

LETTER FROM OUR PRESIDENT

I hope you all are having an excellent summer and are enjoying all Maine has to offer during our fleeting warm months!

I am honored to be stepping into my new role as President for the 2017-2018 MAND year. For those who many not know, I currently work in nutrition and diabetes education with the pediatric population in Bangor. I have met and worked with some excellent dietitians and mentors along my career path who have encouraged me to become more involved with MAND. As I head into my fifth year of being an RD, I hope that other new dietetic professionals see that you can become involved in MAND in a wide variety of ways at any time in your career!

Over the next few months, MAND board members will be planning our annual Legislative Breakfast; we are also developing an exciting Spring Conference for you this year-please contact us if you would like to volunteer to help with the planning committee! It is a great way to become involved in MAND and meet other professionals like you!

In the upcoming year, we will strive to increase MAND membership activity by offering benefits such as webinars, networking and other educational opportunities. Also, be on the lookout for a membership survey so you can be sure to tell us what opportunities you would like to see MAND offer.

Lastly, I would like to thank Andrea Byther for her excellent guidance as I navigated the transition from President-Elect to President. I am extremely excited and hopeful for our 2017-2018 MAND year. It's an exciting time to be an advocate for our profession- please join us by getting more involved this year!

Ali Caron, MS, RD, LD

President

Maine Academy of Nutrition and Dietetics 2017-2018



UPCOMING EVENTS:

Maine Medical Center Nutrition Symposium:
09/13/2017 Charles A. Dana Health Education Center
07:30-3:30 PM. Highlights include: impacts of the microbiota on one's nutritional status, CHF and sodium/fluid management, CF research and FODMAP foods.

FNCE- Chicago, Illinois:
October 21-October 24; visit <http://eatrightfnce.org> FMI

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DELEGATE REPORT

It is time for me as your delegate to begin planning for FNCE 2017, which is our centennial celebration year (1917-2017). That means I want to hear from you about the things that are important to you. The House of Delegates will meet on October 20-21 to discuss how we maintain a vibrant profession as we move into our second century.

We have been addressing how Academy members can capitalize on our strengths to create a future in which we have an integral role in wellness and prevention. We want to know how to elevate our profession, expand our opportunities and enhance our practice. To this end, the Academy has a new vision and mission to drive our work.

Vision: A world where all people thrive through the transformational power of food and nutrition.

Mission: Accelerate improvements in global health and well-being through food and nutrition.

The principles are that we will:

- I. Integrate research, development, and practice to stimulate innovation and discovery.
- II. Collaborate to solve the greatest food and nutrition challenges now and in the future.
- III. Focus on system-wide impact across the food, wellness and health care sectors.
- IV. Have a global impact in eliminating all forms of malnutrition.

Some of these same principles emerged when a group of Maine nutrition professionals met in Augusta in the spring, following the Legislative Breakfast, to address our role in wellness and prevention. We recognized:

the place of research to stimulate innovation and discovery by seeing the need to stay on top of research, to use evidenced-based research, while recognizing that waiting for it may slow us down; to be ready to accept and integrate new ideas into our practice, and to link new research to education.

the place of collaboration by seeing the need to collaborate so doors open to others' expertise; to gain trust and rapport for increased credibility with other healthcare professionals; and the need to build our community, knowing our individual strengths.

the focus on system-wide impact by having systems thinking as we participate in the food system from the ground up; as we provide education about food from growing it to eating it; supporting a healthy relationship with food, and the focus on a global impact perspective and working inter-generationally.

The group of 16 nutrition professionals, who met in Augusta, also identified the importance of defining what we do and in so doing define our value. The group emphasized the importance of advocacy within our work setting and the legislative arena. It is important to advocate on behalf of our profession, which might mean using negotiation skills at work when demonstrating our worth or working to increase exposure of our profession to legislators and funders. There is a need to be cohesive in our collaborations.

Who are we? The group of 16 said we are hard-working, multitaskers. We listen, learn and laugh. We engage and encourage people. We are problem-solvers. We express honesty, persuasion, and empathy. We are professionals with passion. We are poised for great things.

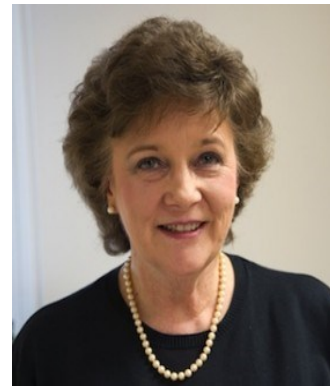
The new mega issue that will be addressed at our delegate meeting in October is "Championing RDNs in Positions of Leadership in Public Health." Between now and October, I will be meeting with groups and gathering feedback you have about the value of nutrition professionals in the health care of our country, particularly in the public health setting. What is your perspective? What part would you like to have in setting a path for our futures in health care? Let me hear from you.

Adrienne A White, PhD, RDN, FAND

MAND Delegate

House of Delegates

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Give your delegate feedback on the value of nutrition professionals in the health care of our country, particularly in the public health setting.

U-MAINE INTERNS STORM CAPITOL HILL



Pictured: Ria Saunders, Brianna Fortin, Amber Buell, Amber Murray, Marcy Kyle

Special thanks to MAND for their support of the U-Maine interns!

On June 25-26, we attended the Public Policy Workshop (PPW) in Washington DC, an annual meeting of the Academy of Nutrition and Dietetics (Academy). We joined with nutrition professionals from across the country to advocate for current issues that affect the field of dietetics and our nation's health. At PPW, we connected with Maine legislators or their staffers to discuss nutrition priorities of the Academy. The focus of the 2017 PPW was on the value of nutrition services in prevention and treatment, and on keeping nutrition education in the Farm Bill (e.g., SNAP-Ed and the Expanded Food and Nutrition Education Program (EFNEP)).

To prepare for PPW, we attended online webinars. We researched statistics and other information on the nutrition issues that would be discussed and the impact on Maine. We made sure to prepare a bipartisan view to reach both Democrats and Republicans in Congress. At PPW, we joined with members of the Maine Academy of Nutrition and Dietetics (MAND), Ria Sanders, Public Policy Coordinator, Heather Healy, State Policy Representative, and Marcy Kyle, the Speaker-Elect, House of Delegates for the Academy. Having these experienced, passionate women with us was a great asset as we prepped to storm the Hill. PPW allowed us to connect and share stories with other professionals from across the country.

After reviewing the material, we joined 380 fellow dietitians and students (now our closest friends) to storm Capitol Hill. Once on the Hill, the goal was to address the problem, present the solution, and deliver the "ask" (what we are asking of them). We discussed why nutrition services are so important and what our legislators can do to help. Also, our role was to discuss personal stories and issues from the perspective of being nutrition professionals. We met with staff members of Representatives Bruce Poliquin and Chellie Pingree, and Senator Angus King. We got to meet directly with Senator Susan Collins.

Maine's legislators are advocates for nutrition, so we were able to dedicate our meeting time to provide statistics, stories, and how important nutrition education is for the individuals of the state of Maine. The staffers that we met with were young, like ourselves, which made the meetings relaxed. It was rewarding to be able to take control as students, and relay information about the importance of nutrition services. Also, it was obvious that the legislators loved hearing from us, the students, as they were very receptive to us. It was an honor to be able to share our knowledge and expertise on Capitol Hill.

Collaborating with Heather, Ria, and Marcy was also a great networking and learning opportunity. Their guidance and expertise eased our nerves and made the experience that much more enjoyable. We were able to take what we learned through our internship concentration area and apply it to what we did at PPW. Attending PPW has made all three of us realize that we want to be involved in MAND's public policy work in the future. Also, it has really opened our eyes to the importance of policy, and how easy it is to be involved. When we left D.C., we felt that we had made an impact for the people in the state of Maine and our profession as a whole. Our advice to other interns and nutrition professionals is to get involved in public policy, talk to your legislators and make your voice heard by individuals who are key decision makers on nutrition-related funding. If nutrition is your profession, make public policy your passion! We can all make a difference if we make an effort.

Article written by: Amber, Bri, and Amber (Class of 2016)

WHAT'S NEW: THE ACADEMY

CHF Evidence-Based Nutrition Practice Guideline & Supporting Systematic Reviews

The Academy is pleased to announce the publication of the 2017 Heart Failure Evidence-Based Nutrition Practice Guideline on the Evidence Analysis Library® (EAL®). The Heart Failure (HF) 2017 Guideline provides an evidence-based summary of medical nutrition therapy for adults with heart failure (NYHA Classes I-IV/AHA Stages B, C and D).

The Guideline includes 17 recommendations based on the EAL systematic reviews, the American College of Cardiology/American Heart Association Task Force 2013 and 2016 Guidelines, and the European Society of Cardiology 2016 Guidelines, in the following topic areas:

- Medical Nutrition Therapy
- Nutrition Assessment
- Assessment of Energy Needs
- Energy and Protein Intake
- Sodium and Fluid Intake
- Physical Activity
- Educate on Self-Care
- Coordination of Care
- Monitor and Evaluate Effectiveness of Medical Nutrition Therapy



The Systematic Reviews, which supports the guideline, focuses on five sub-topics:

- Medical Nutrition Therapy (MNT)
- Energy
- Protein
- Sodium and Fluid
- Nutrient Intake and Supplementation

The EAL® is a synthesis of the best, most relevant nutrition research on important dietetic practice questions. Nearly 40 systematic reviews and 18 evidence-based guidelines are housed within an accessible, online, user-friendly website. Access is free to Academy members – individual and group subscriptions are available. Visit www.andeal.org/hf to view the guideline.

Visit www.andeal.org/hf to view the new CHF guidelines
