

Q&A WITH OUR NEW PRESIDENT HEATHER HEALY



How has your MAND membership impacted you professionally?

Five years ago, I made a career switch that marked a departure from clinical and public health nutrition. When I made the change, I didn't fully realize how much I would miss the daily involvement with nutrition in my professional life. Shortly after my job switch, I moved to Maine. Getting involved with MAND not only helped me connect to like-minded people in the new state I lived in, but helped fulfill an absence in my work life. Attending MAND educational events and conferences and volunteering in different roles within the MAND Board has helped me gain leadership, collaboration and event planning skills that have translated to improved confidence and abilities at my workplace. Volunteering with MAND and feeling reenergized by the enthusiastic people I've met across different events and committees has helped me stay connected to my passion for nutrition in my personal life and has led to greater satisfaction in my new career path.

Tell us about some of your career & MAND highlights.

The majority of my 24-year career as a dietitian has been spent working in federal government agencies: Department of Veteran's Affairs, Department of Justice (DOJ), Department of Agriculture, and currently the Department of Health and Human Services within the Health Resources and Services Administration (HRSA). I've enjoyed a varied career, from counseling veterans as an outpatient dietitian to gaining renal nutrition experience in an onsite dialysis unit within the DOJ's Bureau of Prisons. As the regional nutritionist for USDA's Boston office, I moved into public policy, helping to update and write WIC nutrition risks and collaborating with Food and Nutrition Service programs, specifically WIC and Senior Farmer's Markets programs. Though my latest position as a senior public health analyst with HRSA has led me away from nutrition, I've had the wonderful opportunity to visit many health centers and every county in Maine, learning about health care and recruitment and retention needs across our beautiful state.

I first volunteered with MAND three years ago and it's incredible to think back on how much I've learned and experienced in that time. I started as the State Policy Representative, a member of the Public Policy Panel, helping to write and provide legislative testimony and working with energetic U-Maine dietetic interns to plan the legislative breakfast. During this past year as President-Elect, I learned about conference planning, helping with sponsorship activities and event advertising. The President-Elect also participates in the Finance Committee learning about special project proposals, budgeting, and MAND investments. In early March, I was sent to President-Elect training in Chicago where Academy staff help prepare future affiliate Presidents for the year ahead. The best part of the year was being mentored by Past-President Eileen Molloy who was so generous with her time. The dedication and thoughtfulness that Eileen brought to the 2018-2019 MAND Presidency will be difficult to duplicate.

What causes in the field of nutrition are the most important to you?

This is an interesting question, as I think my answer would be different depending on what stage of my career and life this question was asked. Currently, I seek information on geriatric and environmental nutrition. Both of my parents turn 80 this year and as their nutrient needs change with age and as health issues arise, I'm often searching for articles and sharing information with them. Environmental nutrition is a hot topic and in the news more than ever before; balancing the requirements of food supply, health and the physical environment is of immense public health importance. MAND's spring conference opened with speaker Joan Salge Blake's presentation on "Why Dietitians Should be Trash Talking." This was a timely call out to all of us to be playing a role in reducing food waste in this country. I know this starts with me; I'd like to see future conference topics highlighting Environmental Nutrition issues.

What do you hope to accomplish during your time as president of MAND?

As we approach a new decade in 2020, I'd like to have MAND take a fresh look at membership data and needs. Where are our members? What trends are we seeing in membership numbers? Where/ what settings are dietitians working? What are member educational interests and how should we deliver them? What stage of career are our members in? Maine is the oldest State in the country, might our MAND membership have unique needs and interests due to this distinction? The Academy can help supply some of this data, but we also need to work on targeted and thoughtful surveys and data mining within our own State affiliate. Looking at data and trends can help MAND target membership communication and outreach activities and provide valued membership benefits in the decade ahead.

I look forward to working with my Maine dietetic colleagues in the 2019-2020 MAND Board year!

UPCOMING EVENTS:

Maine Medical Center Nutrition Symposium– Wednesday 9/11/2019– More information to come!

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Do you have information on nutrition-related events and activities that are happening in your part of Maine? If so, we would love to hear from you! [Click here](#) to submit your information– it could be included in a future newsletter!

New online graduate certificates programs in nutrition at the University of Maine

The University of Maine is offering two new graduate certificate programs through the School of Food and Agriculture. Graduate certificate programs in Human Nutrition and Food Technology are available in the fall of 2019 and spring of 2020 respectively. Both 12-credit certificate programs are offered 100% online and will meet the needs of working professionals.

The Human Nutrition graduate certificate program is designed to enhance the knowledge and skills of health care professionals, exercise physiologists, and health educators in the area of human metabolism, nutrition assessment, and food systems. Dietitians contemplating a career change can explore new areas of study such as integrative and functional nutrition, gerontology, and sustainability. Responsible conduct of research training is provided to enhance students' ability to work on research projects with nonprofit organizations or other institutions. Graduates of the Human Nutrition graduate certificate program will develop a foundation in nutrition science, be able to identify and evaluate current research on nutrition and health, and use evidence-based nutrition strategies.

Admission requirements for both the Human Nutrition and Food Technology graduate certificate programs include a baccalaureate degree from an accredited college or university with a minimum GPA of 3.0 on a 4.0 scale, one year of college level chemistry, one year of college level biology including one course of anatomy and physiology, and one college level introductory nutrition course. For more information about the Human Nutrition graduate certificate please [click here](#); for more information on the Food Technology graduate certificate, please [click here](#).

Maine Harvest Bucks!

The Maine Harvest Bucks program offers nutrition incentives (bonuses) to low-income shoppers at participating farmers' markets, CSA farms, and farm stands selling local produce.

[Click here to find participating markets that will DOUBLE your SNAP/EBT funds.](#)

With Maine Harvest Bucks (MHB), shoppers using SNAP via an EBT card* gain access to healthy, local food and receive bonus local fresh fruits and vegetables, stretching the benefits much further. MHB contributes to the growth of our local economy, creates community connections, and facilitates healthy eating!

GET INVOLVED WITH MAND!

Interested in getting involved with MAND? The following positions are open:

- Conference Committee
- DTR Representative
- Membership Chair
- Consumer protection
- State Policy Representative
- Treasurer

Make new friends and professional contacts, help move our affiliate forward, and contribute to your profession—join our team! Email us at the eatrightmaine@gmail.com for more information.

MAND BOARD UPDATES AND OPENINGS

***We are happy to announce the new and returning members of the
MAND Board starting June 1st!***

Kit	Broihier	Website administrator
Allison	Burditt	Reimbursement Representative
Andrea	Byther	Conference planning committee
Ali	Caron	Scholarships and awards
Zakkary	Castonguay	Nominating committee chair
Briana	Fortin	Nominating Committee
Tara	Gould	Nominating committee
Rachael	Hall	Delegate
Heather	Healy	President
Lori	Kaley	State regulatory specialist
Kristine	Kittridge	President Elect
Jenny	Maynard	Newsletter editor
Julie	Milan	Communications Committee
Eileen	Molloy	Past President, Conference Chair
Hillary	Pride	Conference planning committee
Ria	Saunders	Public policy coordinator
Susan	Sullivan	Secretary/Policy, procedures, bylaws
Mona	Therrien	Education chair, Historian
Pat	Watson	Representative to external entity (DAAM)
Chelsea	Yates	Conference planning committee

THANK YOU!

Thank you to the following outgoing board members for their work on the board during the past year!

Kim Thomas- Nominating committee chair	Lubett Taquet- Secretary
Deborah Brooks- Dietetic technician representative	Barbara Frey- Awards chair
Dave Seddon- Treasurer/website administrator	Adrienne White - Delegate
Heith Martinez- Policies/procedures/bylaws chair	

4 MAND MEMBER RECOGNITIONS AND AWARDS

Congratulations to the 2019 Future Dietetics Professional \$500 scholarship winners!

Laurel Simone, dietetic intern and graduate student, and Maegan Perrault, undergraduate were this year's winners– they are pictured below, left to right with 2018-2019 MAND President, Eileen Molloy.



Congratulations to the 2019 affiliate award winners!

Pictured below are Ali Caron, past president; Andrea Paul: Emerging Dietetic Leader; Lubett Taquet: Recognized Dietary Technician of the year; Zakkary Castonguay: Recognized Young Dietitian of the Year and Eileen Molloy, 2018-2019 president. Receiving the Outstanding Dietitian of the Year award was Lori Kaley (not pictured).



PUBLIC POLICY PANEL UPDATE

This summary describes some of the activities of the Public Policy Panel over the past year.

Activities:

- Attended the Public Policy Workshop in Washington D.C. 10/23-10/24/2019. Topic: Malnutrition.
- Organized the 6th annual Legislative Breakfast to network with Maine legislators: 3/7/2019
 - Awarded the 2019 Public Policy Leadership award to Representative Patricia Hymanson (District 11)

Licensure Board Information:

- PPP became aware of LD-884– An Act to Repeal the Board of Licensing of Dietetic practice two days before the committee work session held on 3/26/2019
- Letters were written to community members and testimony was created and given to oppose the bill
- It was voted anonymously “Ought Not to Pass” which means that it is no longer viable
- **Vacancies need to be filled**– the Licensing Board of Dietetic Practice should consist of 2 RDNs, 2 members of the public and 1 DTR. Currently there is a vacancy for one of the public member as well as a potential RDN position. If you (or if you know someone) who has an interest on serving on this board, please visit the Maine.gov website, Board of Licensing of Dietetic Practice.

Testimonies provided:

Bill	MAND Position	PPP Member	Date
LD 463 - An Act to Reduce Obesity Rates in Maine	Support with Recommendations	Lori Kaley	2/27/19
LD 706 - An Act to Reduce the Incidence of Obesity and Chronic Disease in Maine	Support with Recommendations	Lori Kaley	2/27/19
LD 472 - An Act to Provide Meals to Homebound Individuals	Support	Heather Healy	2/20/19
LD 884 - An Act to Repeal the Board of Licensing of Dietetic Practice	Oppose	Lori Kaley	3/21/19
LD 1373 - Resolve, to Reduce MaineCare Spending through Targeted Nutrition Interventions	Support with Recommendations	Laurie Copithorne	4/29/19

WHAT'S NEW: THE ACADEMY

Intensive Behavioral Therapy for Obesity: Putting It Into Practice

The Academy offers a toolkit on the Intensive Behavioral Therapy for Obesity benefit for Medicare Part B beneficiaries. Registered dietitian nutritionists can provide these services as auxiliary personnel in primary care settings and bill the services as "incident to" in accordance with CMS guidelines. This updated toolkit provides RDNs with information, examples and tools to successfully align with primary care providers to provide the IBT for Obesity benefit under Medicare Part B. [Click here](#) to learn more.

Looking for information on payment for nutrition services? Check out eatrightPro!

Whether you operate a private practice or provide MNT services in an ambulatory care setting, you probably have questions about coverage, billing, and payment for nutrition services in both traditional fee-for-service and newer value-based payment models. Find your answers - including critical new information on the Medicare Quality Payment Program, the Medicare Diabetes Prevention Program, and Alternative Payment Models – under Payment on eatrightPro- www.eatrightpro.org/payment

Focus Area Standards for CDR Specialist Credentials for RDNs in Sports Nutrition and Dietetics

The Standards of Practice (SOP) and Standards of Professional Performance (SOPP) for RDNs in Sports Nutrition and Dietetics is available under the section Focus Area Standards for CDR Specialist Credentials Collection on the *Journal* website. These standard resources direct RDNs concentrating in specialty areas of practice and within various settings for patient/client care and nutrition-related professional services. These RDN tools are used for self-evaluation, professional development and advancement. Learn more about the standards that align with CDR board certifications (CSP, CSR, CSG, CSSD, CSO, CSOWM, CSPCC) at www.eatrightpro.org/sop.

