

## This Edition



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Fall 2010

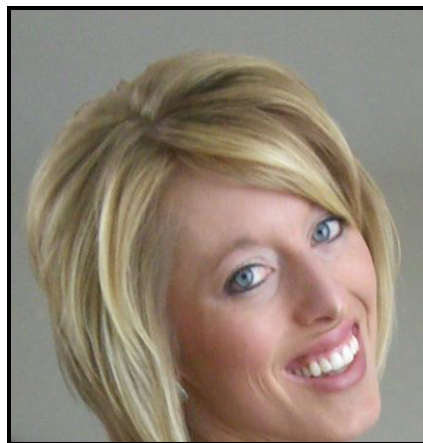
LIV. Number 25

# The Prospector™

Colorado Dietetic Association Quarterly Communication

## President's Message

Jessica Crandall, RD



I am honored to participate in the Colorado Dietetic Association, as we have so many wonderful team members on our board this year. I am also excited with the direction we have chosen to head with our goal of obtaining licensure.

As you may know forty-six states have enacted legislation regulating the practice of dietetics. State licensure and state certification are entirely separate and distinct from registration or certification by the Commission on Dietetic Registration. This means we will be writing our own bill language and protecting our scope of practice. Some may be concerned with the fee of our effort, but CDA's goal is to make the fee nominal and this will be conveyed to involved members prior to completing the bill language. We could talk about the potential concerns of not having licensure until I retire (or until I am red in the face) but my main question to you is...What does it mean to you to be a registered dietitian? Do you think it is acceptable for non-educated individuals to be providing our services and potentially miseducating our patients? Is it okay for someone to have your job who has little or no education in the field you worked so hard to become an integral part of?

## President's Message continued

I say all of these things with great passion and would like you all to feel the strong need we have in our state to become licensed. This is not a one man task nor can just a few people pull the weight of all of us. We need YOU to start participating and assisting CDA in this effort. No task is too big or too small for you; we can find something for you to help us with. And no political history or education is needed for you to help strengthen our grass roots.

You may say you don't have time with a full time job and your family to care for, but my question to you is...What if you don't take action? You won't have a full time job nor be able to support your family. Make the time! Even though Colorado attempted licensure previously - Don't give up! Sometimes it takes several tries. The political environment has changed!

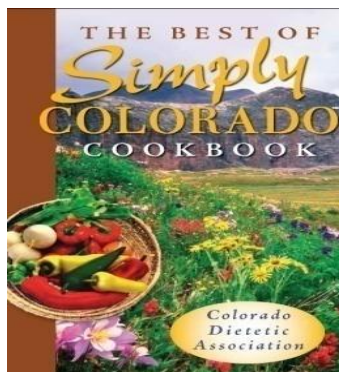
Licensure- Worth the effort and cost for the public and all of us!

You need to take an integral role to become a licensed dietitian!

Please email me to become involved.

Sincerely,

[Jessica.crandall@sodexo.com](mailto:Jessica.crandall@sodexo.com)



### Looking for the perfect holiday gift?

*The Best of Simply Colorado Cookbook* has over 250 recipes for \$19.95. You can order your copy by calling 1-800-258-5830 or online at [www.bigearthpublishing.com](http://www.bigearthpublishing.com). You can also find *The Best of Simply Colorado* at most book and gift stores throughout Colorado and at Amazon).

# Look who is licensed in Colorado..

## We are next..

- Accountants and Accounting Firms
- Acupuncturists
- Addiction Counselors
- Architects
- Athlete Agents
- Athlete Athletic Trainers
- Audiologists
- Barbers
- Barber/Cosmetology Shops and Salons
- Boxers/Kickboxers
- Chiropractors
- Cosmetologists
- Dentists and Dental Hygienists
- Electricians and Electrical Contractors
- Engineers and Engineer Interns

- Estheticians
- Funeral Homes and Crematories
- Hairstylists
- Hearing Aid Providers
- Land Surveyors and Land Surveyor Interns
- Landscape Architects
- Manicurists
- Marriage and Family Therapists
- Massage Therapists
- Mental Health Professions
- Midwives
- Nurses and Nurse Aides
- Nursing Home Administrators
- Occupational Therapists
- Optometrists
- Outfitters

- Passenger Tramway Safety Board
- Pharmacies, Pharmacists, and Pharmacy Interns
- Physical Therapists
- Physicians and Physician Assistants
- Plumbers and Plumbing Contractors
- Podiatrists
- Professional Counselors
- Psychiatric Technicians
- Psychologists
- Respiratory Therapists
- Social Workers
- Surgical Assistants and Technologists
- Unlicensed Psychotherapists
- Veterinarians

## Committee Updates

### Public Relations/Marketing

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

PR/Marketing Team is on the hunt!

We are looking for RD's with a shared passion for Dietetics to help us promote Dietitians as the food and nutrition experts and to support licensure in Colorado. We need volunteers to assist us at various events! Please contact Angela or Nikki if you are interested.

[Angela.Mariotti@healthonecares.com](mailto:Angela.Mariotti@healthonecares.com)

[Nikki.Nienhuis@us.nestle.com](mailto:Nikki.Nienhuis@us.nestle.com)

#### Upcoming Events

- National Nutrition Month events at the Denver Botanical Gardens
- 9 Health Fair
- Heart Walk

### Member Benefits

Amanda Hermann, RD  
Member Benefits Chair

Greetings CDA Members! The Membership Benefits Team is excited for all 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 be receiving some extra dough within the next few months. Please watch for information related to:

- Two \$150 Scholarships for CDA Members applications due 2/28/11
- Two \$50 Whole Foods Gift Cards for dietitians, DTR's or dietetic students nominated by their peers for going above and beyond -due 2/28/10
- One \$500 District Grant, all applications due 9/30/10
- Affiliate Awards applications presented at the CDA conference

For additional information, contact Amanda Hermann, Membership Benefits Team Chair at [Amanda.Hermann@sodexo.com](mailto:Amanda.Hermann@sodexo.com).

## Committee Updates, *continued*

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### Nominating Committee

Jennifer Weddig, RD  
Nominating Committee Chair

#### Be a CDA Board Member in 2011!

Do you or someone you know have an interest in leadership, decision-making, teamwork, and giving back to the profession? There are many benefits such as service to the profession, networking, and advocacy. We would love to talk to you more about qualifications, and the process needed to become a part of the CDA Board of Directors in 2011!

Contact Jennifer Weddig at [weddig@mscd.edu](mailto:weddig@mscd.edu) to express interest about positions, or for more information and qualification criteria.

### Public Policy

Bethany Braunstein, RD  
Public Policy Chair

Greetings from the public policy team. We look forward to visiting districts this fall 2010. We have some very important updates. We will be reviewing our strategic plan which includes federal and state goals. We have two new committee members: Erica Gradwell has been appointed Licensure Chair and Dora Roeca has been appointed State Regulatory Specialist. We will be sharing their roles at our district visits. We are thrilled to have them on our team!

As you know health care reform is a primary focus for ADA as well as CDA. As regulations become implemented, Colorado dietitians must continue to play a key role in providing essential nutrition services for our community. Because of the major changes coming and the support and request of our members, licensure for dietitians in Colorado is the primary goal of the public policy team. Safety, quality and outcomes of nutrition therapies are cost effective and sustainable solutions. Nutrition Therapy provided by registered dietitians must be part of reimbursement for patient care. You can support the process by taking action. Provide feedback, write to your legislator or volunteer on a committee. You are already a nutrition advocate. Now take the next step.

Now is the time to support your legislator. Volunteer for a campaign. Go to a fundraiser. Now is the time to get involved. Consider yourself "The Nutrition Expert". Go the [CDA website](#) for resources under public policy. Reach out to the public policy team for advice and support. Please contact [BethanyBtheRD@aol.com](mailto:BethanyBtheRD@aol.com) for more information or if you would like to be involved in this committee.

## Delegate Report

Alana Cline, PhD, RD

Colorado Delegate

I will be attending the Fall 2010 House of Delegates meeting 6<sup>th</sup> in conjunction with FNCE. The two main areas of discussion will be the next steps for our association to take in support of Health Care Reform and the proposal to create a Multidisciplinary Category for membership in ADA.

Main points of the Health Care Reform discussion will be:

- Understand how health care reform impacts the public and ourselves professionally.
- Identify the challenges and opportunities for RDs resulting from health care reform legislation.
- Identify what members must do to take advantage of these opportunities, and what must ADA do to ensure members have the necessary resources for success?

To obtain the full backgrounder "HOD Backgrounder: Health Reform – Next Steps", visit [www.eatright.org/HODMegalssues](http://www.eatright.org/HODMegalssues). From this publication, use a right click of the mouse, then select "open hyperlink" to be able to gain access to the backgrounders. You will have to sign on using your ADA member access codes.

### Multidisciplinary Membership Category in ADA

A competitive analysis of the dietetic service market has determined that in order for dietitians to remain at the forefront of the provision of services, we must embrace new strategies. This includes working collaboratively with other practitioners, such as those who may have previously been perceived as a threat. The proposed Multidisciplinary category would address this concept, with very specific criteria needed to become a non-voting, non-elected office member of this new ADA group. To get the best overview of the proposal, please read the backgrounder provided in the link below.

### **Here are questions I am asking for you to give me feedback on:**

- What are the **advantages** of **keeping** the membership categories as they are currently (*no change*)?
- What are the **disadvantages** of **not adding** a multidisciplinary membership category (*no change*)?
- What are the **advantages** to **adding** a multidisciplinary membership category?
- What are the **disadvantages** to **adding** a multidisciplinary membership category?

Additionally, I would like your opinion on whether you would support this new category or not.

To obtain the full proposal "HOD Proposal: ADA Multidisciplinary Category", visit [www.eatright.org/HODMegalssues](http://www.eatright.org/HODMegalssues).

Please send me your comments to [alana.cline@unco.edu](mailto:alana.cline@unco.edu) by the last week of October so I can consolidate and discuss at the HOD meeting. **Thank you** again for your feedback!

## District Updates

### NCDA District Update

Alix Wilson, RD  
NCDA President

The Northern Colorado Dietetic Association (NCDA) is gearing up for another eventful year. Our meeting topics for this year include: our annual "Grassroots and Kick-off" meeting, a root vegetable cooking demonstration, a discussion with a University of Northern Colorado dietetic student about publishing a cookbook, the Institute of Medicine's new weight gain recommendations for pregnancy, how food and nutrition trends affect consumer shopping, and a tour of a Community Supported Agriculture farm (CSA).

In an effort to increase meeting interaction and discussion, we are offering a root vegetable cooking demonstration by Dianne Moeller, RD, from Health District of Northern Larimer County on October 21, 2010, and a tour of Monroe Organic Farms in Kersey, Colorado, sometime in May, 2011 (date to be announced). These meetings may have a limit to the number of people who can attend, so please follow RSVP instructions on meeting announcements and reminders.

NCDA is always looking for active members and we hope 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](mailto:munro.alexandra@yahoo.com).

### SCDA District Update

Kristie Kammer, RD  
SCDA President

Another great SCDA meeting year is upon us. Our kick-off meeting was held on Thursday, September 21 at the Garden of the Gods Club. The meeting focused on Licensure Update and Health Care Reform. Our speakers included Bethany Braunstein- Public Policy Chair, Erica Gradwell- Licensure Chair and Alana Cline- ADA Delegate.

In order to encourage member attendance at our meetings, we will continue to offer a drawing for one ADA membership and two CDA annual meeting registrations. We hope that members will take advantage of all of the possibilities that SCDA has to offer during this meeting year.

Please view our website by visiting the CDA website and clicking on District Association. There you will find membership information, a schedule of meetings for 2010-2011, and much more. We are always accepting new members. Becoming a member of SCDA is a great opportunity to promote and support your profession and network with other dietitians.

For more information regarding SCDA, please contact Kristie Kammer, RD at [kristie.kammer.rd@gmail.com](mailto:kristie.kammer.rd@gmail.com).

## District Updates, *continued*

### DDA District Update

Mona Rosene, RD,  
DDA President

As we look to the up-coming year, DDA is excited about promoting RDs and DTRs as nutrition experts. Our plan is to collaborate with the Denver Botanic Gardens and Mary Lee Chin and offer classes during NNM. In addition, we will be working more closely within the other allied health fields through collaboration on future meetings and other networking opportunities.

Meeting topics for the 2010-2011 membership year include Consumer Actions, Nutritional Realities – A Consumer Research Perspective; Health Reform – Next Steps for the Profession; Human Performance from Womb to Tomb; Nutrigenomics – Do Your Genes Fit; International Nutrition – 21 Days in Haiti; Current Perspectives on Sodium and Health; and Autism Spectrum Disorder and Nutrition Care in Pediatrics.

Our fundraising efforts began in early July 2010. To date, three companies, The Colorado Beef Council, Lyons Magnus, and nutraMetrix, have provided sponsorships for the 2010/2011 year for a total amount of \$850.

If you have any questions about how to become involved with DDA or become a member, please email [contact@eatrightdenver.org](mailto:contact@eatrightdenver.org).



### DDA has a new face!

The Denver Dietetics Association has a new face. The website is more colorful with a sleek professional flair and has been updated to compliment the ADA and CDA websites. In addition to the tried and true features we have always included, such as the Volunteer Opportunities page and Newsletters page, you can now pay for your membership online with a credit card or Pay Pal in the convenience of your own home. Also, to make your job easier, there is now a Resources page that provides links to professional and reputable sources. Categories included are:

General Health & Wellness	Food Databases
Education	Nutrition and Diet Tracking
Science	Restaurant Guide
Sports Nutrition	Complementary & Alternative Medicines (CAM)

Take the plunge! Visit our new and dynamic website at [www.eatrightdenver.org](http://www.eatrightdenver.org). While you're at it RSVP for a meeting and check out the Resources. You won't be disappointed!

## **LiveWell Colorado Freshens Up School Menus through Culinary Boot Camps**



*Courtesy of Tracy Faigin Boyle, LiveWell Colorado Vice President of Marketing & Communications*

This fall, nearly 100 school food directors and cafeteria staff from across the state will return to the cafeteria armed with the skills and confidence to prepare healthy and delicious meals for Colorado's kids.

These "school lunch teachers" each gained a newfound knowledge base through the LiveWell Colorado "Freshen Up" School Food Initiative, which hosted the Cook for America™ Culinary Boot Camp training program this past summer in Colorado. The boot camps, offered in four locations across the state in June and July, were designed to teach nutrition directors and cafeteria staff how to prepare fresh, made-from-scratch meals, reduce processed foods, and sustain programs focused on healthful eating.

LiveWell Colorado, a nonprofit committed to reducing obesity by promoting healthy eating and active living, coordinated the boot camps as part of a larger effort to provide more of Colorado's children with access to healthy and delicious food at school, which the nonprofit believes is an important strategy for preventing childhood obesity.

In five-day, hands-on training courses, cafeteria staff and nutrition directors learned the fundamentals of cooking from scratch, as well as recipe and menu development, universal breakfast strategies, commodities ordering and much more. Each participating district received a donation of \$1,000 for minor equipment to begin implementing techniques learned at the boot camps. As budgetary concerns are top of mind for many school districts, instructor chefs also provided simple ways for participants to make cost-effective – and healthy – decisions in the kitchen. For example, by replacing more expensive processed foods (i.e. chicken nuggets and french fries) with fresh foods such as whole chickens and potatoes, schools can save dollars and control sodium, fat and taste.

The boot camps were made possible with major funding from The Colorado Health Foundation and through a federal stimulus grant awarded to the Colorado Department of Public Health and Environment.

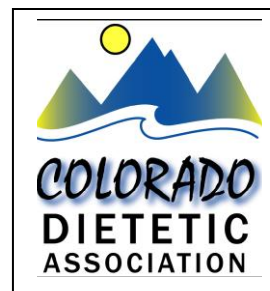
For more information about the boot camp program, please visit [www.livewellcolorado.org](http://www.livewellcolorado.org).

## CDA Annual Conference

### Save the Date!

**Colorado Dietetic Association  
2011 Annual Nutrition Conference**

**DATE:** April 15-16, 2011  
**LOCATION:** Colorado, Springs Colorado



CDA is focused on meeting your needs! If you have any topics, speakers, or exhibitors that you would like to see on the agenda, please email Athena Evans at [Athena.Evans@va.gov](mailto:Athena.Evans@va.gov).

### It's that time again!

Help your Colorado Dietetic Association by donating to the 2011 CDA Annual

Conference Silent Auction. Ideas to get you thinking:

- Have season tickets to one of our great sports teams? Donate a game!
- Have a favorite salon for hair, pedicure or manicure? Ask them to donate a gift certificate!
- Have a time share in the mountains? Share a weekend!
- Frequent a favorite restaurant? Hit them up for a gift card!



# CDA STRATEGIC PLAN

## MISSION

Empower, equip, and support members as the state's recognized leaders in food and nutrition

## VISION

Optimize Colorado's and the Nation's health through food and nutrition

<b>GOAL 1:</b> The public trusts and chooses registered dietitians as food and nutrition experts.	<b>GOAL 2:</b> CDA improves the health of Americans.	<b>GOAL 3:</b> Members and prospective members view ADA as key to professional success.
<p><b>Strategy 1</b> Create a respected brand.</p> <p><b>Strategy 2</b> Establish value to the public through effective programs, services and initiatives offered by registered dietitians.</p> <p><b>Strategy 3</b> Take proactive positions based on evidence.</p> <p><b>Strategy 4</b> Inform the public about ways to improve its health.</p>	<p><b>Strategy 1</b> Impact food and nutrition policies.</p> <p><b>Strategy 2</b> Provide opportunities for members to participate in the legislative and regulatory processes at local, state and federal levels.</p> <p><b>Strategy 3</b> Strengthen relationships with external organizations to further ADA initiatives.</p>	<p><b>Strategy 1</b> Assure competency through education, accreditation and certification.</p> <p><b>Strategy 2</b> Provide professional development and networking opportunities for career success.</p> <p><b>Strategy 3</b> Provide leadership opportunities to enhance knowledge and skills for success in practice, workplace and communities.</p> <p><b>Strategy 4</b> Attract members from underrepresented groups.</p>

## The Prospector

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"An advocate of the dietetic profession serving the public through the promotion of optimal nutrition, health and well-being."

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For comments and inquiries about current and future content of the CDA Prospector, please contact CDA Prospector Editor, Leah Rosenthal, at [prospector.editor.cda@gmail.com](mailto:prospector.editor.cda@gmail.com)