

Food ^{for} Thought

OFFICIAL NEWSLETTER OF THE MONTANA ACADEMY of NUTRITION and DIETETICS



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President's Message— Dear Fellow Dietitians:

This is an exciting time in Montana for RDNs! Our public policy committee, under the direction of Kirsten Krane continues to make huge strides for creating opportunities for all Montana RDNs to engage in public policy and grass roots advocacy. Take a look at the amazing jump in Action Alerts since just last year.

Our keynote speaker at FNCE in Nashville was the retired CEO of Trader Joe's, Doug Rausch. Now committed to reducing hunger, he uses his entrepreneurial expertise in creating a project called Daily Table <http://www.businessinsider.com/trader-joes-exec-launches-daily-table-2015-6>.

Another key event at FNCE was an opportunity for Coleen Kaiser and me to meet with Anna Biedenbarn, Senior Manager of State Affiliates. We discussed grant opportunities and dovetailing AND's initiatives with our MTAND goals. Anna provided us with information on speaker grants, advice on our new 2015-8 Strategic Plan and how to link our efforts with the Academy's upcoming Visioning Project. Lastly, we volunteered to assist AND with their new project, Standards of Excellence (SOE) matrix assessing leadership, organization, practice, and outcomes. More later on these projects. Also of note is that our MTAND annual conference is now officially the Food and Nutrition Showcase (FANS)!

During our last busy Board Meeting, November 12, 2015, we voted to pursue these projects:

1. Strategic Plan- will continue with small group to review strategic planning process and identify current and future issues. SP will be available for full member vote during spring.
2. Develop Specific Tasks for Board members at Large- BOD agreed that each member-at large have specific tasks, such as mentoring with President, Vice-President, Treasurer and other BOD members to assist with workload and gain skills. In addition, BOD members at large could review key Academy reports and disseminate to BOD, membership via email, and/or include in the MTAND Newsletter.
3. Transition Plan for New BOD Officers- BOD voted for a small group to develop options for a transition plan that will facilitate these important and challenging transitions in order to increase efficiency of our outcomes and reduce the "learning curve." I have considered this project for 10 years, and these past two years and comments from others have underscored the need for a plan.

Check out our next BOD meeting...now converting to a webinar format!

We have so much to be thankful for and I am very thankful to all of you for the work you do to help keep Montana healthy.

-Lynn Paul, MTAND President;

lpaul@montana.edu; or (406) 994-5702.

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.



Montana Academy of Nutrition and Dietetics

eat right. an affiliate of the Academy of Nutrition and Dietetics

Health Hero Awards!

Extraordinary things are happening in Montana to improve health through physical activity and nutrition programs, projects, and policies. Eat Right Montana and Action for Healthy Kids recognized these individuals and organizations through the inaugural Health Hero Award. The purpose of the award program is to acknowledge and celebrate the great efforts by those working to promote healthy nutrition and physical activity choices and behaviors to improve the well-being of all Montanans.

2015 Award Winners

Blackfeet Community Hospital located in Browning, Montana, is acknowledged for becoming the second Baby-Friendly hospital in Montana. The nurses and staff are very passionate and generously donate much of their own time caring for patients. They have created two new coalitions/care paths ensuring continuation of care for mothers and families of drug addicted infants.

Christine Emerson, of Helena, Montana, the Director of School Nutrition Programs at the Office of Public Instruction. Chris and her staff work hard to increase participation in the school meal programs in Montana. Her passion for ending hunger in Montana was shown by her support of the Community Eligibility Provision (CEP), which allows high need schools to serve free meals to all students. Due in large part to Chris's efforts, Montana had the highest enrollment in the nation!

Connie and Dean Grenz have been active community members in Helena, MT, in which they have contributed much through many years. Connie and Dean were instrumental in working with the 21st Century Community Learning Centers Afterschool Program to create an exercise club. They are dedicated community garden heroes, working passionately to provide gardening education to the community. Dean's work led him to write a book about vegetables, which he provided to all 21st Century Community Learning Centers.

Donna Gaukler is the Director of Parks and Recreation for the city of Missoula. She is an active partner with many programs to ensure healthy food choices are available at several restaurants and cafés. Donna also worked to install the first fully inclusive/adaptive playground in Montana. She and her staff work hard to ensure that there are trails for bicycles and pedestrians and a playground within a 10-minute walk of any neighborhood in the city.

Garden City Harvest, located in Missoula, supplies produce, education and training for low-income families and individuals, collaborating with the University of Montana Environmental studies program to run the PEAS Farm. It contributes a large amount of produce to the food bank and other programs. Garden City Harvest staff are also involved in community gardens, Farm to School, summer camps, neighborhood farms, and youth development.

Linsey Wiseman the co-director and founder of Mothers' Milk Bank of Montana. She works hard to receive donations from members of the community and has set up a scholarship to help families in need of donated breastmilk afford it. Mothers' Milk Bank serves newborns who are in need across several states. Linsey's contribution and dedication to helping mothers and babies receive the best nutrition available and advocating for families in Montana is invaluable.

Patti Armbrister, of Hinsdale, Montana, has worked hard with Hinsdale School as the Agriculture Education teacher, FFA advisor, and bus driver. She started by creating an outdoor garden classroom that includes raised beds, pumpkin teepee, greenhouses that fueled the students' interest in gardening and eating nutritious foods. She helped the school purchase efficient kitchen equipment and salad bars, coordinated the school's harvest of the month program and built a root cellar to store food.

Ryan Yearous has worked as a Recreation Specialist in Missoula to develop non-traditional sports programs that engaged youth in physical activities. He also directs the FitCity program to encourage Missoula business employees on healthier choices. Ryan is a part of many different committees that work to increase overall well-being, such as, Let's Move!, Unplug and Play and the Community Health Improvement Committee. He spends much of his time volunteering and being an active mentor to students at the Teen Workreaction Program.

Additional information about the Health Hero awards and Eat Right Montana can be found on Eat Right Montana's Facebook page: <https://www.facebook.com/pages/Eat-Right-Montana/>.



This Quarter's Quote

"Once you have experienced significance, success will never satisfy." -John Maxwell



NNM Challenge!

March is National Nutrition month and we have a challenge for you. The MTAND Public Policy Committee is gearing up to become more active in Montana – but this small committee can't do it all. We need YOU to help us spread the word to those who make decisions about our daily work.

What you do every single day is important.

It's important to the lives of the people your work with and the people you work for.

It's important to the lives of the people you live with and the families you support.

It's important.

You are important.

Here's what we're asking... Even though a Legislative Session won't be held in Helena this year, our PPC team has so much momentum we want to continue to make connections, have discussions and create relationships with the legislators in our communities. In YOUR communities. During the month of March, take a leap; set something up with the legislator that represents your community at the state government level. It's important! Simply invite them to have a cup of coffee to talk about what you do and the impact the work you do has. Invite them to tour your place of work to actually see what Registered Dietitians do in the field. This may feel awkward or strange at first, but it's really very fun and exhilarating. No one knows what you do better than you – so please, consider sharing your skills and knowledge with someone who makes decisions about your work day to day on the Capitol steps.

ALL legislators are important to connect with so please reach out! Do you live in any of the following cities or towns? Research how to get ahold of the following legislators participating on these committees near you and make a connection this March!

Children, Families, Health, and Human Services Interim Committee

- Hamilton, MT – Ron Ehli
- Billings, MT – Jessica Karjala, Roger Webb
- Kalispell, MT – Albert Olszewski
- Deer Lodge, MT – Gordon Pierson
- Helena, MT – Mary Caferro
- Miles City, MT – Eric Moore
- Missoula, MT – Diane Sands

Education and Local Government Interim Committee

- Joliet, MT – Seth Berglee
- Helena, MT – Moffie Funk
- Billings, MT – Elsie Arntzen, Donald Jones
- Livingston, MT – Debra Lamm
- Great Falls, MT – Jean Price, Mary Sheehy Moe
- Bozeman, MT – Tom Woods
- East Helena, MT – Jill Cohenour
- Glendive, MT – Matthew Rosendale
- Crow Agency, MT – Sharon Stewart-Peregoy
- Belgrade, MT – Gordon Vance

Don't be surprised if you are contacted by a PPC representative to encourage you to take part! We are so excited to kick off this event and would love for you to get involved.

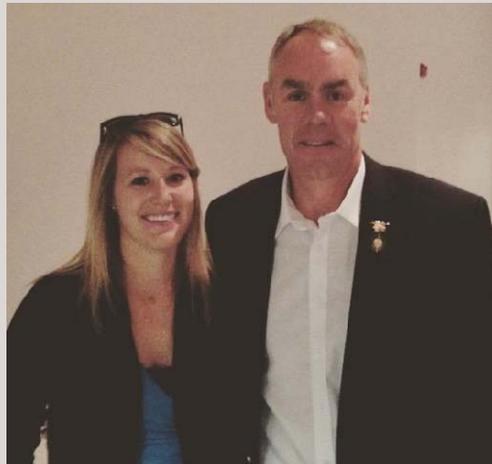
-Tara Ray, RD, tarajejanray@gmail.com, MTAND - Public Policy Committee - State Policy Representative.



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 Academy of Nutrition and Dietetics
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Above: Tara Ray, Representative Ryan Zinke in Glendive, MT- October 2015

Alert: Montana Takes Action!

- Ring! Ring!
- Who's there?
- Montana Academy of Nutrition and Dietetics Public Policy Committee
- Who?

Yes. You read that correctly. Members of your MTAND Public Policy Committee have been calling Montana dietitians over the past several months, asking you to support specific pieces of federal legislation identified by the Academy of Nutrition and Dietetics (AND). Completing an Action Alert takes about 60 seconds, and is incredibly important for protecting and expanding the work of RDNs. At the beginning of June, the Public Policy Committee set a goal of having at least 30 Montana RDNs participate in any single Action Alert. We are happy to say that we set our sights too low, and thanks to your participation, YOU have blown that goal out of the water!

Below you will find a list of how many RDNs participated in supporting the following pieces of legislation as of October 20, 2015.

Legislation	# Montana RDNs	% of MT RDNS
Child Nutrition Reauthorization 2015	46	16%
Preventing Diabetes in the Medicare Act (H.R.1686)	43	15%
Treat and Reduce Obesity Act (S.1509, H.R.2404)	42	15%

Haven't ever completed an Action Alert for AND, but want to give it a try? Watch for emails from "president@mtand.org." These emails will include links and details about the current pieces of legislation being supported by AND. OR, search your email for anything from president@mtand.org and you will likely find older links and instructions for completing Action Alerts. At the time of writing this article, there are two open Action Alerts. So, get 'em done ...and get ready to answer your phone when one of us ring rings you up to ask for your support!

-Of course, you can always contact Kirsten Krane, 406-845-2939, kirsten.kander33@gmail.com or any other member of the Public Policy Committee for assistance.

Public Policy Members Build Relationships

The MTAND Public Policy Committee Members have been busy building relationships with our state's Congressmen and their staff!



Above: Kirsten Krane, Micah Chambers (Rep. Zinke), Lynn Paul in Washington DC.

In June, Lynn Paul (MTAND President) and Kirsten Krane (PPC Chair) attended the Public Policy Workshop in Washington DC where they were able to sit down with the Legislative Directors for each Senator and Representative to discuss legislation important to promoting and protecting the work of RDNs.



In October, Kirsten Krane and Tara Ray met with Representative Zinke and his staff as they traveled across Montana to hear issues from people across the state.

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At left: Kirsten Krane with Representative Ryan Zinke in Browning, MT October 12, 2015



At left: Kirsten Krane, Lynn Paul, Heather, Monica Carmean (Senator Tester) in Washington, DC



Breastfeeding and WIC

Breastfeeding is widely recognized as the preferred feeding method for healthy infants. To support and promote breastfeeding in the WIC program, local agency staff are offered training about breastfeeding; pregnant or breastfeeding women receive education about the benefits of breastfeeding and strategies to overcome issues; and our program issues breast pumps to women facing challenges. Montana WIC also offers the Breastfeeding Peer Counselor program through ten local agencies. This evidence-based program provides mother-to-mother support for breastfeeding success. In late 2009, Montana WIC implemented a new Management Information System (MIS) for WIC eligibility and data collection. **This is a summary of the analysis of the first four years of breastfeeding data available through this system.**

The rate of breastfeeding initiation among WIC participants increased significantly from 2010 to 2013 for initiation, three months, and twelve months. While these increases are promising, a large drop off at the "any" level of breastfeeding occurs between initiation and three months of age. Two reasons which are selected frequently have ties to perceived milk supply: fussy, unsatisfied infant and perceived lack of milk.

A comparison of breastfeeding rates between medium size local WIC agencies with breastfeeding peer counselors and without breastfeeding peer counselors show significantly higher rates for initiation and fully breastfeeding at three, six and twelve months in the medium size local WIC agencies with a breastfeeding peer counselor (see chart).



Medium size agency breastfeeding comparisons for agencies			
	No Peer Counselor	Peer Counselor	P-value
Initiation	60.7% (2989)	78.9% (2716)	<0.0001
3 months (fully)	14.9% (668)	23.4% (699)	<0.0001
6 months (fully)	12.1% (563)	18.1% (574)	<0.0001
12 months (fully)	4.9% (224)	8.3% (263)	<0.0001

These two findings indicate that the Montana WIC Program should focus on these areas to increase the duration of breastfeeding. Montana WIC should examine the reasons for stopping breastfeeding between initiation and three months of age to determine anticipatory guidance for breastfeeding mothers. An exploration of expanding the breast-feeding peer counselor services to all Montana pregnant and breastfeeding WIC participants should also be considered.

Action Plan

1. WIC local agencies will use their local breastfeeding statistics to create their annual Breastfeeding Plan.
2. Increasing breastfeeding rates beyond 3 months will be a target area for training and interventions.
3. Montana WIC will continue to support the Breastfeeding Peer Counselor Program and work with local agencies to increase participation in this program.

-Kate Girard, MHS, RD, CLC, Lisa Schmidt (Epidemiologist), Tonya Lauriski-Karriker (Epidemiologist), and Chris Fogelman, RD, MPH, LN, CLC.

Call for Nominations for *MTAND Award of Excellence for Nutrition Advocacy*

Since 2008, the Montana Academy of Nutrition and Dietetics has chosen one, two or three non-dietitians to honor with an *Award of Excellence for Nutrition Advocacy* at the annual MTAND FNCE meeting. The award is presented for the purpose of recognizing an individual(s) who has worked to optimize the health for Montanans by support and promotion of food and nutrition. Criteria for the award are the following:

- MTAND members are encouraged to submit nominees for the award. However, the nominee cannot be a member of MTAND.
- The nominee must be a Montanan from either the private or public sector.
- The nominee must have worked actively and consistently for a minimum of five (5) years promoting and supporting food, nutrition, and healthy lifestyles, and demonstrating knowledge and understanding of the issues and policies involved.

The 2016 award nomination deadline is **March 25, 2016**. Further information and the nomination form may be accessed on the MTAND website (under Advocacy) or by contacting Patti Steinmuller, Public Policy Committee Awards Chair, psteinmul@msn.com or (406) 219-2315.

Save the Date
MTAND
Food and Nutrition Summit
(FANS)
Bozeman, Montana
June 1-3, 2016



At top: Katie Bark, Ms. Gunderson (food service manager -Gallatin Gateway School), and Sara Thane (Senator Tester's Bozeman Field Representative) at Gallatin Gateway School in October.

Continued from page 4

Sara Thane (Senator Tester) and Katie Bark went to the school to enjoy a school lunch and give her an opportunity to learn about school nutrition programs.

As of October 19th, Senator Tester has signed on as a co-sponsor of SB 616 Summer Meals Act which shows his support for Child Nutrition Reauthorization.

Food For Thought—Fall/Winter 2015



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In This Issue

Check out what the PPC has been up to, learn about breastfeeding in the WIC program and more!

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

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