

Food for Thought

OFFICIAL NEWSLETTER OF THE MONTANA DIETETIC ASSOCIATION (MDA)

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.

Public Policy Award for Nutrition Advocacy

The public policy committee gives out one award each year that recognizes a (non MDA member) for their nutrition advocacy beyond their normal work duties. This person could be someone that you know that has worked hard to improve nutrition in their work place or community setting or institution. Nomination applications can be obtained by e-mailing Katie Bark at barksnmt@imt.net. **Applications will be taken through March 20, 2011.** Look for more information coming out soon on it via the MDA list serve and web site.



President's Message

Dear MDA members,
We are having a great year with MDA. Nonie and the conference planning committee have been working hard to bring another spectacular annual conference to you this summer. The public policy committee, specifically Ginny Mermel, Pat Bollinger, Dayle Hayes, and Katie Bark have been taking on many legislative issues to protect our profession. To those of you who have contacted legislative members MDA appreciates your efforts, THANK YOU.

My focus has been and will continue to be revising our bylaws to match the Montana non profit annotated code and the ADA requirements and suggested policies. We have a great team on our board working together to ensure these revisions will improve our association.

Also, in personal news, I have relocated (back) to Billings. My new contact information is below.

Have a wonderful spring.
- Beth Hall RD, CLC, LN, MDA President
(406) 435-7391; bhall@billingsclinic.org



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Recognizing 50-year Members

The American Dietetic Association and the Montana Dietetic Association are pleased to honor members who have been a part of ADA for 50 years. These 50 Year Members will receive a congratulatory letter signed by Sylvia Escott-Stump (ADA President 2011-2012). Members recognized for their 50th year of membership also receive a personalized certificate and complimentary registration to attend the Food & Nutrition Conference & Expo (FNCE) in San Diego.

The Membership Team and the ADA Foundation are in the process of reviewing and planning the activities and honor ceremonies for 50 Year Members that will take place at FNCE and additional communications will be posted when further information becomes available.

Congratulations to these remarkable ladies on this wonderful accomplishment!

Lois Gorton, 51 years
Pat Hennessey, MS, RD—51 years
Kay Johnson, 50 years
Marie Matte, MS—51 years
Rosemary Newman, PhD, RD—51 years
Bettie Stanislaw, PhD, RD, LN— 51 years



PPC LEGISLATIVE UPDATE!

It's been a hectic year for the Public Policy Committee (PPC) members and numerous health/nutrition bills are pending at both the state and federal levels. **Thank you to all MDA members who contacted their representatives in response to an Action Alert sent by the PPC.** Nationally, Montana RDs are the 2nd most responsive in the nation.

Since the Fall MDA newsletter, your advocacy – with critical support from Senators Baucus and Tester – contributed to several **LEGISLATIVE ACHIEVEMENTS.** The 2010 **Child Nutrition Reauthorization Bill** (The Healthy Hunger-free Kids Act) and the **Food Safety Modernization Act** were signed into law and **Preventative Medicine Intervention funds** were saved in the Healthcare Reform Bill (money that can be used for dietetic services).

MONTANA 2011 LEGISLATIVE ISSUES:

The legislature's 2011 session got off to a fast and furious start on January 4th. The **Health Freedom Coalition is once again trying to negate licensure requirements for people providing nutrition consultations**, by strategically placing amendments in other bills. With considerable effort, particularly by MDA member Pat Bollinger, we managed to get one such bill tabled, but **at least three other bills are anticipated.** Updates on other legislation of interest:

SB 25- the BMI measurements in school bill never made it out of committee

HB 267 - early childhood health promotion bill that would have improved nutrition in the childcare setting was tabled

LC1088/HJ8- Interim Study on Reducing Childhood Hunger in Montana authored by Minkie Medora will be introduced shortly. No cost bill to establish an interim committee to explore ways to better address childhood hunger in MT by leveraging private/public partnerships.

FEDERAL LEGISLATIVE ISSUES: Dayle Hayes and Ginny Mermel represented MDA at ADA's 2011 Public Policy Workshop in Washington DC. Legislation of interest in this Congress include:

Older Americans Act: Continue funding of Nutrition titles in OAA. Montana has nearly 200,000 elderly, (19.9% of population); over 7,000 get home delivered meals and 24,000 participate in congregate meals. Such feeding programs allow elderly to improve their nutritional health, both of which greatly reduce Medicare expenditures.

Medical Foods Equity Act: Require federal and private insurers to cover the cost of formulas needed to treat inborn errors of metabolism. A year of formula is about \$16,000 - \$1 spent on formula can prevent \$8.64 in medical costs.

HeLP Asks: *Healthier Lifestyles and Prevention America Act*, is a comprehensive wellness initiative aimed at promoting healthy living across all sectors of society. It allocates \$10/person in



Ginny Mermel during her recent visit to DC

the US for preventative health screenings including nutrition and obesity. The ROI for residents of MT alone is estimated to be \$51 Million over a 5-year period.

Farm Bill: Determine if the commodities program, which provides many foods used in school meals, can incorporate qualifying locally grown foods.

Transportation Bill: Continue funds for non-motorized transportation and Safe Routes to School.

- Ginny Mermel, PPC Co-Chair,
ginnymermel@gmail.com

"All that is necessary for the triumph of evil is that good men do nothing." - Edmund Burke

New Membership Class for ADA?

House of Delegates Continues Exploring New Membership Class

The member value committee reviewed the 20 pages of comments gathered during the Fall HOD meeting in Boston. The committee also went to other professional associations to gather further information to help find the best way to proceed. This committee brought this information to the delegates in a teleconference on February 1st.

Recommendations for a new category of membership:

- This membership category would not be for credentialed practitioners.
- This new group of members could be called ADA Associates and would be non-voting members. At least 4 states have "associate members" in their state affiliates
- These members would not be eligible to run for offices within the association.
- The dues for membership would be 5% more than the active member dues.
- These associate members would have to have a bachelor's degree and specified certification ie. Bachelor's Degree and Registered Nurse
- The proof of the degree and credentials would be done in the eligibility and application process.
- This group would be prohibited from use the associate status in marketing and promoting their business.

The benefits found for this new category would be:

- Greater awareness of ADA's RD and DTR members.
- Enhance the brand recognition of the American Dietetic Association.
- Increase attendance of Dietetics Practice Group (DPG), Member Interest Group (MIG) and affiliate meetings.
- Increase dues revenue.
- Enhance the support of ADA in public policy.

A poll was taken during the first fifteen days of February to see if the delegates wish to continue this new membership category discussion in future House of Delegates meetings.

Delegate contact information:

Deb Jones, RD, LN - Montana Affiliate Delegate
djones@stpetes.org
(406) 444-2115

Be Heard: Contact YOUR Legislator!

*Remember to contact your U.S. Congressman for national issues,
and your State of Montana Legislator for State issues.*

The Honorable Max Baucus
United States Senate
511 Hart Senate Office Building
Washington, D.C. 20510-2602
Telephone: 202-224-2651
Fax: 202-224-9412
<http://baucus.senate.gov/>
"Dear Senator Baucus,"

For Montana Legislature
Members, visit:
<http://leg.mt.gov/css/default.asp>

The Honorable Jon Tester
United States Senate
204 Russell Senate Office Building
Washington, D.C. 20510-2603
Telephone: 202-224-2644
Fax: 202-224-8594
<http://tester.senate.gov/>
"Dear Senator Tester,"

The Honorable Dennis Rehberg
United States House of Representatives
2448 Rayburn House Office Building
Washington, D.C. 20515-2601
Telephone: 202-225-3211
Fax: 202-225-5687
<http://www.house.gov/rehberg/>
"Dear Representative Rehberg,"



Save the Date!

MDA
FNCE
2011

Capitalize on Nutrition in Montana in 2011!

Join us **June 1-3, 2011** at the Best Western Great Northern in Helena for our 2011 MDA Food and Nutrition Conference and Expo (FNCE).

There will be lots of networking planned—great food, fun and laughter. *The format is unusual this year:* we'll begin at 1pm on Wednesday, June 1, stay all day on Thursday, and end with a bang on Friday June 3. Our program promises outstanding keynote presentations from outstanding speakers.

- **“Healthier Children for a Healthier Montana” School-Related issues in Dietetics;** presented by Connie Mueller, MS, RD, SNS, and Dayle Hayes, MS, RD, LN; sponsored by the Western Dairy Association.
- **Current Aspects of Cardiovascular Health – Issues with Sodium Intake;** presented by *Dr. Venkateshwar Gottipaty, MD, PhD, FACC* from South Carolina Heart Center; sponsored by the Montana Cardiovascular Health Program.

- **The Role of Muscle in Health and Disease;** presented by *Dr. Robert Wolfe*; sponsored by the Montana Beef Council and the National Cattlemen’s Beef Association.
- **Maintaining Personal Connections in a Digital World;** presented by *Scott Fletcher* with Caraworks, Inc.; yes, he is the son of our own *Joyce Fletcher, RD, LN*.
- **Hot Topics in Nutrition for Diabetes - Beyond Blood Glucose Control;** presented by *Cathy Breedon, PhD, RD, CSP;*
- **What To Do When You Start At 9am Sharp And End At 9pm Dull!** Presented by *Walt Stasinski, Med, MPH.*
- Other topics include the **Montana Dietetic Internship Program, Sports Nutrition, Childhood Hunger, Vitamin D, Frontline Nutrition with Grocery Store tours, International Nutrition Experiences, ADA Public Policy** and a winning combination – **Chefs and Dietitians.**

Look for more details in your mailbox soon! **See You There!**

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

Montana Dietetic Internship Accepts First Class!

The Montana Dietetic Internship (MDI) Program is pleased to announce that it was awarded Dietetic Internship Candidacy for Accreditation in November 2010!

The MDI Program is a 42 week post-baccalaureate professional program. Activities include 1,295 hrs of supervised practice in various clinical and non-clinical settings and a 42 week on-line didactic course. In addition to completing practice experiences at Bozeman, student interns will be assigned to one of three geographical cluster areas to complete the required supervised practice hours. The clusters include: 1) Kalispell/Missoula, 2) Great Falls/Helena, and 3) Billings.

In January 2011, an MDI Intern Selection Committee reviewed applications for the internship and invited 14 individuals to become members of the first class of MDI Interns. Using a Commission on Accreditation for Dietetics Education (CADE) approved pre-select category, MDI was able to select it’s first interns ahead of the national matching period from qualified students that have either graduated the MSU dietetics program in previous years, or will be graduating from the MSU dietetics or graduate nutrition programs in spring 2011.

Congratulations to our first class of interns!

Alicia Burchett
Chelsey Clark
Hannah Cowgill
Michelle Dandrea
Katherine Desin Ridgeway
Shea Haugen
Katherine Herzog
Ashlyn Jones
Colleen Miller
Jennifer Montague
Kilani Morris
Alta Peila
Jessica Spragg
Christina Waller

The first class of 14 student interns will begin in August 2011 and complete their program June 2012.

Many thanks to all the outstanding dietetic professionals throughout the state that have been and continue to support this process. It is rewarding to see this idea become reality for Montana students pursuing a career in nutrition and dietetics.

- *Colleen Kaiser, MS, RD, LN; MT Dietetic Internship Director; coleenk@montana.edu or (406) 994-5002.*

This Quarter's Quote

"I am the master of my fate: I am the captain of my soul."

- *William Ernest Henley*



Child Care Meals Align to Dietary Guidelines

Effective January 1st, the Montana Child and Adult Care Food Program (CACFP) began using a new updated creditable foods policy for their menus for children. The new policy is intended to better align toward the US Dietary Guidelines. The policy can be viewed at www.bestbeginnings.mt.gov, click on the CACFP and see the 'New' icon.

Most providers embraced the changes and have been able to update their menus with minimum assistance. The State agency staff notes that there has been more talk of food, menus and recipes this year than ever before.

This spring, the Montana CACFP will be offering Cook's Trainings to approximately 160 cooks.

These trainings are supported in major part by Montana Office of Public Instruction's Team Nutrition Grant from United States Department of Agriculture.

Registered dietitians wanting to assist child care facilities in their community can contact the child care facilities directly or they can contact CACFP at (406) 444-4347.

Updating the creditable foods policy for the CACFP does not change the CACFP Meal Pattern, which remains the same.

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

It's a Girl!

Lisa Murray, MDA Secretary, welcomed her beautiful little girl, Paige Lillian on December 5. With two boys already at home, she says, "this will be a whole new experience for us—but very exciting." *Congratulations Lisa!*



Are you a Registered Dietitian or just *interested in nutrition* and looking for networking opportunities or **CEU** credits?

The **Billings Montana Dietetic Association (BMDA)** is a local chapter of the Montana Dietetic Association (MDA) and has the capability to reach *almost anywhere in Montana & Wyoming* via telephone/video conferencing.

We are proud to offer the following:

Monthly journal club and peer-expert led discussion. Takes place on the 4th Tuesday of the month from noon-1pm. Some of the topics this year include:

- Community Assistance Programs
- Vegetarian Diets
- Nutrition Management During Pregnancy

Quarterly Events are combined with a pot-luck dinner from 5:30-7:30pm on the 2nd Wednesday of the quarter.

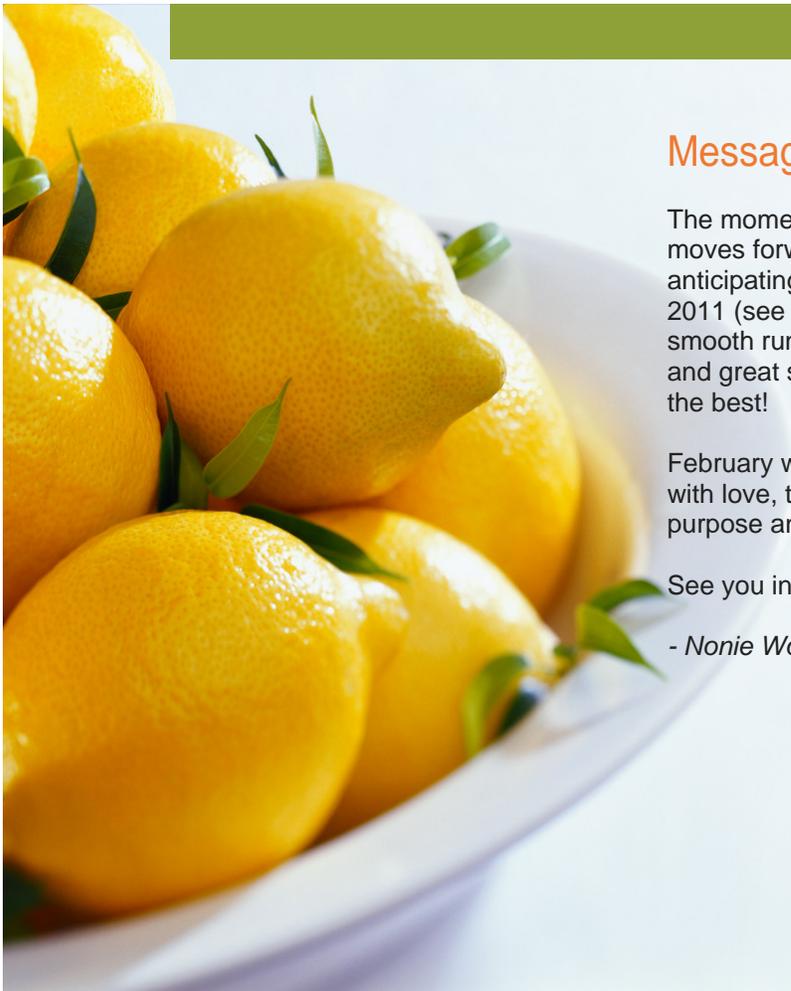
- Acute and Chronic Kidney Disease – Medical and Nutritional Management
- Ethics and End Of Life Decision Making

Community Events BMDA values giving back to the community, and participates in at least one large community event each year.

Fee is \$25 for the annual registration (\$10 for students and retired individuals) or \$15 per event.

Potential for up to **18 CEUs** per year, depending on your level of participation. Annual re-enrollment is from February 15th through April 15th 2011.

If you are interested in joining a fun group of people who want to learn, contact us at nutrition@billingsclinic.org or visit our website: <http://mda-billings.weebly.com>.



Message from your President-Elect

The momentum is building as the MDA FNCE Planning Committee moves forward toward your Annual Conference this year. I am anticipating a GREAT! meeting for all attending in Helena in June 1-3, 2011 (see page 4 for more details). Our committee is a top-notch smooth running machine of 18 members. Many hands make light work and great skills are represented on this committee – I am blessed with the best!

February was American Heart Health Month. Hope your heart is filled with love, that your spirit soars and that your days are filled with purpose and satisfaction.

See you in Helena!

- Nonie Woolf, MDA President-Elect, woolfnonie@yahoo.com

Food For Thought—Winter 2011



PO BOX 1197
HELENA, MT 59601

In This Issue

The Legislative Session is half way done—**be aware of changes that will affect you**, page 2. More about the NEW Montana Dietetic Internship, a sneak peak of the great 2011 MDA FNCE and more...

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

Kim Pullman, 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:

May 1, 2011

Quarterly Publication Dates:

February 28

May 30

July 30