

**NorthEast Dietetic
Association
Newsletter**

Aug/Sept 2004

President's Message

Carol Kneier, MS, RD, CDE

Welcome back to a new NEDA year and thank you for renewing your membership to NEDA. As of you know, it is important to be a member of ADA as well as our association but unfortunately there are individuals who do not know the benefits. As members of NEDA, I ask for your help in encouraging other health professional to join and become involved. Being a part of NEDA has many rewards and benefits; it allows you to network with peers and colleagues, you receive current and accurate information on licensure and portfolio development, and there are many opportunities for you to grow both professionally and personally.

Within this newsletter, you will find a list of our current board members. I ask that you take the time to get familiar with these individuals. This list includes both new and familiar names, which is a great mix together. They come together with great ideas and help to bring these ideas to reality. There are still positions on the board that need to be filled. I encourage you to attend a board meeting and get to know the ins and outs of our organization and consider volunteering for a position. Maybe you can't commit to a board position but would still like to be involved, then consider volunteering for a health fair or help with a National Nutrition Month event. There are many ways to you can get involved and new ideas are always welcomed.

Many thanks to Roberta Cammer, Lindsay Leventhal, and Maureen Krisa-Kurey for volunteering their time at the Connections Healthfair at Marywood University. Thanks to Mary Klem who volunteered her time at the Cancer Survivors Day at Montage Mountain and to Nancy Herman who volunteered at Representative Jim Wansacz's Senior Citizen's Healthfair.

Inside, you will also find information regarding nominations for awards. I encourage all of you to nominate someone you feel is deserving of this great honor. Last year at the PADA Annual Meeting, two of our members received awards. Congratulations go out to Carol Brennan who won Recognized Dietetic Technician of the Year (RDTY) and to Mary Ann Ashton who won Outstanding Dietetic Educator. Both were recognized by NEDA at our annual Turnover Dinner on May 14, 2004 at Allied Services. Carol Folk was also honored at our Turnover Dinner. Carol was awarded the Anita Owen Award, congratulations Carol.

I ask that you take the time to read your newsletter, which contains a wealth of information. I also ask you again to consider getting more involved in our organization. I am honored to serve as President of NEDA and if you have questions, comments or ideas, please contact me at 448-2506 or email me at pckneier@nep.net . Thank you for your support.

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Nominations

The Nominating Committee of the Northeast Dietetic Association is seeking nominations for the many awards offered by our Association. This is **your** opportunity to acknowledge the accomplishments of your peers / friends! Please take this time to nominate a fellow registered dietitian to be recognized for what he / she has achieved.

Submit your nominations to Erin Flannery, RD, LDN either by mailing nomination form to the address below or by e-mailing it to:

eflanns@aol.com

Recognized Young Dietitian of the Year

The purpose of the RYDY program is to recognize the competence and activities of younger dietitians in the American Dietetic Association and to encourage their continued participation in Association affairs. This group will be an additional resource from which the leadership of The Association will develop at the district, state, and national levels.

In addition to publishing the list in the *Journal of the American Dietetic Association*, each awardee will receive a formal certificate of recognition from the President of the American Dietetic Association.

Recognized Dietetic Technician of the Year

The purpose of the Recognized Dietetic Technician of the Year award is to recognize the professional contributions of dietetic technicians in the American Dietetic Association and to encourage their continued participation in Association affairs.

In addition to publishing the list in the *Journal of the American Dietetic Association*, each awardee will receive a formal certificate of recognition from the President of the American Dietetic Association.

The Keystone Award

The purpose of the Keystone Award is to give recognition to the Pennsylvania dietitian(s) who have through leadership ability demonstrated exemplary professional standards to serve and advance the aims of the Pennsylvania Dietetic Association. This award is presented to a maximum of two members of PADA each year.

Outstanding Dietitian of Pennsylvania

The purpose of the Outstanding Dietitian of Pennsylvania Award is to give recognition to the Pennsylvania dietitian whose record of leadership and service is outstanding and whose contributions to PADA and the public have been long-standing and exceptional. This award is the highest honor presented to one dietitian each year.

NEDA Board of Directors 2004-2005

Carol Kneier	President
Maureen Dunne-Touhey	President-elect
Carol Folk	Past-President/Policy & Procedures Secretary
Carol Howell	Treasurer
Carol Brennan	Nominating-Chair
Erin Flannery	Nominating -Chair-elect
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Jennifer Baumann	Public Relations / NNM Chair
Ali Aberle	Membership Chair
Katie Tullio	Professional Development (COP) Chair
Marie Ratchford-Demkosky	Professional Development (COP) Co-Chair
Lindsay Leventhal	Career Guidance/ Job Referral
Ann McKenna	Historian
Roberta Cammer	

Emerging Dietetic Leader

The purpose of the Emerging Dietetic Leader Award is to recognize the competence and activities of dietitians regardless of their age, who have made distinctive contributions early in their dietetics careers to The American Dietetic Association. The award encourages their continued participation in the Association affairs. The more mature / older group will be an additional resource from which the leadership of the Association will develop at the district, state, and national levels.

Outstanding Dietitian of PA (ODY)

The purpose of the Outstanding Dietitian of Pennsylvania Award is to give recognition to the Pennsylvania dietitian whose record of leadership and service is outstanding and whose contributions to the PADA and the public have been long standing and exceptional. This award is the highest honor presented to one dietitian each year.

Outstanding Dietetics Student (ODS)

The purpose of the Outstanding Dietetic Student Award program is to recognize the emerging leadership and achievement of students in CADA-accredited and approved dietetics education programs and to encourage their participation in the American Dietetic Association. A student from each type of education program within a state will be selected by each state association (a maximum of 4 per state).

In addition to publishing the list of the outstanding students in the *Journal of the American Dietetic Association*, each awardee will receive a congratulatory letter and certificate signed by the President of the American Dietetic Association.

Outstanding Dietetics Educator (ODE)

The purpose of the Outstanding Dietetics Educator Award program is to recognize the teaching, mentoring, and leadership activities of faculty and preceptors in CADE-accredited and approved dietetics education programs. One educator or preceptor will be selected from each program type in each geographic area (a maximum of 4 awardees from each of the 7 geographic areas for a total of 29).

In addition to publishing the list of outstanding educators in the Journal and DEP-line, each awardee will receive a certificate and congratulatory letter from the American Dietetic Association President. Awards will be presented at the DEP area meeting for educators each spring.

PADA Scholarship

A scholarship is available to a candidate by the PADA. The individual must be a current member of The American Dietetic Association who wishes to be eligible for registration through: (1) internship, (2) a coordinated program, or (3) and AP4 program.

- ✓ Award criteria for the awards can be found at:
<http://www.eatrightpa.org/members/awardscholarshipapps.htm>
- ✓ Information on the application process can be obtained by contacting Ms. Erin Flannery at: eflanns@aol.com

Please send these nominations ASAP but NO LATER THAN September 13, 2004.

1. Outstanding Dietetics Educator

Nominee: _____
Name Phone and/or e-mail address

2. Outstanding Dietetics Student

Nominee: _____
Name Phone and/or e-mail address

3. Recognized Young Dietitian of the Year (RYDY)

Nominee: _____
Name Phone and/or e-mail address

4. Recognized Dietetic Technician of the Year (RDTY)

Nominee: _____
Name Phone and/or e-mail address

5. Emerging Dietetic Leader

Nominee: _____
Name Phone and/or e-mail address

6. Outstanding Dietitian of Pennsylvania

Nominee: _____
Name Phone and/or e-mail address

7. Keystone Award

Nominee: _____
Name Phone and/or e-mail address

Mail to: Erin Flannery
838 Orchard St.
Scranton, PA 18505

OR e-mail: eflanns@aol.com

Licensure Renewal

Lori Poe, MS, RD, LDN

Licensure Chair PADA

dandlpoe@juno.com

You will soon be getting a letter from the licensure board explaining the renewal process and how to go about renewing your license. The easiest and quickest way to renew your license will be on-line, details about this process will be in the letter. Keep in mind if you renew on-line you will need to use a major credit card. **Part of the renewal application will ask if you have completed your 30 CE credits during your two-year period.** You will have to check yes or no, but will not have to submit any verification of what you did unless the licensure board audits you.

Who will be audited?

The licensure board will audit 5% of those applying for renewal. If you are audited you will have to submit verifications of program completion. Therefore you should be attending programs by reputable groups, things you can verify. If you have not been licensed for a two-year period then the amount of CE you will need, will be prorated accordingly. You can get your CE credits in one year, two years, spread out of over both years or all at once.

Everyone who became licensed is responsible for maintaining their licensure credential, which ultimately involved doing CE. Do not think you can be finished your 75 hours for registration in 2001 and have do not do anything since. If so, you did not maintain your licensure credential. Remember *licensure and registration are two separate and not equal credentials*. Credits done prior to your license issue date do not count, they must occur during your licensure period. CDR and the Licensure Board do not communicate with each other. They are two separate bodies.

If you want to find out more about this process and what type of CE is being considered, then you should visit the PADA web site: www.eatrightpa.org to get the most up to date information.

Remember:

Everyone who is licensed is responsible for renewing his or her own license.

Licensure Board Contact Information

Pennsylvania State Board of Nursing

P.O. Box 2649

Harrisburg, PA 17105-2649

Phone #: 717-783-7142

Fax # 717-783-0822

Web address: <http://www.dos.state.pa.us>

E-mail address: ST-NURSE@STATE.PA.US

NEDA Business

- The September and October monthly Board of Directors meeting has been **changed** from its usual second Thursday of the month.
 - The Septembers BOD meeting will be **September 2, Thursday**.
 - The October BOD meeting will be on **October 13, Wednesday**. The change in the October BOD meeting was made to accommodate your ADA delegate schedule. This will provide you with an opportunity to express your concerns and ideas to be share at the national headquarters of the ADA. Light refreshments will be available.
 - Both meetings will be at Allied Rehabilitation Hospital at 6:30 PM.

ALL members are encouraged to attend.



- **Holiday Celebration** – It is never too early to plan a party!
The NEDA would love to get all the members together to network and celebrate the upcoming Holiday's. The first two weeks of December has been in the past the time when this is planned. If any member has an idea of where we could meet and party, please submit your suggestions! You can send your suggestions to Carol Kneier at pckneier@nep.net or to 448-2506.

- **Upcoming event: Diabetes Taste In**
This annual event will be held on November 21, Sunday at Community Medical Center (CMC), Scranton. CMC, NEDA and the North East Association of Diabetic Educators (NEADE) sponsor this event.

It is an experience that is open to the community who is trying to manage their diabetes. The event allows individuals to enjoy different dishes that they can “taste” and hopefully add “in” to their daily menu planning. It is a great opportunity to demonstrate to the community that a Registered Dietitian (RD) is the nutrition professional. If you would like more information or if you would like to volunteer - contact Marie Rathford-Demkosky at 570-383-1259.

Continuing Professional (CPE) Credits opportunities:

- **NEDA sponsored seminar: Nutrition Update** (6 CPE credits have been applied for)
Date: October 28, 2004, Thursday.
Time: All day planned, Exact time to be arranged
Place Community Medical Center
Fee: \$ 45.00 members and \$60.00 nonmembers (Lunch and break included)
Sessions will include:
 - Diabetes Mellitus: Gestational Diabetes | Medication and Blood Glucose Meters
 - TPN
 - Cardiac Care: Interpretation of Laboratory Values | New surgical procedures
 - Bariatric Surgery: types, pre and post operative care and nutritional implications
 - Dysphagia Management: Interactions between the RD and the Speech Therapist
 - Including *Lunch with Ms. Colleen McCann, PADA Lobbyist*; discussing the licensure renewal and current bills of interest to nutrition professionals.

- International Food Information Council Foundation at: <http://ific.org/adacpe> ;
Free CPE available.

- PA Department of Health: (September 22, 2004; 4:00–6:30 PM) - Working with Overweight Children and Their Parents: Tools for Success. Fee \$25.00 for two CPE , Contact : Mary R. Ehret, M.S., R.D.,L.D.N.; Penn State Cooperative Extension Luzerne County; (570) 825-1701/ 602-0600; FAX (570) 825-1709; or at mre2@psu.edu

To compliment the topic of children's nutrition there is an intern written article below that discusses the Child Nutrition Act.

Reauthorization of the Child Nutrition Act

Submitted by: Stephanie Kern

Indiana University of Pennsylvania Dietetic Internship; June, 2004

With the increase in obesity and nutrition related diseases, great attention has been directed toward improving the health of our nation's children. According to former U.S. Surgeon General David Satcher, "prevention in children is the key to stopping the epidemic of obesity (1)." Congress recently amended and reauthorized the *Child Nutrition Act*, which encompasses numerous federal child nutrition programs. Dietetic professionals play a key role in combating the health issues that face our children so it is important to understand the history of the child nutrition programs, current legislative action, participation and recommendations of the American Dietetic Association, and the implications of these issues for dietetic professionals.

History and Evolution of the Child Nutrition Programs

Federal child nutrition programs began when the *National School Lunch Act* was signed in 1946 by President Truman as "a measure of National security, to safeguard the health and well-being of the Nation's children and to encourage the domestic consumption of nutritious agricultural commodities." This legislation provided participating schools with subsidies for all meals that were served. Twenty years later President Johnson signed the *Child Nutrition Act of 1966*, which included the School Breakfast Program, whose benefits were identical to those of the School Lunch Program, and the Special Milk Program, which subsidizes milk in schools without a lunch program. The Special Supplemental Nutrition Program for Women, Infants, and Children, initially began as a pilot program in 1972, and was authorized under the *Child Nutrition Act* as a national program in 1975. In 1975 the Child Care Food Program, subsidizing snacks and meals served in day care homes and child care centers, and the Summer Food Service Program, which provides subsidies to food service operations in low-income areas during the summer were authorized. In 1989 the Child Care Food Program was renamed the Child and Adult Care Food Program to include adults who received benefits in homeless shelters and adult day care centers (2-4). These programs can be revised every five years during the reauthorization (funding) process.

Current Legislative Action

The path for reauthorization of the *Child Nutrition Act* was similar to other bills. In order for a bill to be amended and/or reauthorized it must pass through numerous legislative processes. First, the bill is submitted to the appropriate subcommittee or committee of the House of Representatives where it may be approved after public hearings and amendments. Second, the House of Representatives votes on the bill. If passed, the bill will go to the Senate and the process will be repeated. After passage by both the House and Senate, the President receives the bill, which can be signed into a law, vetoed, or become a law without signature (5).

On March 2, 2004 Representative Mike Castle, Chairman of the House Education Reform Subcommittee, introduced the *Child Nutrition Improvement and Integrity Act*, H.R.3873, to help improve the effectiveness and strengthen child nutrition programs under the *Child Nutrition Act* (6). The House of Representatives passed the *Child Nutrition Improvement and Integrity Act* and it was referred to the Senate (S.2507) on March 25, 2004 (7). The Senate Committee prepared reauthorization and adopted the *Child Nutrition and WIC Reauthorization Act of 2004* unanimously early in the evening of June 23, 2004. The House of Representatives approved the Senate bill the next day, and on June 30, 2004, the bill was signed into law by President Bush (8).

American Dietetic Association's Participation and Recommendations

In preparation for reauthorization a task force was assigned to guide the action of the American Dietetic Association (ADA) during the reauthorization process. (9) The task force made ten recommendations for strategies to address the school nutrition programs (9). These recommendations can be viewed in the *Backgrounder to School Nutrition Programs: Competitive Foods and Nutrition Education*, by the American Dietetic Association, June 2003. (9) Some of ADA's recommendations were incorporated into the final bill, including development of local wellness policies and expanding the fruit and vegetable pilot program. (10)

Child Nutrition and WIC Reauthorization Act of 2004

Important components of the *Child Nutrition and WIC Reauthorization Act of 2004* include:

- Requirement of all educational agencies participating in federal nutrition programs to establish a local wellness policy with the involvement of parents, students, representatives of the school food authority, school board, administrators for their schools by June 30, 2006.
- Increased funding for the expansion of the fruit and vegetable pilot program. This pilot program is designed to make free fruits and vegetables available throughout the day as snacks.
- Strengthening partnerships between local farms, school gardens, and child nutrition programs to ensure fresh, local produce can go from the farms to schools,
- Improving Access to Child Nutrition Programs for Military Families & Other Eligible Children
- Ensuring Integrity, Efficiency, and Quality in the School Lunch Program
- Ensuring the supplemental foods available through WIC are consistent with current nutrition science
- Enacting strong cost containment measures to ensure that WIC food costs and voucher payments are consistent with competitive retail prices for supplemental foods, ensuring efficient use of taxpayer dollars and the ability to serve the greatest number of eligible women, infants, and children (11,12)

Details of the final bill can be accessed at http://agriculture.senate.gov/nutri/WEI04551_LC.pdf

Implications for Dietetic Professionals

Dietitians can contribute by becoming active in legislative processes, communicating with senators and representatives, actively participating in professional organizations, and applying nutrition expertise when working with children and in the schools. (4). As dietetic professionals and experts in the field of nutrition we must lead the way in development, implementation, and evaluation of child nutrition and health promotion programs to better ensure a healthy future for our nation's children.

References

1. Action for Healthy Kids Press Release (March 11, 2004). *Prevention Critical in Reversing Obesity Epidemic: Former U.S. Surgeon General Galvanizes Grassroots Actions to Establish Prevention Practices in Nations Schools*. Retrieved June 12, 2004 from www.actionforhealthykids.org/news/pr_20040311.doc.
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4. Stitzel, K. (2004). Child Nutrition Programs Legislation, Past and Present. *Top Clin Nutr*, 19 (1), 9-19.
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7. U.S. House of Representatives (June 2, 2004). *Status of Bills and Resolutions Considered by the Committee on Education and the Workforce, 108th Congress*. Retrieved June 10, 2004 from <http://edworkforce.house.gov/legislation/status108.htm>.
8. U.S. Senate Agriculture, Nutrition and Forestry Committee. *Child Nutrition*. Retrieved July 7, from <http://agriculture.senate.gov/nutri/aid.htm>
9. American Dietetic Association (June 2003). *Backgrounder to School Nutrition Programs: Competitive Foods and Nutrition Education*.
10. American Dietetic Association (June 25, 2004). *Child Nutrition Reauthorization passes Congress-ready for Bush's signature*. Retrieved June 29, from ADA Policy Initiatives and Advocacy Report: On the Pulse www.eatright.org.
11. U.S. Senate Agriculture, Nutrition and Forestry Committee (June 2004) *Child Nutrition and WIC Reauthorization Act of 2004* Bill text. Retrieved July 5, from http://agriculture.senate.gov/nutri/WEI04551_LC.pdf
12. U.S. House of Representatives (June 2004). *Bill Summary: Child Nutrition and WIC Reauthorization Act*. Retrieved June 26, 2004 from <http://edworkforce.house.gov/issues/108th/education/childnutrition/billsummaryfinal.htm>

Knowledge corner: (from the ADA Times, May / June 2004)

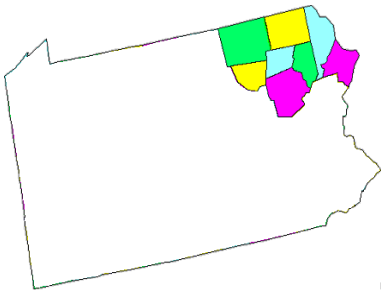
What do “net carb,” “effective carb” and “impact carb” mean? I see these advertised everywhere.

Driven by the popularity of high-protein, low-carbohydrate diets, manufacturers have added these terms to food labels to give their products more shelf appeal. And while the terms are generally interchangeable, they are not defined by the Food and Drug Administration.

According to popular diet books, to calculate the “net carbs” in a food, subtract the grams of dietary fiber and sugar alcohols from total carbohydrates in that food. The rationale is that the body does not digest fiber and sugar alcohols have a negligible effect on blood sugar, so they shouldn’t be counted as part of the total carbohydrates. However, FDA and most nutrition experts disagree. On food labels, FDA regulations require both dietary fiber and sugar alcohols to be included in total carbohydrates. ADA guidelines for people with diabetes who are counting carbohydrates allow half of the grams of sugar alcohols to be subtracted, since only about half are digested, and dietary fiber to be subtracted only if the fiber content is five or more grams per serving.

FDA plans to issue official definitions of terms such as free, low or reduced carbohydrates, as well as provide guidance for the use of the term “net” in relation to the carbohydrate content of food.

- ❖ You are receiving the NEDA newsletter as a benefit of being a member of the NEDA. If you have any comments on this Newsletter and / or you would like to submit an article or PSA for your facility / agency, please do so by contacting Maureen Dunne-Touhey at: DunneTouhey@es.marywood.edu



North East Dietetic Association