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President's Message

"Act as if what you do makes a difference. It does." - William James

Two summers ago, I attended the Academy Leadership Institute and was impressed by the presentation given by Kevin Eikenberry on leadership. I found his Web site www.KevinEikenberry.com to contain some excellent information on leadership and learning. In one of his blogs, Kevin suggests that each of us ponder the following questions:

- What can I do today that will make a big difference?
- What little things will I do today that could make a bigger difference than I realize?

His thought is that everything we do impacts others and that our responses, attitude, word choices, decisions, and demeanor can and do make a difference in how others perceive our profession.

I have found that dietitians are often cautious about placing themselves in leadership and decision making roles. Kevin's advice is that while it can seem overwhelming, do not become immobilized wondering what you should do. Instead, view every opportunity as a new chance to make a difference. Do your best, realize that you do make a difference, and that **by being proactive** you can **make the difference you desire**.

Many hands make light work and it is my pleasure to welcome those who have assumed leadership roles in MDA over the past few months:

- **Kirsten Anderson, Kids Eat Right Committee Member**
- **Katie Borgen, Kids Eat Right Crew Member**
- **Hannah Cowgill, State Policy Representative**
- **Melissa Moorehead, Student Representative**
- **Tara Ray, Let's Move Coordinator**
- **Patti Steinmuller, Licensure Liaison**
- **Jessica Williams, State Regulatory Specialist**

I anticipate that all of us will be called upon during the upcoming legislative session to participate in the public policy arena, both as advocates for nutrition counseling reimbursement and opposing efforts to allow people without skills and education to practice nutrition. **If dietitians are not the difference makers in protecting nutrition services and programs, who will be?**

- Linda Fredenberg, MDA President, lfredenberg2@krmc.org



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.

MDA FNCE Coming Your Way May 2013!

Thank You MDA MEMBERS! The survey is complete and we are gathering your votes to take to the board. We had record participation, with over 100 members voting!!! We have also had an exciting turnout for volunteer speakers from the association and have had great success with sponsors. If you submitted a topic or speaker and we haven't gotten in touch with you please reach out to us again. We have been pleasantly overwhelmed with your support and want everyone involved!

We are working hard to bring you another GREAT annual Food and Nutrition Conference. We are proud to announce sponsors we are trying to secure: Apria Healthcare, Nestle Nutrition, Walgreens Home Infusion, The Montana Beef Council, Western Dairy Association, the Academy's Kids Eat Right Representative, Covidian, and the Montana Dietetic Internship Program.

We are confirmed for May 29th - 31st at the Holiday Inn in Bozeman Montana. Secured topics are as follows:

General	Clinical	Wellness	Management
MDI Update	Oncology Nutrition	Public Policy Workshop	Culinary Medicine
Scope of Practice	Renal Nutrition	Childhood hunger	Sustainable foods
	Wounds and Nutrition	Kids Eat Right - The Academy	Leadership
	Refeeding Syndrome		

We have **several** other great topics in the works, from wine pairing with foods at an evening social to an update on the new malnutrition guidelines. Once we have gotten approval from the board we will confirm our speakers and begin planning our expo, hoping to truly bring a new experience to all of you! - Please contact us if you would like to be involved: Beth Hall at bhall@billingsclinic.org and/or Tami Waite at twait@billingsclinic.org.

Check Out Our NEW MDA Web Site!

Have you visited our Montana Dietetic Association Web site lately? Click on <http://www.montanadieteticassociation.org> and view the MDA strategic plan and Bylaws. As you hover over each of the titles at the top of the home page you can click on items of interest. You can update your member profile and access the MDA Member Directory. Contact information for your Board of Directors is at your fingertips. Looking for a new job? Access the Job Bank from the front page. Learn about Public Policy issues and access Continuing education options.

Try it today! Then let us know what you think.

Through the new Web site, your MDA Board hopes to be more accessible and to have the business of MDA be available at the touch of a button.

- **Nonie Woolf, MPH, RD, MDA Past-President and Web site Coordinator,** woolfnonie@yahoo.com.

The screenshot shows the homepage of the Montana Dietetic Association website. At the top, there is a navigation bar with links for 'Home', 'Contact Us', and 'Site Search'. Below this is a large banner image of a mountain landscape. The main content area includes a 'My MDA' login section with fields for 'Username' and 'Password', and a 'Quick Links' section with links to the 'MDA Board of Directors Contact List' and 'Montana Nutrition Licensure'. A 'What's New!' section is also visible at the bottom.

Have You Renewed Your License?

Did you know that 301 RDs hold active licenses and 41 of those reside outside of Montana? Is your renewal date October 31 in 2012 or 2013? 138 licenses were up for renewal this year and renewal notices were mailed in August to their addresses of record. 90 RDs had completed renewal by October 16, leaving 48 still to renew before the October 31st deadline. If necessary, late renewals are accepted until December 15, using the online eBiz Web site. Late renewal includes a late fee of \$100 in addition to the \$100 standard renewal fee. For any questions, please call (406) 841-2300.

You are welcome to peruse the Board of Medical Examiners Web site at http://bsd.dli.mt.gov/license/bsd_boards/med_board/board_page.asp. In particular, you may be interested in posted agendas and meeting minutes for regular full board meetings held in January, March, May, July, September, and November. Agendas include a call in number. Meetings are open to the public in person or by phone. Also note a link to the complaint process which may be used in the event of unlawful, unprofessional or incompetent practice.

- Pat Bollinger, MS RD, pbolling@bresnan.net, Nutritionist Representative on the Montana Board of Medical Examiners.



You Can Be a Great Leader Only if You Have a Heart

Remember Walt from our 2011 MDA FNCE? Here is some more inspiration from him:

At the heart of leadership is this question: Do you want to serve or do you want to be served? Being a leader is not being a boss. It's being a servant. It's serving your employees and your organization. It's serving a higher purpose, a purpose that transcends your own best interests.

Leadership is a higher calling. We want to follow a leader that takes us beyond our job and shows us not only the difference we make in the organization, but, more importantly, the difference we make in society. How we can transcend our own best interests for the greater good of the people we serve.

As a leader, it is up to you to maximize the potential of the people you lead. It is up to you to make sure they have the resources they need to be successful. It is up to you to inspire them to accomplish what they thought was impossible, to become what they thought was unattainable. It's a lot to ask from a leader, but it comes with the territory. If you want to be a leader, you must lead. And the best way to lead is to **serve**.

Solutions:

- Ask your employees what they need to be successful and provide it to them.
- Ask your employees what **you** can do to help them reach the goals that have been set.
- Ask your employees what you can do to be a better leader.



Walt Stasinski, MEd, MPH
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This Quarter's Quote

"If you want to be a leader, you must lead. And the best way to lead is to serve." -Walt Stasinski

New School Meal Patterns—What You Need to Know

For the first time in more than 15 years, the National School Lunch Program (NSLP) is getting a makeover. Since the beginning of this school year in August, kids filtering through lunch lines across the country have been seeing changes to the meals that feed more than 31 million children each day. This much-needed update, mandated by the Healthy, Hunger-Free Kids Act of 2010, affects every elementary, middle, and high school that participates in the federally assisted NSLP.

As nutrition professionals, it is important to support the improvements to the School Lunch Program

Other foods, such as fluid milk, also contribute substantially to the protein content of lunches. For example, a 2-ounce serving of roasted chicken plus an 8 ounce carton of low-fat milk provide 22 grams of protein, which is more than 40% of the recommended daily protein intake for an active 17-year-old male.

With the growing media attention and misinformation available to the public, it is important to keep a positive attitude and support the improvements to the NSLP as nutrition professionals.

The major goals of the new meal pattern are to increase fruit and vegetable consumption, increase availability to whole grain-rich foods, decrease saturated and *trans* fat content, and teach children about balanced meals and proper portion sizes. In addition to lower-fat dairy and leaner proteins, the new school meals offer more whole grains and nearly twice as many fruits and vegetables at lunch.

Main changes to school lunch requirements include:

- 1/2 cup fruit or vegetable must be served with each reimbursable lunch.
 - Addition of vegetable subgroups: dark green, red/orange, starchy, and beans/legumes.
 - Weekly maximum servings of grains and meat/meat alternates.
 - Milk must be either 1% unflavored or skim unflavored/flavored.
 - 0 grams *trans* fat per serving
- Students are able to take as many servings of fruits, vegetables, and milk as they like, which is a great way to encourage children to eat well balanced, filling meals within the calorie guidelines.

Calorie guidelines are designed to provide one-third of a child's daily needs. The meal pattern provides calories for specific grade levels:

- K-5: 550-650 calories
- 6-8: 600-700 calories
- 9-12: 750-850 calories

For some very active individuals, such as high school athletes, a school lunch alone may not meet 1/3 of their calorie needs. There are many options for providing food to these students including school breakfast and afterschool snack programs.

School lunches require around 2 ounces of protein foods per meal. Limits on meat/meat alternates are consistent with USDA guidelines for children, which advocate 4-6 ounces of protein foods over the course of an entire day.

Key points to remember are:

- School lunches now offer more access to fruits and vegetables, whole grains, and low-fat dairy products.
- School lunches provide adequate nutrients and energy for growing bodies and minds, while reducing the risk for diet-related chronic diseases.
- School lunches are balanced meals that include age-appropriate portions of fruits, vegetables, milk, grains, and meat/meat alternates.

The USDA has released a marketing campaign called *The School Day Just Got Healthier*, which provides great resources and information on these standards. Check it out at the following web site: <http://www.fns.usda.gov/cnd/healthierschoolday/default.htm>.

If you have questions about the new meal pattern or the NSLP in general, please contact Christine Emerson, Director of School Nutrition Programs at cemerson@mt.gov or visit the Office of Public Instruction's School Nutrition Programs web site: http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/index.html

- Emilie Matthaei, MT Dietetic Intern for School Nutrition Programs, Office of Public Instruction.





Opportunities under Montana Medicaid

Medicaid's child health component is known as the Early and Periodic Screening, Diagnosis, and Treatment (EPSDT) program. Federal law – including statutes, regulations, and guidelines – requires that Medicaid cover a very comprehensive set of benefits and services for children. One in three U.S. children under age six is eligible for Medicaid. RDs interested in being a nutritionist provider in Montana Medicaid and who are licensed by the Montana Board of Medical Examiners can go to the Montana Medicaid Manual Web site to sign up.

Coverage of Specific Services

Nutrition services are included as a component under the EPSDT program. Children with nutritional problems may be referred to a licensed dietitian for further assessment or counseling.

The Montana Medicaid nutrition services program covers the following nutrition services for children through age 20 through the EPSDT program:

- Nutrition screening to collect subjective and objective nutritional and dietary data about a child.
- Nutrition counseling with a child or a responsible caregiver, to explain the nutrition assessment and to implement a plan of nutrition care.
- Nutrition assessment for evaluation of a child's nutritional problems, and design a plan to prevent, improve, or resolve identified nutritional problems, based upon the health objectives, resources, and capacity of the child.
- Nutrition counseling with or for health professionals, researching, or resolving special nutrition problems or referring a child to other services, pertaining to the nutritional needs of the child.
- Nutritional education for routine education for normal nutritional needs.

Link to the MT Medicaid Nutrition Manual:

<http://medicaidprovider.hhs.mt.gov/pdf/manuals/nutrition.pdf>

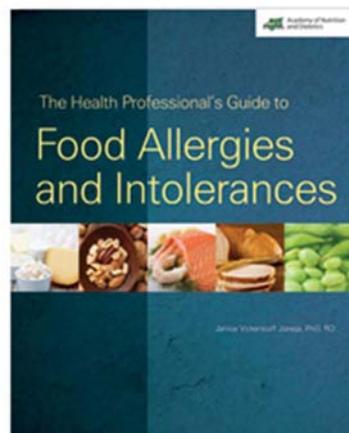
Link to the fee schedule:

http://medicaidprovider.hhs.mt.gov/pdf/fee_schedules/2012/prov35nutritionfsfy2012.pdf

- Mary Musil, MS, RD; mmusil@mt.gov.

New Release! The Health Professional's Guide to Food Allergies and Intolerances

Adverse reactions to food are arguably some of the most confusing and misunderstood conditions in medical practice. This comprehensive guide sheds light on the latest science behind food allergies and intolerances as well as practical suggestions for their management.



Member Price: \$43 Nonmember Price: \$55

To purchase, visit www.eatright.org/shop.

Message from your President-Elects

Your President-Elect(s), Beth Hall and Tami Waite just returned from the Academy on Nutrition and Dietetics FNCE in Philadelphia! We had a great time and want to thank MDA members for sending us. We spent our time networking to build relationships to improve our state meeting and expo. We connected with a dietitian from Covidian who is excited to sponsor a speaker and possibly a meal. We are thrilled to have a new sponsor and vendor for all of you to connect with.

We also connected with Laura Russell, a previous MDA member who is now in the Midwest and she got us into a private breakfast to meet Paula Deen and hear how she is managing diabetes. We were also able to sample some of her recipes from her new cookbook – YUM!

We had a wonderful time and hope we made connections on our journey to grow our own conference. We are also working hard for our members to show our gratitude. We are moving rapidly on the conference and have started revisions for our policies and procedures.

Please contact us if you would like to be involved with either of these projects. Bhall@billingsclinic.org and twaite@billingsclinic.org.

Have a wonderful holiday season,

B and T !



Beth and Tami with Paula Deen, and the Laughing Cow!



Food For Thought—Fall 2012



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In This Issue

In this issue, check out the great summary of the new school meal patterns you've been hearing so much about and much more!

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.

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for the next issue:
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November 30