on her work with **School Meals That Rock**, <http://www.facebook.com/pages/School-Meals-That-Rock/115393195143514>, on Facebook. This is an incredible honor, but Dayle gives all the credit to (in her words) “all the school nutrition folks that work so hard to feed children every day.” **Congratulations Dayle!**

 American Dietetic Association

New Name, Same Commitment to the Public's Nutritional Health

In January 2012, the American Dietetic Association will be changing its name to:

 **Academy of Nutrition and Dietetics**

The Academy of Nutrition and Dietetics quickly and accurately communicates our identity – who we are and what we do.

The Academy of Nutrition and Dietetics is the right name. And this is the right time.

Sylvia A. Escott-Stump, MA, RD, LDN
ADA President 2011-2012



For more information on this exciting news, visit www.eatright.org/Members/namechange

Message from your President-Elect

2012 Montana Dietetic Association Nutrition Conference and Expo

Nutrition on the Cutting Edge

Information. Inspiration. Impact.

Hilton Garden Inn Kalispell, Montana

May 9-11, 2012

This year's program is designed to arm dietetic professionals with the most current, evidence-based and practical information to empower us to translate research into clinical practice, inspire clients to eat for optimum health, and impact communities across the state of Montana. The topics were selected by evaluations and surveys from the 2011 MDA FNCE and input from planning committee.

The topics of food allergy, gluten sensitivity and celiac disease encompass both pediatric and adult populations as well as associated disorders such as Down Syndrome and Type 1 diabetes. The planning committee is excited to announce that two leading international nutrition experts in the fields of food allergy and gluten intolerance will present at the conference. Dr. Janice Vickerstaff Jonesja is a researcher, educator and author with 30 years of experience in the area of biochemical and immunological reactions involved in food allergy and intolerances. Dr. Jonesja holds a PhD in medical microbiology and immunology and a Registered Dietitian. Shelley Case, BSc., RD is the author of the *Gluten Free Diet* and has dedicated her career to celiac disease. Shelley will be presenting two workshops: "Celiac Disease, Gluten Sensitivity & the Gluten-Free Diet: What Every Health Professional Needs to Know" and "The Gluten Free Boom is Real – What Every Foodservice Department Needs to Know."

I would like to take this opportunity to personally thank the members of the planning committee:

Katie Borgen, RD; Becky Brundin, RD, CDE; Natalie Bucher, RD, CDE; Leslie Coates, MS, RD, CDE; Pat Dickey, RD; Melanie Fretwell, RD; Marguerite Haaland, RD; Tami Jentz, RD; Jeannine Lund, RD; Ashley LaSalle, RD; Holly Nickels, RD; Sheril Schenck, RD; Stephanie Timlick, RD; and Melody Anacker, MS, RD.

We look forward to seeing you in Kalispell! - Linda Fredenberg RD, MDA President-elect, lfredenberg2@krmc.org.

Food For Thought—Fall 2011



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In This Issue

In this issue, check out the name change for ADA and MDA's response, consider nominating for an award or running for MDA Board positions—and don't miss the great update on legislation from the Public Policy Committee!

As always, if you have ideas, thoughts or would like to submit an article for the next newsletter, contact Kim Pullman, RD, LN, Newsletter Editor, kpullman@mt.gov.

"Food for Thought" is the Montana Dietetic Association's quarterly newsletter. Members may receive this newsletter electronically via MDA's listserv, or by mail.

Deadline for submissions
for the next issue:
February 1, 2012

Quarterly Publication Dates:
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May 30
July 30
November 30