

Looking Back — Ellen Kinney, RD, LD

It has been an eventful year and next year brings many opportunities for members to be involved. We had the Transition Meeting in Augusta on July 10. The 2003-2004 board will be led by Pam Stuppy, who was elected as president last month.

Our other new officers are President Elect Susanne A. D'Angelo, Secretary Elizabeth Bagonzi, Council-On-Practice-Elect Kathleen Halpin and Nominating Committee Member Mona Van Wart. Congratulations to all!

As the outgoing president, I would like to thank all the members for their support. It was a privilege to represent MDA at FNCE in Philadelphia last October. It was a special meeting for me as we celebrated Philomene Center's 50th year as member of ADA. I was able to attend the VIP luncheon and "High Tea" as her guest. At the Spring Conference we also recognized Katherine Musgrave for her 60-year membership. These members and others inspire me to continue my involvement in the association. I only hope to have the en-



ergy and dedication they both demonstrate when I reach my those milestones in my career.

In February, MDA supported Legislative Fitness Day in Augusta. Through involvement with MDA, I have had the opportunity to have my picture taken with three governors: John McKernan, Angus King and John Baldacci. It is always a fun day to network with our legislators.

The Spring Conference in April was a great success! We plan to join efforts again for next spring. I want to thank all of those who worked so hard to make the meeting a success.

The coming year has so many opportunities for members to be involved. You are the Maine Dietetic Association and we need your help! I have received so many growth opportunities through my involvement with MDA and ADA. I challenge you to get involved and see for yourself with the opportunities for professional networking and teamwork. In closing I would like to give a special thanks to all of my board members.

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A message from

Pam Stuppy, MS, RD, LD , President of the Maine Dietetic Association



This can be an exciting year for MDA! In the past, we have been a resource for our members, a vehicle for nutrition information, and an important link for members to ADA. In a variety of capacities, as individuals and as an organization, we have been involved in many different forms of nutrition outreach. In the next few years, we have the opportunity to make an even larger impact on the citizens of Maine by working with legislators and in our schools to counter the growing incidence of obesity and poor nutrition in our youth. A number of MDA members have already asked to become more actively involved in this process. If you too are interested, please contact me.

This also marks our year for addressing the sunset review of licensure for dietitians and diet techs in Maine scheduled for June 2004. In 1987, after much effort, licensure was secured. Now we need to defend that decision to maintain this status for those of us practicing in the state. In the year ahead, we will be contacting MDA members for their input to support this effort.

The annual ADA conference will be in San Antonio, Texas, in October. This is a perfect opportunity to get the latest nutrition information, to network with other nutrition professionals, and to get even more excited about the important work we do. Hopefully, I will see some of you there.

Save this date! Plans are already underway for a great spring conference slated for March 25 at the Augusta Civic Center. Due to the success of last year's conference, we will again be joining with the Maine Nutrition Council. The theme for this year will be nutrition myths and how to address them. This will be our one big conference of the year, since it is more cost effective than having both a fall and spring meeting.

I am excited to work with new and returning members of the MDA board and thank them for their dedication in representing the broad spectrum of Maine's nutrition professionals.

Some of Pam's Favorite Websites:

- strongwomen.com (Tuft's University site about osteoporosis)
- niddk.nih.gov (National Institute of Diabetes and digestive and Kidney Diseases)
- ccfa.org (Crohn's and Colitis Foundation)
- medscape.com (Medscape)
- nhlbi.nih.gov (National Heart, Lung, and Blood Institute)
- osteo.org (NIH site, osteoporosis and related bone diseases; National Resource Center)
- nof.org (National Osteoporosis Foundation)
- cancer.org (American Cancer Society)
- csaceliacs.org (Celiac Sprue Association)
- ncbi.nlm.nih.gov/PubMed (Public Medline)
- foodallergy.org (Food Allergy Network)

MDA Awards

The Maine Dietetic Association is pleased to announce the ADA award recipients for 2003: Debbie Pepper-Dougherty, R.D., L.D. is Outstanding Dietitian of the Year; and Shirley Wallace, D.T.R., L.D.T. is Recognized Dietetic Technician of the Year.

Debbie is a consulting dietitian and owner of Nutrition Consultants, a private practice in Westbrook. She has held many MDA Board positions, including NSPS Chair and current Southern Maine Media Representative. She is active in promoting nutrition as a public speaker to numerous organizations,

schools, athletic teams, pharmaceutical companies and radio and television stations in the greater Portland area. Debbie is presently the nutrition specialist for the Portland Celiac Support Group and a member of the Southern Maine Eating Disorders Awareness and Prevention Committee, Maine Nutrition Council, Nutrition Entrepreneurs DPG, and SCAN DPG. She earned her B.S. degree from the University of Vermont and completed her dietetic internship at Alton Ochsner Medical Foundation in Louisiana.

Shirley is a dietetic technician at

Maine Medical Center in Portland and owner of Feeling Fine- Food and Fun in South Portland. She is a graduate of Southern Maine Technical College and has served as the MDA Dietetic Technician Representative since 2002.

An active member of ADA since 1989, Shirley has volunteered for many MDA projects and recruited members for the DTR Practice Group. She is known for her creativity in teaching nutrition to local schools, businesses and wellness fairs and recently celebrated her 15-year employment anniversary at Maine Medical Center.

Special Smiles

The Maine Dietetic Association participated in the "Special Smiles" booth at the Special Olympics on June 7 in Orono.

Chuck Leithiser helped once again this year to coordinate the nutrition activities. Volunteers from Eastern Maine Medical Center included Barbara Frey, Sharon Tate and Lynn O'Neal. Dr and Mrs. Trowbridge, and Carol Williams are coordinators of the event. We had 375 enthusiastic participants; next year we may need more space as the event continues to grow in popularity.

Sharon Tate comments that "the sun was out and so were the smiles on the participants faces."

Olympians formed long lines for a chance to play the game in which they separated a variety of foods into those to eat more often and those to eat less often. The Maine Nutrition Network provided great prizes



which included water bottles, finger puppets and stickers.

The day was hot and humid and the water bottles were a big hit. The Maine Dental Association is a big sponsor of this event each year — this is a fun opportunity for the two "MDA's" to collaborate.

Please mark your calendars for next year. Special Olympics is held the first Saturday of June at UMO.

UMaine Women's Folate Study — Yean Hoong The

Julie Milan, Ph.D. candidate, and Dr. Adrienne White, associate professor of human nutrition at the University of Maine, are conducting a study that involves the use of the Stages of Change Model to develop, implement and evaluate a web-based folic acid educational intervention for college women in the University of Maine System.

Despite public health efforts to increase folic acid intake, most college-age women fail to consume the recommended 400 micrograms needed to prevent neural tube defects in pregnancies. New methods of developing and disseminating folic acid educational messages are needed. Research demonstrates that interventions based on the Stages of Change Model, also called the Transtheoretical Model, are more effective at facilitating behavior change than are traditional interventions, since educa-

tional messages are tailored to the individual's stage of readiness to change behavior.

Based on the Stages of Change Model, individuals may be in one of five different stages of behavior change: precontemplation (not thinking about changing); contemplation (thinking about changing); preparation (getting ready to make changes); action (actively making changes); and maintenance (working to prevent relapse). There are three other components that coincide with the five stages of change: the processes of change (strategies individuals use to progress through the stages of change); decisional balance (the pros and cons individuals weigh when deciding whether to make changes); and self-efficacy (confidence individuals have that they can make changes).

None of the studies that have focused on the Transtheoretical Model have been conducted in the area of folic acid and neural tube defects. This project will not only impact folate nutriture of college women, but it should serve as a model for future folic acid education programs. Funding for this study has been granted by the Maine State Chapter of the March of Dimes and the University of Maine Faculty Research Award.

Yean Hoong The is a dietetic intern at the University of Maine. Her current research is on the development and evaluation of wild blueberry and soy ice-cream and popsicles. Both blueberry and soy have nutritional benefits which include antioxidant activity and reducing the risk of heart disease. It is hoped that the final product will have 6.25 grams of soy protein to meet the FDA approved claim that low fat and 25grams of soy protein may reduce the risk of heart disease.

Crosswalk Advisory

The ADA advises members of a correction made by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) that could prevent disruption to hospital nutrition services. Dietetics professionals should download a corrected "Hospital Crosswalk" and share it with hospital administrators.

A recent JCAHO document that consolidated and reformatted standards provided a "crosswalk" to compare the old standards to the new. Wording in that document erroneously implied that certain specific nutrition standards were deleted.

ADA immediately alerted JCAHO that the crosswalk was not accurate

and that it could lead hospitals to incorrectly conclude that some nutrition services were no longer required. JCAHO revised the crosswalk and has posted accurate information on its website. The revised crosswalk can be found on the JCAHO web site at: www.jcaho.org/accredited+organizations/hospitals/standards/new+standards/pc_hap_xwalk.pdf

Educational Opportunities

Dietitians and Diet Techs (and nutrition students) are invited to join the **Nutrition Therapist Group**. This group provides an opportunity to discuss timely nutrition topics, share practice ideas, and brainstorm about difficult clients/patients. The group decides what topics will be discussed at the next meeting. Participants are encouraged to share written materials, resources, and information about upcoming educational opportunities. As a bonus, you get two free CPE credits! Meetings, which include a potluck supper, are held about every six weeks in various locations in southern Maine.

The next meeting will be Friday, Sept. 26 at 6:30 pm in the home of Pam Stuppy. Topics for discussion will be celiac disease and diabetes. For more information, contact Pam at 207-363-8392 or PamStuppy@aol.com.

The Commission on Dietetic Registration is offering a Certificate of Training in Childhood and Adolescent Weight Management pilot program for ADA members, RDs and DTRs on Sept. 18-20 in Atlanta at the Crowne Plaza Ravinia, 4355 Ashford Dunwoody Road. The registration deadline is Aug. 11. The fee of \$295 includes the home study module, onsite workshop and post-test. This program is approved for 27 CPE units - Level II. Program participants must pass the pre-test to attend the on-site program. All program participants will receive continuing professional education units; only those who pass the post-test will receive the certificate. Click on www.cdrnet.org/whatsnew/childhood.htm to obtain a registration form and to view the certificate requirements. To register by telephone, call CDR at 1/800-877-1600, ext. 5500.

Maine Medical Center Nutrition Symposium, Sept. 29. The major session will be on probiotics with Dr. Saavedra. Contact MMC Nutrition for more information.

Dairy Grants

America's low calcium intake is recognized as a major public health problem.

To address this concern, the National Dairy Council will award five \$5,000 grants to organizations or individuals proposing innovative, community-based nutrition education programs aimed at helping children develop positive eating behaviors to improve the overall quality of their diet, including 3-A-Day of Dairy.

Grants are open to all groups or individuals in the U.S., including those self-employed, commissioned by or employed by organizations or local government, state and local health departments, regional and state agencies and schools, medical facilities and extension specialists.

The 3-A-Day of Dairy nutrition education program is designed to help children to develop positive eating behaviors to improve their

overall diet, by including three servings a day of milk, cheese or yogurt.

Additional information about the 3-A-Day of Dairy program and grant applications can be downloaded from the Web at:

www.nationaldairycouncil.org and www.3aday.org

Application deadline is Sept 1.

McDonald's Settlement

The ADA Foundation, on behalf of the Vegetarian Nutrition Practice Group, is one of 24 tax-exempt organizations approved to receive a share of the \$10-million class action settlement from the Block v. McDonald's lawsuit.

McDonald's was accused by Hindu groups and other vegetarian organizations of using beef products

in their French fry oil. If there are no further appeals, the court has ruled that ADAF will receive \$600,000.

The funds will be used to educate the public about the benefits of a vegetarian lifestyle, to promote vegetarian dietetics as a specialty, to support professional development, education and workshops for

VNDPG members and to produce vegetarian-oriented materials for use by ADA members, other health professionals and the general public. The ADA Foundation and VNDPG will review and recommend funding specific requests. ADAF and ADA VNDPG will release a joint statement when the suit becomes final.

ADA News

Salary Survey

ADA continues to receive reports that our Salary Survey information is leading human resources departments to revise salary structures — resulting in raises for RDs on staff. We want to hear from any ADA member who has had a similar experience, please forward an e-mail to CEOdigest@eatright.org.

Rating System

The Food and Drug Administration is adopting the ADA's "evidence-based rating system" to evaluate qualified health claims made by food companies.

In addition to assisting millions of consumers in making more knowledgeable food choices, use of the ranking system will improve the FDA's ability to "more aggres-

sively enforce the law against companies that appeal to consumers through false and misleading health claims," said FDA Commissioner Mark B. McClellan.

By using an evidence-based ranking system, FDA's Task Force on Consumer Health Information for Better Nutrition hopes to give the public a tool for evaluating the science behind a qualified health claim.

For example, when there is "significant scientific agreement" among experts that a

health claim is true, a high rank of scientific evidence, or "A," would be awarded, and consumers could feel greatest confidence about the validity of the claim. Alternatively, a low rank of scientific evidence, or "D," represents an extremely low level of comfort among qualified scientists that the claimed relationship between product and health is valid. In all, there are four ranks where health claims would be permitted.

Help Wanted

The American Dietetic Association is seeking qualified reviewers for sections of the new Nutrition Care Manual. This professional dietetic reference is planned for use as a diet manual for clinical and private practice. For complete information and an application click on www.eatright.org/Member/Files/Reviewer_application.doc



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National Legislation

Nominating Committee

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Taking Credit

The purpose of licensing is to protect the nutritional health and safety of the public by inspiring the highest standard of performance of those practicing in the profession of dietetics. Employers and consumers can recognize the professional qualifications of dietitians and dietetic technicians, and the public can be assured of the availability of information regarding those who hold themselves out to be dietetic practitioners.

By Sept. 1 of each year, dietitians must submit to the Maine Board of Licensing of Dietetic Practice documentation of at least 15 hours of continuing education; dietetic technicians must submit documentation of at least ten 10 hours. Continuing education credits for renewal of all licenses must have been obtained during the previous year beginning Sept. 1, 2002.

Keep your summary form in your records for at least two years following the Continuing Education program. By Sept. 1, 2003, you should mail ONLY THE SUMMARY SHEET to the Board. Failure to do so will jeopardize your license renewal in December. Should you have any questions, please write or call the board at:

Department of Professional and Financial Regulation
Office of Licensing and Registration
Board of Licensing of Dietetic Practice
35 State House Station
Augusta, ME 04333-0035
Telephone: (207)624-8623 FAX (207) 624-8637
E-mail: diane.i.bradstreet@maine.gov

Don't Forget to Write!

Have a question? An opinion? A comment? Even a disagreement?

A Letters to the Editor column planned for future issues will be your forum to discuss anything you read in this newsletter or any subject of concern to our profession and our association. Brevity helps — use 200 words or less as a guideline.

MDA members also are invited to submit longer articles — book reviews, educational materials, anything in your area of practice — with 500 words a good rule of thumb. Plan on a Nov. 1 deadline. Please send your submissions to the eatrightmaine.mda editor at:

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Hope to hear from you!

