

The Prospector™

Colorado Dietetic Association Quarterly Communication



President's Message

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Happy Fall CDA members! I am excited to be able to be a part of this wonderful organization and appreciate the opportunity to work with a dynamic group of registered dietitians, dietetic technicians, and students.

Please join me in extending a special thank you to our board of directors who work tirelessly to promote our profession and bring you a variety of opportunities for learning, networking, and community involvement.

Our CDA Annual Meeting will be held on March 2-3, 2012 in downtown Denver. We are excited to announce that our 2012 Lobby Day will be held on March 1, 2012, which will provide conference attendees the opportunity to gain valuable skills and meet with Colorado legislators while enjoying great food! Our 2011 Lobby Day was a great success, and I am looking forward to 2012.

As many of you know, the American Dietetic Association is changing its name to the Academy of Nutrition and Dietetics effective January 2012. We are still learning how the name change will affect the district associations and CDA. We are committed to keeping members informed of any updates or changes affecting the name change as we receive it. We appreciate your patience during this time.

This year we are continuing to work towards our goal of licensure. In the month of September and October Kathleen Standafer (Public Policy Chair), Alana Cline (Delegate), and I are presenting at the district membership meetings to highlight the importance of membership involvement, discuss ADA mega issues including licensure, and discuss how you can help. We encourage all members to try to support your local districts and attend district meetings, especially this one!

Thank you for being a member of CDA. This is your association and your input is greatly appreciated. If you have questions, comments, ideas, or if you are interested in becoming more involved with CDA, please email eatrightcolorado@gmail.com.

Sincerely,

Athena Evans MS, RD, LD, CDE
2011-12 President
Colorado Dietetic Association



Special points of interest:

- Community Spotlight: Featuring LiveWell Colorado and Cooking Matters
- Information on the CDA Annual Conference and 2012 Lobby Day to be included in the next issue



COMMITTEE UPDATES

Public Relations and Marketing

Angela Mariotti, RD
Nikki Nienhuis, RD
PR/Marketing Co-Chairs

Walk with a Doc: Take a Step Toward Better Health is a program where the public meet monthly to walk with doctors and dietitians to improve health, learn about important health topics, and meet new friends interested in improving their health. This is a great way for people to ask medical and nutrition questions in an informal, relaxed, and fun way! We are in need of dietitians to volunteer for these events. The next event is 8am Saturday, October 22nd located at Bible Park. To learn more about these great events please visit their website:



<http://www.nationaljewish.org/programs/directory/cardiology/walk-with-doc/#event>

If you are interested in volunteering for this event please contact Angela Mariotti at angela.mariotti@sodexo.com

ADA is a partner organization in Food Day, to be celebrated on October 24th, 2011. Food Day seeks to bring together Americans from all walks of life—parents, teachers, and students; health professionals, community organizers, and local officials; chefs, school lunch providers, and eaters of all types—to push for healthy, affordable food produced in a sustainable, humane way. To learn more about Food Day and events near you please visit: www.foodday.org



Do you have Facebook? Colorado Dietetic Association has a Facebook page! Join our page to see updates, events and to join a discussion/blog.



COMMITTEE UPDATES

Member Benefits

Amanda Hermann, RD
Member Benefits Team Chair

Greetings CDA Members! The Membership Benefits Team is excited about all of the upcoming events that CDA has to offer this year and wants to make sure everyone is aware of the FREE MONEY that is also available. We will be offering a number of easy ways for members and districts to receive some extra dough within the next few months. Please watch for information related to:

- ◆ Two \$150 scholarships for CDA members - applications due 2/3/12
- ◆ Two \$50 Whole Foods Gift Cards for dietitians, DTR's or dietetic students nominated by their peers for going above and beyond – nominations due 2/3/12
- ◆ \$500 District Grant Award – paperwork due 1/9/12
- ◆ Affiliate Awards applications for Emerging Dietetic Leader, Outstanding Dietitian of the Year, Recognized Young Dietetic Technician of the Year, Outstanding Dietetics Student Award, and Recognized Young Dietitian of the Year – applications due 2/3/12
- ◆ Outstanding Dietetics Educator Award – paperwork due 1/9/12

Please refer to the CDA website for additional information regarding applications to nominate a fellow dietitian, student, or dietetic technician. For additional information, contact Amanda Hermann, Membership Benefits Team Chair at Amanda.Hermann@sodexo.com.



Nominating Committee

Kris Kinney, RD
Nominating Chair

Now is an exciting time to be involved with the Colorado Dietetic Association as we pursue licensure in Colorado!

Are you looking for a way to be more involved in what's happening at the state level? We have a current opening on the CDA Board of Directors for the Secretary position. As Secretary, you are involved in all our meetings and communications with our members.

We are also looking forward for next year's election already! We are recruiting for Treasurer (2-year term), Secretary (if not filled by election time, 1-year term), Delegate (3-year term), President-Elect (3-year total term) and Nominating Chair (1-year term).

Don't miss this great opportunity to network with your peers and help guide the direction of the profession in our state! If this sounds interesting to you, please contact Kris Kinney, Nominating Chair, at kmk830@earthlink.net.



COMMITTEE UPDATES

Public Policy

Kathleen Standafer, MS, RD, CNSD
Public Policy Chair



LICENSURE UPDATE OCT 2011



At this point in our quest for licensure, we have secured the sponsor for our licensure bill which will be introduced in the 2012 legislative session. Our primary sponsor will be Rep. Tom Massey from Poncha Springs. As we talk to other legislators, we will be asking them to co-sponsor the bill. Our lobbyist, Mendez Consulting will assist us in this effort.

The first step in introducing a bill, after securing the sponsor, is to draft the bill. We will use the ADA Model Practice Act as a resource in addition to several other state statutes.

The Licensure Committee and Public Policy Team will be communicating with the district legislative leaders which we appointed last year. This is a part of the grassroots effort to involve dietitians from all over the state in our efforts. This is the only way we are going to be successful in obtaining licensure.

If someone asks you to step up, I hope you will say “YES” as we go forward. This effort is our way of not only protecting the public and informing them who are the qualified nutritional professionals but ensuring your future to practice as a Registered and Licensed Dietitian.

Plan to attend our 2nd Annual Lobby Day---March 1, 2012—the day before the 2012 Annual Meeting.

Jan Kochis, RD
CDA Licensure Chair



DISTRICT UPDATES

NCD A District Update

Alix Wilson, MS, RD, CDE
President, NCD A

The Northern Colorado Dietetic Association (NCD A) is once again looking forward to an eventful year. Our President-Elect, Lana Olsson, RD, has planned a great year, full of interesting and interactive meetings. Our annual “Grassroots and Kick-off” meeting was our best attended NCD A monthly meeting to date, so we are looking forward to continued member attendance and participation.

Our meeting topics this year include:

- ◆ A discussion of enteral feeding at home, presented by Darya Pisorn, RD of P.S. Homecare
- ◆ An introduction to a cooking and nutrition program for families, “Cooking Matters,” with Program Coordinator, Nora Testerman, MPH
- ◆ A cooking demonstration of the “Nutrient Rich Plate,” presented by University of Northern Colorado chefs
- ◆ A presentation on conducting supermarket tours for the public, presented by chef educator and dietitian, Renee Petrillo of “Shopping Matters”
- ◆ A discussion about food safety of farm fresh produce and considerations for safe home canning will be co-presented by local experts Marissa Bunning and Edie McSherry of Food Safety Education at Colorado State University
- ◆ A discussion of nitrate’s role in human health presented by Jennifer Follett, PhD

Some of these meetings may have a limit to the number of people who can attend, so please follow RSVP instructions on meeting announcements and reminders. All NCD A meetings provide at least 1.5 continuing education units and will have light snacks and beverages available.

In addition, NCD A looks forward to putting to use the Colorado Dietetic Association district grant by presenting supermarket tours at three Northern Colorado grocery stores in March. Our goal is to increase the public’s awareness about Registered Dietitians as food and nutrition experts and how to access them. We will need NCD A member help, so please let the board know if you are interested in volunteer opportunities.

As always, NCD A hopes to have all board positions filled for the 2011-2012 year. We will be announcing board position openings throughout the year and encourage you to be involved with your district association. You can view our website by visiting the CDA website and clicking on “District Association,” then choosing “Northern.” You will find our contact information, schedule of events, membership information, and board position openings. We look forward to seeing you at our meetings.

For more information regarding the Northern Colorado Dietetic Association, please contact Alix Wilson at munro.alexandra@yahoo.com.



DISTRICT UPDATES

SCDA District Update

Kristie Kammer, RD
President, SCDA

The Southern Colorado Dietetic Association is ready for another great meeting year. We currently have 85 members and look forward to adding more in the next couple months. Those who become members before October 19th will avoid a late fee... so sign up soon!! This year our membership enrollment period will close November 16th. Those wanting to attend meetings after November still can at a cost of \$20 per meeting.

At our September kick-off meeting, we had our Annual Delegate update from Alana Cline. CDA President Athena Evans spoke briefly about the upcoming CDA Annual Conference to be held March 2nd and 3rd in downtown Denver. Public Policy Coordinator Kathleen Standafer provided updates on licensure. We finished off the meeting with a wonderful presentation and dinner courtesy of Executive Chef at the Cheyenne Mountain Zoo, Beau Green. He presented on the slow food movement and eating locally. Beau prepared our dinner via 90% Colorado grown products that he purchased at local farms.

You can find a list of all our upcoming meeting information on our website : http://www.eatrightcolorado.org/district_southern.cfm.

We also ask that you RSVP to all meetings you wish to attend. You can find RSVP information on our website as well.

If you need to contact a Southern Colorado dietitian or have a question about SCDA, please email Kristie Kammer, kristie.kammer.rd@gmail.com.



DISTRICT UPDATES

DDA District Update

Jenna Allen, RD
President, DDA

The Denver Dietetic Association is gearing up for a very exciting year. If you have not already done so, please be sure to renew your membership at www.eatrightdenver.org/membership.

On Sept. 15th, DDA held its 7th Annual Kick-off event: *Selling the Value of Nutrition – Key Learnings from Sports* presented by Dave Ellis, sports dietitian and President of the Collegiate and Professional Sports Dietitians Association. If you were unable to join us for this meeting, we hope you'll join us for other membership meetings throughout the year. We have a variety of meeting topics planned including Public Policy and House of Delegates Update, Recent Research in Gestational Diabetes, Gluten-Free: Hot Topics and Controversial Issues, Fresh and Local Foods, and Omega 3's and Pregnancy.

For a schedule and details about the meetings, please visit us online at www.eatrightdenver.org/events. We are also planning some social events to serve as a forum for networking in a fun setting with other RDs, DTRs, students and interns. Please watch our website, your inbox, and the monthly meeting announcements for details.

We are looking forward to a great year ahead and hope you will help us make this a successful and fulfilling membership year. We are always open to your comments and feedback. If you have something to share, please contact Jenna Allen at jallen@westerndairyassociation.org.



HOUSE OF DELEGATES UPDATE

Fall 2011 Update

Alana Cline, PhD, RD
Delegate

I want to thank all the members of SCDA and NCDA who provided me with feedback I was able to discuss in our deliberations at the Fall House of Delegates (HOD) meeting in September. The value of licensure with the changing climate of health care provision and participation in interdisciplinary teams both have been identified as issues that are important to the profession.

The HOD conducted a dialogue on licensure on September 23, 2011. The purpose of the dialogue session was to:

- ◆ Develop awareness and understanding of the value of licensure to the future of the profession.
- ◆ Identify strategies that individual members can undertake to support the efforts of their states' establishment and maintenance of licensure.
- ◆ Create a plan for working with affiliate boards and public policy panels to promote licensure to ensure the safety of the public.

The HOD conducted a dialogue on interdisciplinary teams on September 24, 2011. The purpose of the dialogue session was to:

- ◆ Identify strategic opportunities both inside and outside of the profession of dietetics for RDs/DTRs to operate in interdisciplinary teams.
- ◆ Determine what skills RDs/DTRs need to strengthen their skill set to initiate, lead and participate in interdisciplinary teams.

From these discussions, we are now determining the most effective ways to implement guidelines and educational toolkits to help our members better discuss and participate in the two issues.

The Future Connections Summit on Dietetic Practice, Credentialing and Education March 24-26, 2011 envisioned how the profession can evolve and develop multiple levels of practice. The Summit sought to identify innovative ways to reach these levels and credentials in a vibrant and challenging environment. At our most recent meeting, they provided the HOD with a brief overview of some of the initiatives planned for new pilot programs to educate future practitioners. There is a critical need for addressing the issue of not enough internship spots available for the increasing number of very qualified DPD graduates. One new program to be introduced is the Individualized Supervised Practice Pathways (ISSPs) – which will provide an alternative route to registration for those individuals who applied for dietetic internships but were not matched. More information is being provided on the CADE link for interested programs and individuals.



COMMUNITY SPOTLIGHT



Farm to School Primer Helps Schools Support Healthier Kids

By LiveWell Colorado

Nearly 850,000 students attend public schools in Colorado. On average, 111,061 of these students are served breakfast and 384,504 are served lunch at school on a daily basis.

Many of these students will find their only source of balanced nutrition in school-provided meals. This captive audience presents an enormous opportunity – with the right resources in place, schools can make a positive impact on the nutritional quality of students’ diets and help them form healthy habits that will last a lifetime.

Farm to School programs cultivate healthy kids

Local growers and producers can help Colorado schools secure these resources through Farm to School programs. By growing or sourcing local foods and introducing them into cafeterias and classrooms, Farm to School programs can help schools increase children’s access to fresh, healthy foods.

For this reason, LiveWell Colorado has developed a new [Colorado Farm to School Primer](#), a broad overview of Farm to School strategies designed to educate and inspire readers to learn more about how they can become part of the movement to bring healthier foods to Colorado school children while enhancing Colorado’s local and farm economies.

The Farm to School Primer is available at livewellcolorado.org/FTSPrimer.

LiveWell Colorado would like to thank the Colorado Department of Public Health and Environment for providing funding to support the development of the Primer, and Jim Dyer, Wendy Peters Moschetti and Kelsey Reeder for developing the content.



COMMUNITY SPOTLIGHT



Farm to School Primer Helps Schools Support Healthier Kids, *continued*

Many school districts across the state are already engaged in successful Farm to School programs. For example, LiveWell Montezuma is working with three school districts to help area farmers connect with food service directors. Local beef, carrots, corn, potatoes, squash, lettuce and sprouts are just some of the items students will begin to see on their lunch trays in this Western Slope community.

The benefits of Farm to School are not limited to our children’s health. These programs help the local economy, reduce food miles and energy use and support local farmers and ranchers.

Getting involved with Farm to School programs

The Primer offers resources to connect school districts and producers and suggests actionable strategies to feasibly introduce local foods into school environments. It also introduces a variety of educational programs that coincide with Farm to School, such as farm tours, cooking classes and demonstrations, school gardens and youth farmers’ markets, among others. When children learn about where their food comes from, they are more likely to try new healthy foods and make better food choices as they grow into adulthood.

There is a role for everyone in advancing Farm to School. LiveWell Colorado encourages school officials, parents, the agricultural community and the community at large to utilize the Farm to School Primer as a resource for action. Together, we can transform Colorado’s cafeterias and classrooms into Farm to School-friendly environments.



COMMUNITY SPOTLIGHT



Tasty Solutions to a Growing Problem

Money is tight. Resources are limited. Imagine you have \$10 to feed your family of four. What do you make for dinner? White Bean Basil Chicken Chili hits the spot with a flavor-packed kick. Ratatouille or Herb Roasted Chicken with Vegetables are tasty fall fare. Leftover Barley Jambalaya or Vegetable Lasagna freeze well for later on in the week.

What if we told you that you could make these healthy and delicious recipes for \$1.40 per serving or less?

Share Our Strength's Cooking Matters empowers families at risk of hunger with the skills, knowledge and confidence to prepare healthy and affordable meals. With the help of culinary and nutrition experts, course participants learn how to select nutritious and low-cost ingredients and prepare them in ways that provide the best nourishment possible to their families.

Cooking Matters Colorado is proud to celebrate its 17th year serving families in need throughout the state. In 2010, we reached more families than ever before in our history. We held 170 courses reaching over 2,000 families with our nutrition education program. One hundred agencies throughout the state partnered with Cooking Matters Colorado to help families make the most of the resources they have available.

This impact would not be possible without the passion and dedication from dietitians and nutrition experts like you. As a nutrition professional, you know how even the simplest meal can be healthy and taste great. You also know that how you cook is as important as what you cook. Cooking Matters Colorado partners with volunteer dietitians and nutrition experts to create a long-term solution to hunger by giving people the confidence and ability to be more self-sufficient, improve their eating habits and build their food budgeting skills.

Cooking Matters Colorado works to end childhood hunger in our communities and is always seeking nutrition volunteers for the program. Should you wish to volunteer or simply find out more information about Cooking Matters Colorado, please refer to the following resources:

For more information, visit www.cookingmatters.org/colorado.

To get involved, contact Mayra Ramirez at mramirez@strength.org or (303) 892-8480.



COMMUNITY SPOTLIGHT



Tasty Solutions to a Growing Problem, *continued*



"My favorite part was cooking and learning about all the different things I could try. I also liked how I taste tested some foods I haven't tried before like eggplant. I also like the meals I have learned to cook."

Cooking Matters for Kids course



"I learned to prepare new yummy recipes for my family and overall they are very healthy and quick and I have prepared quantities that I can save in the refrigerator and I save time."

Adriana, Cooking Matters for Adults course



CALENDAR

- October 22, 2011:** Next “Walk with a Doc” event
- October 24, 2011:** ADA Food Day
- January 2012:** ADA name change to Academy of Nutrition and Dietetics
- January 9, 2012:** Applications for District Grant Award and Outstanding Dietetics Educator Award due
- February 3, 2012:** Applications for Scholarships for CDA Members, Whole Foods Gift Cards, Affiliate Awards for Emerging Dietetic Leader, Outstanding Dietitian of the Year, Recognized Young Dietetic Technician of the Year, Outstanding Dietetics Student Award, and Recognized Young Dietitian of the Year due
- March 1, 2012:** 2012 Lobby Day
- March 2-3, 2012:** CDA Annual Meeting





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For comments and inquiries about the current and future content of the CDA Prospector, please contact the CDA Prospector Editor, Alice Haas, at: prospector.editor.cda@gmail.com.

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