

Food for Thought

OFFICIAL NEWSLETTER OF THE MONTANA ACADEMY of NUTRITION and DIETETICS

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President's Message

Greetings MTAND Members,

It certainly has been an eventful year for MTAND so far. And a year that has reminded me why I am so proud to be a part of this dedicated, committed, and passionate group of dietetics professionals. In late January, a bill was introduced in the Montana House of Representatives that proposed changes to Montana Nutritionist Licensure. [HB 273](#) "Revise exemptions under nutritionists' licensing regulations," would have modified the statute to allow unlicensed practitioners to provide "individualized nutrition assessment, guidance, encouragement, or recommendations."

The MTAND Board and Public Policy Committee (PPC) recognized that this proposed change threatened not only the integrity of our licensure, but also Montanan's health and safety. Board and PPC members sprang into action. The Board provided guidance to members and encouraged them to contact their legislators to advocate against the bill. The PPC contacted partner organizations, including the Board of Medical Examiners, to garner support for the opposition campaign. Nearly a dozen dietitians attended the January 30 bill hearing to speak in opposition to the bill. This collaboration and quick action paid off. The bill was tabled in committee and is very unlikely to come back to a vote this session.

While we can and should celebrate the impact of our collective action, this is an important reminder that we must continue to educate and advocate on behalf of our profession. MTAND will be celebrating National Nutrition Month by reminding the public and policy makers about the important role that dietitians play in protecting and promoting the health of Montanans. Join us in celebrating us!

Ways to stay engaged:

- Get to know your [legislators](#) and educate them about the role of dietitians and the importance of licensure. See [this post](#) for talking points and resources.
- Attend Rotunda Day at the state capitol in Helena on Thursday, March 28.
- Stay connected with MTAND to learn about issues that impact our profession:
- Join the MTAND Member facebook group - <https://www.facebook.com/groups/MTANDmembers/about/>;
- Sign up for text alerts by texting "MTAND" to 33322 for updates and action items.

Thank you to the many members who lifted their voice to protect our licensure. Let's continue our work together to elevate the role of dietitians across Montana.

- Lacy Stephens, MS, RDN, President, MTAND;
lacy.n.stephens@gmail.com.

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.



Calling for Board and Award Nominations!

Do you want to be more involved with MTAND or are interested in a new board position with MTAND? We are recruiting for the following elected MT AND board positions:

- President-elect
- Secretary
- Members at large -- 2 positions available
- Nominating Committee -- 2 positions available
- Professional Issues Chair

Applications are available here: <https://mtand.org/mt-and-board-positions/>. Please fill out this application and submit to Jill Griffin at jilleslie@gmail.com by March 31.

Recognize your colleague, employee, or student and nominate them for one of our six annual MTAND awards. Nomination forms are available here: <https://mtand.org/mt-and-award-nominations-duc-by-3-31-19/>. Submit to Jill Griffin at jilleslie@gmail.com by March 31.

Board & Award
applications due
by March 31!

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 FANS meeting. The award is presented to recognize individuals who have 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 2019 award nomination deadline is **Friday, March 22, 2019**.

Further information and the nomination form may be accessed on the MTAND website (under Advocacy) (<https://mtand.org/>) or by contacting: Patti Steinmuller, Public Policy Committee Awards Chair, psteinmul@msn.com or (406) 219-2315.

Award
applications due
by March 22!

CPEUs available On Demand!

Academy Webinars

Get CPEs on your own time through the [Academy's Webinar Series](#).

Recorded:

- Nutrition and the RDN in Multimodal Perioperative (ERAS) Protocols
- Sarcopenia: How Muscle Reserves Affect Cancer Patient Outcomes
- Lessons in Leadership: How to Manage Conflict and Ethical Outcomes
- Dietary Factors and Normal Weight Central Obesity: A Chance to Improve Women's Health
- Nutritional Misconceptions Travel Across the Globe: Different Cultures, Similar Observations
- Orthorexia Comes of Age: Perspectives on the Healthy Eating Disorder



Call for Webinars

Do you have an idea for a webinar that would benefit nutrition and dietetics professionals, and share your knowledge in a particular subject area? Submit a proposal to the Call for Webinars. The Academy is seeking proposals on beginner, intermediate and advanced-level topics. [Learn More](#)

Don't apologize for being inexperienced,
only for refusing to learn. -Unknown



What Members Should Know this Month

Breastfeeding Works Series

Join the Workplace Support Constellation on Monday, February 11, from 12-1:30 p.m. ET for the second webinar in the Breastfeeding Works series, titled "[Breastfeeding Works: Legal Protections for Lactating Employees and Students in the Health Care Industry](#)." The expert panelists will cover the national and state laws that protect breastfeeding parents from discrimination and the laws that require lactation accommodations at work and school.

Nominate for the Academy's Highest Awards

Recognize those who have advanced the profession, exhibited leadership and shown devotion to serving others in both nutrition and dietetics, as well as allied fields, if you submitted an intent to nominate by January 15, 2019 you must complete the full online nomination by March 1, 2019. Award recipients will be announced in May 2019 and recognized at the Academy of Nutrition and Dietetics' 2019 Food & Nutrition Conference & Expo in Philadelphia, PA. [Learn More](#)

National Award
applications due
by March 1!

Star Initiative for Obesity Care

The Academy is working with several partner organizations including the American Society for Metabolic and Bariatric Surgery, the Obesity Society, and the Obesity Medical Association to launch a state obesity care advocacy initiative called the **STAR Program**. Each partner organization has identified state representatives who will participate on the interdisciplinary team and the Academy's State Policy Representatives, Reimbursement Representatives and Weight Management DPG Ambassadors will be taking the lead from our organization. STAR Program members will advocate for expanding coverage and access to obesity care in state Medicaid programs, including nutrition counseling, medical nutrition therapy and intensive behavioral therapy for obesity. If you'd like to get involved, reach out to your affiliate's SPR, RR or WM DPG Ambassador.

Now Available with Academy Membership: Discounts on Resources from the American Association of Diabetes Educators (AADE)!

From diabetes educators to dietetics practitioners, the latest resources from AADE are filled with content pertinent to nutrition and dietetics professionals. The experts in diabetes education provide the current breakthroughs in diabetes-related medications, the core knowledge of educating and supporting people with diabetes, and guidance in assessing proficiency and developing strategies while preparing for the Certified Diabetes Educator exam. Now, through our exclusive partnership with the diabetes education leaders at AADE, you can access the following publications:

- *Diabetes Education Curriculum: A Guide to Successful Self-Management*, 2nd Ed.
- *The Art and Science of Diabetes Self-Management Education Desk Reference*, 4th Ed.
- *Review Guide for the Certified Diabetes Educator Exam*, 4th Ed.
- *Quick Guide to Medications*, 7th Ed.

[...all available with your member discount!](#)

Increase Your Social Media Presence

Do you want to increase your Social Media Presence? Want to become more active on social media?

Use the Academy's [social media toolkits](#) to share key messages with clients, patients and fellow nutrition and dietetics professionals. Each toolkit includes a list of celebratory dates, key initiatives, timely topics for blog posts and media interviews, and sample social media posts.

You can share these posts this month!!

- “Did you know heart disease is the leading cause of death in American women? Take care of your heart by choosing the right foods: <http://sm.eatright.org/womenHH> #eatright #AmericanHeartMonth”
- *March 14:* “School meals have most likely changed since you were a student! Learn more about today’s school lunch program: <http://sm.eatright.org/shcllunchprogram> #ISMD2019 #eatright “
- *March 13:* “A registered dietitian nutritionist provides safe, realistic #nutrition advice that you can stick with for the long haul! Here are 10 reasons to visit an RDN: <http://sm.eatright.org/visitRDN> #eatright #NationalNutritionMonth #RDNDay “

Tips for increasing your reach:

- Include a relevant picture or short video.
- Start a conversation (asking a question in your post, responding to comments in a way that generates more conversation).
- Tag people and places on your post. The more you tag, the more people you’ll reach!



- Katie Bark, MTAND Delegate, barksnmt@gmail.com.

eat right. Academy of Nutrition and Dietetics

NATIONAL NUTRITION MONTH[®]

MARCH 2019

www.eatright.org

[#NationalNutritionMonth](#)



NNM, Advocacy, and More!!

2019 is shaping up for us to see a lot of what we as dietitians in Montana care about come together in big ways. First of all, I would like to say an enormous **THANK YOU to all of you who took time to call, email, testify, and spread the word about HB273. It is because of the hard work of our members and partners that we were able to get this bill defeated.**

As the legislative season continues to gain steam, we are going to see more and more legislation that impacts the work we do. It highlights more than ever how important it is that those in Helena understand just what we as dietitians do in Montana.

March is National Nutrition Month, a time when we can celebrate all the amazing work our profession does. It is also a time when we can focus on outreach and education around the services we can provide. Be on the lookout for exciting content coming from our Facebook page this year as we look to engage more with you, our members, and provide more services and opportunities to interact. We are hosting our Rotunda day in Helena on **Thursday, March 28, 2019** where we will be meeting with legislators to help them better understand all of things Registered Dietitians do and teaming up with some fantastic partner organizations to advocate for nutrition-related legislation. We have already seen all the important ways nutrition is being impacted this session. I encourage you to make the trip if you can, and to reach out to your local legislators, and encourage them to head down to the rotunda on the 28th. We will be sending out information on how to do that soon! I hope I see many of you in Helena, I can't think of a more perfect way to cap off National Nutrition Month!

- Paige Cross, MS, RD, LN; MTAND President-Elect, pcross@billingsclinic.org.

Save the Date: Rotunda Day
Thursday, March 28, 2019
Helena, MT





FANS 2019

Save the Date: May 21-22, 2019

Livingston, MT – The Shane Center

Room block available at The Yellowstone Pioneer Lodge

We are excited to bring FANS to a new location this year – beautiful Livingston, MT! This year’s conference will have more interactive workshops and in-depth learning opportunities from community, to clinical, to policy work, and beyond.

-Paige Cross, MTAND President Elect

Food For Thought—Winter 2019



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In This Issue

Check out the great ideas for social media posts this month. Also, nominate someone for an award or board position! Both are such a privilege—nominate yourself or your excellent colleagues!

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 Academy of Nutrition and Dietetics (MTAND) newsletter. Members may receive this newsletter electronically via MTAND's listserv, or by mail.

Deadline for submissions
for the next issue:
June 1, 2019

Publication Dates:
February 28
June 30
November 30