Greetings, Members! I am proud to share with you our Spring 2014 Prospector newsletter. Our Colorado Academy has been busy, busy, busy! This Prospector edition provides updates on many of these activities. Enjoy!

First of all, I want to wish you all a wonderful Nutrition Month! National Nutrition Month (NNM) began as a campaign by the Academy of Nutrition and Dietetics in the 1970s (then, the American Dietetic Association). Its roots are grounded in promoting the Nutrition & Dietetics profession while educating about nutritious lifestyles. By 1980, National Nutrition Week expanded to National Nutrition Month. For the past 7 years the Academy has designated a specific day in March as Registered Dietitian Nutritionist (RDN) Day. Its purpose is to celebrate and promote the RD/RDN and their commitment of helping others in their pursuit nutritious well-being.

This is a time full of activity for all RDs/RDNs, DTRs, dietetic students and interns. As such, our marketing team has been busy building media connections to help market NNM and the Nutrition Expert. Members can check out the CAND communication accounts and share NNM activities and events. These accounts include our listserv, Facebook, LinkedIn and Twitter accounts. Let’s celebrate all that we are doing and keep the NNM buzz alive and strong in Colorado.

As we enthusiastically promote nutrition, our policy team reminds us that an awareness of nutrition policies and legislation is equally important. This team has been actively staying abreast of issues that may impact the nutritional health and wellness of the public and profession. The policy team reports are included in this edition to help keep members up-to-date on policy issues. And, in order to showcase the Colorado Academy’s focus on policy issues, we have planned and scheduled our Legislative Day event for March 12 in Denver. I encourage all of us to participate, learn about legislative issues impacting our profession, become familiar and active with governmental processes, and meet some of our state legislators. Its bound to be a great event!

In conjunction with policy issues, licensure remains a priority for our Colorado Academy. We actively continue to build and work strategy to keep moving this issue forward. Included in this newsletter is solid information on the importance of regulation and licensure. Please read carefully. It is vital that we all understand this important issue for our profession – whether it may affect us directly or indirectly.

Lastly, I invite all of you to attend our annual meeting and conference. This year’s meeting will be held April 11-12 at the Marriott Denver Tech Center. The committee has been hard at work planning a variety of interesting and educational presentations that are sure to create an outstanding event for all. I look forward to seeing you all there!

All the best,

Elizabeth Tilak, MS, RD
President, Colorado Academy of Nutrition and Dietetics
The public relations team is gearing up to launch a marketing campaign to promote RDs and DTRs as the nutrition experts in the state of Colorado. We have developed a multi-media strategy that utilizes media, online marketing, and outreach events to build market awareness, strengthen community partnerships, and to inform the public about ways to improve health. The key to our success is the continued collaboration of RDs, DTRs, and students to communicate a strong and consistent message.

National Nutrition Month (NNM), the annual nutrition education and information campaign, is a great time to get involved in spreading the word about health and wellness in the community. This year’s campaign, “Enjoy the Taste of Eating Right” focuses on combining taste and nutrition to create healthy, well-balanced meals. To kick off NNM, we would like to introduce you to CAND’s state media representatives. They play an important role in building awareness of RDs’ and DTRs’ roles through various media outlets throughout the state of Colorado. We have also included five easy ways to generate your own PR and word of mouth in your own practice, community, or workplace!

**Top 5 Ways to Generate PR During National Nutrition Month and Beyond**

1. Communicate with friends, colleagues, legislatures, industry partners, and the public about the importance of Registered Dietitians as the Nutrition Experts!
2. Share, like, or participate on the CAND Facebook and LinkedIn pages to generate word of mouth through social media.
3. Participate in a CAND volunteer event to strengthen relationships with the public and community. To see the latest monthly volunteer newsletter, [click here](#).
4. Looking to build your brand? Check out the Academy’s Online Marketing Center at [http://sm.eatright.org/mktgcenter](http://sm.eatright.org/mktgcenter) for educational handouts, marketing webinars and media tools including videos, press releases, stock photos and much more.
5. Attend the CAND Annual Conference on April 11 &12 to find out the latest on industry trends and career development.
### Meet our State Media Representatives

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<th>Elizabeth Tilak, MS, RD</th>
<th>Rachel Begun, MS, RD</th>
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<td>[Image of Elizabeth Tilak]</td>
<td>[Image of Rachel Begun]</td>
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<td>Elizabeth has spent the past 15+ years working in business &amp; industry in roles that involve media liaison, consumer &amp; business communications, marketing &amp; product development advisement, nutrition &amp; food regulations, healthcare professional outreach, and web-based and social media communications. She has an expert ability to disseminate scientific nutrition information to inform a variety of clients and customers, including business teams, consumers, sales teams, and health care professionals. Today, Elizabeth continues to provide strong nutrition consulting services for business &amp; industry and is also the 2013-2014 President of the Colorado Academy of Nutrition and Dietetics.</td>
<td>Rachel is a nationally recognized food and nutrition expert, consultant, and communications professional. Prior to starting her consulting business, Rachel served as a nutrition expert and public relations professional in many arenas of the food industry, including for a PR agency, natural food brand, food and wine retailer, and foodservice operator. As a savvy spokesperson, she is regularly called upon to provide food and nutrition expertise to the media. She has conducted hundreds of interviews with top media outlets, including ABC News, USA Today, The Huffington Post, U.S. News &amp; World Report, O The Oprah Magazine, Eating Well, Fitness, Shape, Better Homes and Gardens, MSNBC, CNN, and more.</td>
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What do you hope to contribute as a CAND Media Representative?

“As a CAND Media Representative, I hope to build relationships with Colorado media to make opportunities that showcase the RD/DTR as the nutrition expert, and represent CAND as a strong resource for accurate and reliable nutrition information.”

What is the role of PR in the dietetics profession?

“PR is important in dietetics in order to help the public understand the strong role that Registered Dietitians/Dietetic Technicians Registered play in supporting the health of consumers and the public. I like to think of it as marketing the nutrition expert!”

What do you hope to contribute as a CAND Media Representative?

“With a career background in food and nutrition communications and extensive media experience, I hope to work with Colorado media outlets to share nutrition advice with our communities; equipping Coloradans with practical, reliable information they can use to improve their health. It's also an opportunity to raise CAND's profile with the local media so they rely on us when reporting about food and nutrition.”

What is the role of PR in the dietetics profession?

“There is so much misinformation and confusion when it comes to food and nutrition. The media, both traditional and social, is an effective way for RDNs to share accurate, science-based information to a large audience and dispel the many myths floating around.”
Thank you to everyone who volunteers for the 9Health Fair. To help celebrate our 35th 9Health Fair season we are offering all our volunteers from 2013 and 2014 a 20% discount on all blood work offered at the 9Health Fair. This includes any type of volunteering that benefits 9Health Fair including preparations for a fair, serving at a fair, errands or tasks behind the scenes, setup/cleanup, after the fair tasks, calls, emails, etc. If you have volunteered in any capacity for a 9Health Fair, you get 20% off! To receive this discount volunteers must register online at 9healthfair.org as a participant. If you are volunteering this year your site coordinator will inform you of the discount process. If you volunteered in 2013 and are unable to help us this year please contact Erin Beauprez at erin.beauprez@9healthfair.org to get your discount code.

To volunteer for the 2014 9Health Fair please visit www.9healthfair.org This will insure that each volunteer is staffed at an appropriate location to match his/her skills and it allows our site coordinators to efficiently manage all the volunteers interested in helping! Sign-up only takes a few moments. At the end of the process, he/she will create an account for convenient access in the future. Each volunteer will be able to choose by site, city, date, or screenings. Please know that 9HF covers all volunteers with liability insurance whether you are currently practicing or you are retired.

To sign up:
1. Go to www.9healthfair.org/VolunteerNow
2. If you have logged in before, enter your username and password that you created last time you volunteered (use the login help link if you forgot that info)
3. Complete your contact information in the first step
4. In the next step, please choose the first option volunteering “Volunteer at a health fair on the day or days of the event”
5. Complete the remaining steps, you will receive a confirmation email and will be contacted by a volunteer coordinator as soon as possible to confirm your position

We value you and your expertise to help those in need.
The Colorado Academy of Nutrition and Dietetics presents:  
“LEADERSHIP IN TRANSITION”  
2014 Annual Conference & Exhibition

April 11th and 12th, 2014  
Marriott Denver Tech Center  
4900 S. Syracuse Street  
Denver, Colorado 80237

View Conference Schedule & Register Here!

Sign up for the Student Poster Session!  
Student Poster Session Registration
NEW Professional Resource for Dietitians

The Academy of Nutrition and Dietetics Hunger and Environmental Nutrition Dietetic Practice Group (HEN DPG) is pleased to announce the publication of the “Standards of Professional Performance (SOPP) for Registered Dietitian Nutritionists (RDNs) in Sustainable, Resilient, and Healthy Food and Water Systems.” According to HEN DPG Chair, Ashley Colpaart, MS, RD, “RDNs play a unique and pivotal role in promoting food and water systems that not only optimize nutrition and health, but advance environmental stewardship, economic vitality and social and cultural capital. This SOPP applies to every dietitian regardless of area of practice and equips our profession to become leaders in the sustainable food movement.”

This SOPP document covers six standards of professional performance: quality in practice, competence and accountability, provision of services, application of research, communication and application of knowledge, and utilization and management of resources. Within each standard, specific indicators provide measurable action statements that illustrate how sustainable, resilient and healthy food and water systems principles may be applied to practice. The indicators describe three skill levels (competent, proficient and expert) for RDNs working in this practice area.

Individual practitioners use the Standards of Professional Performance for Registered Dietitian Nutritionists in Sustainable, Resilient and Healthy Food and Water Systems to:

1. Serve as a guide for self-evaluation and professional development;
2. Determine what education, skills, or training are needed to advance one’s level of practice;
3. Demonstrate competence in delivering sustainable, resilient, and healthy food and water systems services;
4. Guide development of continuing education programs, job descriptions, and career pathways;
5. Assist dietetic educators and preceptors with integrating principles of sustainable, resilient and healthy food and water systems throughout the curriculum and supervised practice; and
6. Position and prepare dietitians to create new practice areas and a unique niche within sustainable, resilient, and healthy food and water systems.

To view the SOPPs in the March 2014 issue of the Journal of the Academy of Nutrition and Dietetics; please visit http://www.andjrnl.org/content/sop#2012 (SOPPs are available for free to Academy members).

This year’s Legislative Day Event will be held March 12 from 9:00 am to 1:00 pm at the First Baptist Church in Denver. This year’s event focuses on the importance of making connections with healthcare professionals and legislators to enhance future opportunities for the Registered Dietitian (RD) and to improve public health. The keynote speaker, Professor Bonnie Jortberg from University of Denver will share an update on the preliminary outcomes of the role of the RD in the Comprehensive Health Care Initiative pilot study now underway in seven States, including Colorado and will discuss the need for dietitians to market their skills and to establish new connections with medical healthcare providers.

Attendees will also hear from legislators regarding pending legislation that seeks to expand State subsidies for school lunch to enhance program participation. Time will be provided for all to meet briefly during lunch with State legislators to discuss the role of the Registered Dietitian in improving the health of Colorado citizens and to reduce health care costs.

Finally, a brief overview of the importance of obtaining State licensure will be presented by our CAND Licensure Chair who will answer questions and clarify misconceptions about this important objective. So mark your calendar for this year’s engaging and inspiring Legislative Day Event.

Click Here to Register Online
Proposed State Legislation Expands Child Nutrition School Lunch Protection Program

House bill **HB14-1156** introduced by State Representative Dominick Moreno, District 32, Adams County, amends the current Senate Bill 09-033 Child Nutrition School Lunch Protection Program by extending the age of eligibility for state subsidy of the cost of reduced priced meals from kindergarten through second grade to kindergarten through twelfth grade. Rep Moreno first introduced this bill in the House committee on Education at the request of the Colorado School Nutrition Association on February 10, 2014. It is expected to increase school lunch participation by 13% and increase federal reimbursements by approximately $21,408.290 according to data prepared by the Colorado School Nutrition Association. The way this bill is intended to work is to eliminate the need for families to pay the 40-cent charge for reduced priced lunches by providing State subsidizes which are paid directly to the school districts.

As one parent stated during her testimony at the house hearing, this charge does pose a burden to very low income families like hers, who may have more than one child in school and this affects not only her children’s nutritional well-being but also their social well-being as having the opportunity to eat a healthy school lunch with their friends at school is equally as important to their overall well-being. At the hearing six (6) individuals testified on behalf of this bill, which included many school foodservice directors and a representative from Live Well Colorado. A videotaped recording of this testimony can be found at [www.leg.state.co/clics2014A](http://www.leg.state.co/clics2014A) under House Education Committee February 10 hearing video. The cost to the State in needed appropriations is estimated to be about $2,378, and 00 according to Rep. Moreno, with a State cap of $3.5 million dollars. However, the increased federal reimbursements are expected to far exceed the costs to the State as for every 40 cent that the State would pay for a meal; the federal reimbursement received would be approximately $2.78, a return on investment of almost 900%.

As Representative Moreno stated during the hearing, this bill is intended to improve the nutritional well-being of many low income children in Colorado by ensuring that they have a nutritious lunch at school every school day which has been shown to have a positive impact on academic performance.

This bill currently has strong support in the house with a total of eight (8) sponsors, including Rep Moreno. It goes next to the House appropriations committee later in the legislative session after the other major State budget issues is resolved.

For more information about this bill, contact Representative Dominick Moreno at 303-866-2964 dominick.moreno@house.state.us. Also, Rep Moreno will share information about this bill with Colorado Academy of Nutrition and Dietetics members at the upcoming Legislative Day Event scheduled for March 12 at the First Baptist Church in Denver.
I became a registered dietitian because I wanted to help people; I came to this realization when I was growing up. I had a personal interest to improve my overall health and wellness and help others. Does this sound familiar? When I was in college I was majoring in psychology and learned that nutrition was the underlying issue to improve health, of course lifestyle plays an essential role. I decided to become a registered dietitian because I wanted to have the science background and evidenced based methods to rely on as my foundation. I switched majors to dietetics so I could make a difference. If you put 100 dietitians and/or diet technicians and dietetic students in a room, we all agree, helping ourselves, family, friends, and community is a main reason why we do what we do. The main essence of being a registered dietitian nutritionist is to protect the public. We protect the public by having an established minimum education and experience criteria. We attend an accredited university. We pass a national exam. We create measurable professional goals and obtain approved education to meet those goals. We are educators, communicators, leaders, team members, researchers, counselors, teachers, storytellers, and safety experts. We are found throughout our communities in the public and private sector.

Now that nutrition is on the forefront of our economy, everyone who is anyone is a nutrition expert. I strongly respect anyone and everyone who relies on nutrition as a source for health and prosperity, but when is it not appropriate? Ask yourself: why is this important to me? Why should I care? This is about what is in your heart, this is about ethics. This is about making the right decision; the same decision that brought you to your profession as a nutrition expert; a registered dietitian nutritionist and diet technician. Regulating dietitian nutritionists’ and diet technicians is necessary to protect the public. Regulating our profession is the right thing to do.

The Academy of Nutrition and Dietetics has provided key questions and answers that we must consider.

**Questions and Answers on Regulation of Dietetics Practice**

**Why should dietitians and nutritionists be licensed?**

Licensing of dietitians and nutritionists protects the public health by establishing minimum educational and experience criteria for those individuals who hold themselves out to be experts in food and nutrition. The state has an obligation to protect the health and safety of the public and licensing of dietitians and nutritionists is consistent with this obligation.

**Why haven’t states licensed dietitians in the past?**

Unfortunately, the vital link between nutrition and health has only recently received the attention it deserves. In addition, science has proven that nutrition plays an important part in the prevention and treatment of many serious diseases. Dietitians and nutritionists are now more recognized as healthcare professionals because of their educational background and experience. This is indicated by the fact that since 1984, most states and the District of Columbia have passed laws recognizing dietitians and nutritionists as nutrition experts.
Questions and Answers on Regulation of Dietetics Practice

How has the public been harmed by states not licensing dietitians?
With the explosion of interest in healthy eating and nutrition, consumers have been faced with a dizzying array of products and information. The public deserves to know that the information being given by “experts” is based on science and is being given by individuals with appropriate education and experience. This is especially true of individuals who have medical conditions, which could be adversely affected by improper nutrition counseling. Several states have documented cases of unqualified individuals giving improper nutritional advice, which has harmed patients. Unfortunately, many cases of healthcare fraud are never reported. A Congressional study on Quackery noted that state offices on aging ranked healthcare fraud (quackery) first as the area of abuse of most concern and with the greatest impact on seniors. The report also acknowledged that the great majority of cases are never reported. (Quackery: A $10 Billion Scandal; US Government Printing Office Pub. # 98-135; pp.176-178)

What are the minimum educational requirements for a dietitian?
In order to be recognized as a dietitian or nutritionist, a person should possess a baccalaureate or higher degree in nutritional sciences, community nutrition, public health nutrition, food and nutrition, dietetics or human nutrition from a regionally accredited college or university and satisfactorily complete a program of supervised clinical experience approved by the Commission on Dietetic Accreditation of the Academy of Nutrition and Dietetics.

Would licensure prohibit anyone except dietitians from giving nutritional advice?
No. Licensure would not affect anyone that simply describes the nutritional value of products nor would it affect other healthcare professionals. It would, however, provide recourse for victims of unqualified and unscrupulous individuals dispensing improper advice.

Aren’t too many professions and occupations already licensed by states?
It is the obligation of state legislatures to determine which professions and occupations should be licensed. A compelling case can be made for licensure of dietitians and nutritionists as healthcare professionals.

Isn’t licensure an attempt to monopolize the nutrition industry?
No. The first obligation of registered dietitians and nutritionists is to serve the public, not sell products or services. Licensure is necessary because the public deserves to know which individuals have the educational background and experience to give nutritional advice. The health food and dietary supplement industry is booming, even in states that have had licensure for many years. The key issue in licensure is accountability. The monopolization argument is a desperate attempt to obscure the real issues of licensure.

Will licensing reduce competition or result in costlier services?
No. Once again, licensure is not an attempt to control any market. Licensure allows the public to know which individuals are qualified by education and experience to provide nutritional services. If unqualified individuals disseminate harmful nutrition information, licensure allows the state to take action on behalf of the public against those unqualified individuals. Competition among open and honest individuals with the public’s health and safety foremost in their minds will continue to grow and the public will continue to be well served by it.

Isn’t it true that if a physician refers me to a dietitian for prevention or treatment of a disease, I am reimbursed for it regardless if the dietitian is licensed?
Many insurance companies require licensure to reimburse healthcare professionals. They require licensure so that unqualified providers dispensing questionable advice are not reimbursed. If a state doesn’t license dietitians, services may not be covered regardless of whether a physician orders them.

Won’t licensure cost the state a lot of money?
No. Fees will provide most of the revenue. Many states have approved legislation or rules to make licensure revenue neutral.
A message from Teresa Nece, Director, Grass Roots Advocacy:

THE FARM BILL PASSES

The trillion dollar, reauthorization of farm, conservation and nutrition programs, titled the Agriculture Act of 2014 (i.e. the “Farm Bill”), passed the House and the Senate and is headed to the President for signature. The Academy supports this piece of legislation that protects vital nutrition assistance and education programs, includes new initiatives that will improve the health of the nation, and enhances funding for nutrition and agriculture research. A special thanks to all of our members for their diligent efforts and for those who contributed to ANDPAC, thereby helping the Academy forge meaningful relationships to support essential nutrition programs.

The Farm Bill, which is reauthorized every five years, took Congress over two years to come to a consensus to finalize the language. For years, the Academy and its members have been advocating for vital food and nutrition programs that are a major part of this bill.

Most recently, the Academy has focused its efforts on protecting the SNAP nutrition education program (SNAP-Ed), which is vital to helping families utilize limited resources to purchase healthy foods and engage in physically active lifestyle. The final bill protects the SNAP-Ed program and takes measures to enhance its accompanying program, SNAP, by: increasing access to homebound seniors or disabled participants by allowing home delivery of foods purchased with SNAP benefits; increasing stocking requirements for SNAP retailers to include more variety; and investing to improve access to and reduce the cost of fruits and vegetables for SNAP recipients.

Another of the Academy’s most recent priorities was food and agriculture research, which provides policymakers the critical information they need to make decisions about the health of our food system. Funding for ongoing nutrition and agriculture research was maintained and new resources were allocated to food and agriculture research designed to support USDA’s research activities.

Thanks to member engagement, the Academy has been recognized for communicating its recommendations throughout this process. Over the last two years, the Academy and its members have visited Capitol Hill during PPW 2013, activated four all-member action alerts, sent letters from Academy President and CEO to key members of Congress and signed-on to several targeted letters.

THANK YOU for all of your efforts. Your voice is so powerful especially when it is magnified by the tens of thousands of dietetics professionals throughout the country.

Key Legislative Messages for 2014

The 3 key legislative priorities for 2014 are:

- Treat and Reduce Obesity Act (H.R.2415, S.1184)
- Older Americans Act (H.R.3850, S.1028)
- Prevention Health Savings Act (H.R.2663, S.1422)

As I am given more details on each of these bills, I will be relaying the information to all of you to help get our message to the members of Congress. Our voices are being heard by our Representatives and Senators, and we can have an impact on their decisions!
Greetings Everyone!

The House of Delegates will be having their annual virtual meeting on May 3 & 4. Our topic for the spring meeting is “Engaging Members in Research”. During the House of Delegates meeting in the fall, the need for outcomes data to support increased reimbursement for nutrition services of the registered dietitian nutritionist (RDN) and dietetic technician, registered (DTR) emerged as a theme. We must use research to demonstrate how RDNs/RDs and DTRs improve the nation’s health through food and nutrition in order to advocate for increased reimbursement.

Research is frequently acknowledged as the basis of our profession. The Academy states in the HOD Fact Sheet on the topic of research, “Members frequently apply and discuss research in practice but they are less likely to contribute to new nutrition and dietetics related research”. I think that it is important for all Academy members to understand and realize that research can be done in many settings and not only in the traditional settings that we often think about (e.g. universities, clinical research facilities). Questions for you to consider include: What are you already doing in regards to research in your current practice; and, how do you see yourself contributing to research in the future?

I look forward to discussing this topic with you more at the Colorado Academy of Nutrition and Dietetics meeting in April. I am proud to serve as your Colorado Delegate to the Academy of Nutrition and Dietetics. Please contact me at alena.clark@unco.edu if you have any questions or concerns!
The Denver Dietetic Association (DDA) is looking forward to a fantastic line-up for the spring including hot topics, volunteering and networking opportunities. If you have not joined for the 2013-2014 membership year, there’s still time to take part in these activities. Upcoming speakers include:

**Title: Translating Literature into Practice: Beyond the Guidelines**  
*Presented by:* Jamie Erskine, PhD, RD  
**Date:** March 13, 2014  
**Time:** 6pm-8pm  
**Location:** Johnson & Wales University - Colorado Dining Room

We are continuing to highlight our mentorship program where student members are paired with registered dietitians working in their preferred areas of interest. Although we’ve been able to match many of the students, we are still in need of more RD mentors. We will be hosting a Mentor Social before the March meeting in order to begin and continue these relationships. If you’re interested in serving as a mentor or attending our mentor social, please contact Jesse Lunsford, Membership Chair at jesse.lunsford@gmail.com.

Our Public Relations (PR) and marketing committee has been working tirelessly to create volunteer opportunities for members. We will be participating in several volunteer events this spring. We will be participating in 9 Health Fairs in February, Legislative Day and Shopping Matters grocery store tour in March and Walk with a Doc in April. All events will be posted on the DDA website and members will have the opportunity to sign-up on the site. These committees have compiled comprehensive nutrition education material that will be used at these events, as needed. If you would like to volunteer for events please contact Donielle Dominguez, at donielle_dominguez@comcast.net.

We will be hosting a joint meeting with the Colorado Society for Parenteral and Enteral Nutrition (CPSEN) on Wednesday April 23rd, 2014 at Johnson & Wales University. The topic is: Diagnosing Malnutrition: The Good, the Bad, and the Ugly - By Pam Charney, PhD, RD HIT Pro C/P - Chair, Healthcare Technology and Management - Bellevue College. Please refer to the website for more information.

Stop by the DDA booth at the CAND conference on Saturday April 12th, 2014. We will be providing useful resources and a chance to enter a raffle for a FREE DDA membership for the 2014-2015 membership year.

The DDA BOD would like to thank Dustin Lee, Allied Health Chair for organizing and representing DDA at the Rocky Mountain Dental Convention in January. Thank you to all who volunteered their time for this event.

We will be sending out nominations for open positions in April. Please refer to the website for positions.

We hope to see you this membership year. For more information about the DDA, please visit our website at www.eatrightdenver.org.
Outstanding Dietitian - Jamie Erskine  
Emerging Leader - Jenna Allen  
Recognized Young Dietitian of the Year - Heather Kirby  
Outstanding Dietetics Student - Caitlin McCann

Volunteer Opportunities with NCDA

Gain leadership skills and make contributions to your profession by serving on the Board of Directors. We are soliciting nominations for NCDA Secretary, President-Elect and Nominating Committee Member for 2014/2015. Please contact Katie (ktkissane@gmail.com) or Ashley (ashleywhittemore@gmail.com) if you are interested or would like more information.

Looking for RDs/DTR/Interns to help with a community event on March 29, 2014 at King Soopers on 35th Ave in Greeley from 9:15a-2:30pm. Volunteers will provide brief nutrition education and promote the role of the RD! Please contact Lisa at lisacaldwell@gmail.com for more information.

Join King Soopers RDs and NCDA for a community event to promote awareness of what a dietitian is and help the community “Enjoy the Taste of Eating Right.” King Soopers is coordinating a free Health & Wellness community event where customers can visit stations throughout the store and enjoy tasty and healthy food samples, and win prizes! Stations will be manned with King Soopers RDs and NCDA.

Where: King Soopers on 35th Ave in Greeley (2100 35th Ave, Greeley)  
When: Saturday, March 29th, 2014, 9:15-2:30pm.

JOIN US FOR OUR SPRING 2014 MEETINGS!

March
Date: March 13, 2014  
Title: Sports Nutrition for Pro Athletes  
Location: Longs Peak Room @ Medical Center of the Rockies in Loveland, CO  
Time: 6:30 p.m.  
Presenter: Brian Snyder, RD (RD for Denver Broncos)

May
Title: La Luna Dairy Tour  
Date: May 24, 2014  
Location & Time: TBA

For more information visit http://www.eatrightcolorado.org/district_northern.cfm
Each year as a district association we have a board position for National Nutrition Month chair. For the past two years, however, we have not had any members strongly interested in filling the position. This year I coordinated with our DPD Director from UCCS, Kim Schenck, and she had a great idea for her senior class dietetic students. As part of their final project for school, they were required to coordinate our National Nutrition Month events for this year. We provided them with a small budget to take care of planning and advertising their event. They also have a few prizes for the attendees of their events. This year the events we have planned include:

- Health Fair- March 1, 12-4pm, University Center at UCCS 
  (Kate Croft, kcroft@uccs.edu)
- Grocery Store Tour- March 15, at Safeway (JoLynn Reed, jreed4@uccs.edu)
- Fun Run 5k- tentative date March 22 (Kelsey Miller, kmille35@uccs.edu)

As a district, we are excited to bring our community together to meet our members, learn about what we do as dietitians, be involved in a few fun events and leave with the possibility of knowing more about our association.

Not only are the students going to be involved but also our members have been asked to volunteer. At the health fair we plan to have a table featuring “The Role of the Registered Dietitian” and we have time slots for our members to volunteer to fill. They will come and be available for questions. The Health Fair will also include some poster projects as well as some interactive learning activities involving nutrition.

We look forward to having the Senior class at UCCS continue to fill this board position in the future. Kim Schenck expressed how amazed she was at the brainstorming session the students had and she believes they will bring an exciting energy to the board. We hope each year to coordinate events in which we further educate the community on National Nutrition Month and what it means to be a Registered Dietitian.
Tri-County Health Department adds new chronic disease screening for WIC clients

Tri-County Health Department (TCHD) is the largest local public health department in Colorado, and serves the residents of Adams, Arapahoe, and Douglas counties. Through the Supplemental Nutrition Program for Women, Infants, and Children (WIC), TCHD sees approximately 25,000 clients every three months, which is about ¼ of the state’s WIC caseload. The expansion of Amendment 35 (tobacco tax) dollars in Colorado allowed TCHD to gain additional funding and begin offering glucose screening in our WIC clinics.

Since early 2013, the WIC clinics at TCHD have screened over 1000 women for diabetes risk and enrolled about 450 at-risk women into the new program. Dietitians have been able to check clients’ glucose values, provide additional lifestyle intervention including cooking classes and referrals for medical follow up as needed. Clients with elevated glucose levels may also have their hemoglobin A1c tested at the WIC office. These free services are now provided to eligible women who are at least six weeks postpartum and have a child/grandchild receiving WIC benefits, although it would be great to expand screenings to other family members in the future. At-risk clients are also encouraged to enroll in the evidence-based Diabetes Prevention Program.

There have been many success stories over the past year including a WIC client that was a year postpartum and had gestational diabetes during her pregnancy. She did not receive information from her doctor about her blood work postpartum and assumed the diabetes had resolved after delivery. At her WIC visit, the client’s glucose was 250 mg/dL and the dietitian was able to refer her to one of our medical partners for primary care. This is but one example of many where diabetes or pre-diabetes has been detected in this vulnerable population, and helped motivate clients to take action concerning their health.

For more information, contact Samantha Decker, RD at sdecker@tchd.org or 303-783-7155
Let us help you get involved! Throughout the year, there are countless volunteer opportunities in Colorado for nutrition enthusiasts! Stay connected with the Colorado Academy of Nutrition and Dietetics to find volunteer opportunities as dietetic students, interns, Dietetic Technicians, Registered (DTRs), and Registered Dietitians.

As Volunteer Coordinators, we want to connect nutrition experts with volunteer opportunities in their community. Check out our monthly newsletter, “Dietitians in Action” on the CAND homepage under the Newsroom section. This helpful tool showcases upcoming events in the community where individuals with a background in nutrition are needed. You can also share your knowledge of food and nutrition by volunteering with Cooking Matters Colorado. Look on the CAND homepage to find open positions by clicking on Volunteer Opportunities with Cooking Matters.

Volunteering with the Academy allows you to make a positive impact on your community; helps build your resume, and can boost your network as you meet fellow dietitians and nutrition professionals. We look forward to sharing continuous volunteer opportunities with our members. Please don’t hesitate to contact us for more information or inquiries about how we can connect you!

PLEASE CONTACT Volunteer Coordinator Co-Chairs
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For comments and inquiries about the current or future content of the CAND Prospector, please contact the CAND Prospector Editor, Andrea Schmidt at Prospector.editor.cda@gmail.com

Do you have Facebook? Colorado Academy of Nutrition and Dietetics has a Facebook page! Join our page to see updates, events and to join a discussion/blog.

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