



## SPECIAL POINTS OF INTEREST:

- **LiveWell Colorado: Colorado's First Food Systems Advisory Council Convenes**
- **CDA Annual Nutrition Conference and Exhibition, April 15-16, 2011**
- **Lobby Day: Kids Eat Right and National Nutrition Month Lunch with State Legislators! March 23, 2011**
- **Recognition of long-term members**

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## President's Message

Jessica Crandall, RD, CDE



It seems appropriate for me to write this memo in this month: As I was once told love what you do and you will reap the benefits by never having to work a day in your life.

When I think back to why I became a Registered Dietitian there are so many reasons- helping others, prevention, disease management, work life balance... well that's just to name a few. I also have to say I truly enjoy what I do for a living and am proud to be a Registered Dietitian. Sometimes when I am feeling like work is truly work- I have to focus on all of the positive things that remind me just how lucky I am. Some of the things that help me to build my passion are supporting

who we are, recognizing what we do and actively participating with such a great team.

As I mentioned to you in my last letter I am passionate about licensure for Colorado Dietitians and hopefully that's in your heart of hearts as well. To keep you up to date we have recently hired a lobbyist to support us in our licensure efforts for 2012, the lobbyist will also help us become more recognizable by building our presence at the capitol and help us to actively engage in bills that may positively or negatively impact us.

Springing ahead things for you to keep posted on include participating in events such as:

- Celebrate NNM by attending cooking classes taught by our members every Thursday throughout March at the Denver Botanic Gardens
- Participate in Lobby Day, March 23rd at the First Baptist Church in Denver
- Attend our annual meeting April 15-16th at the Colorado Springs Double Tree Hotel.

I am honored to participate in the Colorado Dietetic Association, as we have so many wonderful team members on our board this year. If you are interested in becoming more involved please feel free to reach out to me.

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

# Committee Updates

## Public Relations/Marketing

Nikki Nienhuis, RD

Angela Mariotti, RD  
PR/Marketing Co-Chairs

Celebrate Registered Dietitian Day with CDA on Wednesday, March 9, 2011 with recognition of the professional expertise and accomplishment of Registered Dietitians. Additionally, March is National Nutrition Month. The theme for 2011 is "Eat Right with Color." The PR/Marketing Team is working on National Nutrition Month by partnering with the Denver Botanic Gardens and providing cooking classes by Registered Dietitians each week during the month of March; for more information please visit [www.botanicgardens.org](http://www.botanicgardens.org) and watch for constant contact e-mails that will circulate prior to the

classes. You too can spread the word about RDs and our association throughout the month. Visit [www.eatright.org](http://www.eatright.org) for creative ways to celebrate RD Day, and fun ideas for bringing awareness of National Nutrition Month and RD Day to your community or workplace.

The CDA PR/Marketing team is working to promote RDs/DTRs as the nutrition experts. One way we are doing this is through involvement in the community. We recently held a *Call Line 9* with 9 News featuring Registered Dietitians answering nutrition questions to the public. We had a great response with lots and lots of calls. We hope to continue to partner with 9 News and do this again! Watch for our constant contact e-mails regarding volunteering for 9 Health Fairs. We



Pictured (left to right): Angela Mariotti, Sarah Funk, Yasmin Abdelsalam, Jessica Crandall, Nikki Nienhuis

are recruiting all Dietitians to find a 9 Health fair site and volunteer your time to better our community through health but also to promote Registered Dietitians as the food and nutrition experts!

"I've had clients who have added coconut oil to shakes and things like that, and their cholesterol has gone up significantly," said Jessica Crandall, a Denver dietitian who is president of the Colorado Dietetic Association. "Saturated fat clogs your arteries and is not good for heart health. I was meeting with a cardiologist recently, and he said he doesn't advise (coconut oil) for any clients."

Read more:

*Coconuts are busting out all over—The Denver Post*

<http://www.denverpost.com/search/ci17169654#ixzzlCRThLV2m>



**Did you see?  
Jessica Crandall was quoted in the Denver Post!**

# Committee Updates, *continued*

## Public Relations/Marketing, *continued*

Nikki Nienhuis, RD

Angela Mariotti, RD  
PR/Marketing Co-Chairs

The PR/Marketing Team is hard at work to promote the profession, CDA and you. Our busy season has just begun; we have many exciting events planned this year including 9 Health Fairs, Annual CDA Conference, National Nutrition Month, Heart Walk, etc. If you are interested in getting more involved in CDA please contact Angela Mariotti at [angela.mariotti@healthonecares.com](mailto:angela.mariotti@healthonecares.com).

## Member Benefits

Amanda Hermann, RD

Member Benefits Chair

Congrats to NCDA! They were the recipients of the \$500 District Grant.

Just a reminder that ALL applications for scholarships and Affiliate Awards were due Monday Feb 28th, please refer to CDA website for all applications and instructions. We are still taking applications for Educator of the year.



## Nominating Committee

Jennifer Weddig, RD

Nominating Committee Chair

Be a CDA Board Member in 2011-2012!

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 2011-2012!

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

## Committee Updates, *continued*

Bethany Braunstein, RD

Public Policy Chair

### Public Policy

- **We Hired A Lobbyist!** The CDA BOD made a unanimous decision to hire Mendez Consulting as our new lobbying firm this month. The firm is from Denver and has extensive experience in health care and with health care professions.
- **Current Legislative Climate:** With all of the new state legislators that have been elected to serve Colorado for the next 2 years, the House of Representatives now has a Republican majority, the Senate continues to have a Democrat majority, and Governor Hickenlooper (former Mayor of Denver) is a Democrat. The focus is on job creation and balancing the budget.
- **We Agreed to a Phased Approach over the next 2 years** – we will be spending our time this session (between now and the end of May) trying to make the dietetic profession more visible and get a better feel for how the current legislature views licensure of any profession. If other professions are attempting licensure this session, we can see how things turn out for them. At the end of this session in May, CDA and Mendez Consulting will make a decision as to whether or not we should attempt licensure by introducing a bill in the 2012 legislative session.
- **The CDA Public Policy Team** has several subcommittees. One committee is focused on our legislators at the national level and the ADA Public Policy Workshop. At the state level we have three committees: a committee focused on reviewing bills that are being introduced this session to see if there are any we need to be concerned about, a committee that is meeting with key legislators, agencies and the governor, and a committee that is working to mobilize and educate our members for when they need to communicate our message to their legislators.
- **We Need Your Help!** Start reaching out to your state legislators and get to know them. Do they support our profession? Do they support licensure? How do you think they would they vote if we introduced a licensure bill next year? If you don't know who they are, go to [www.projectvotesmart.com](http://www.projectvotesmart.com), enter your address and the website will provide you with their names. Go to their websites and see if there are Town Hall Meetings or Breakfasts that you can attend. Go with a spouse or neighbor in the same district. Let us know your area of expertise so that if we need someone to testify on a bill, we will know how to find you. Let us know if you know of any instances of harm by nutritionists or testimonials of positive outcomes by Registered Dietitians. If you want to become more involved, please contact Erica Gradwell ([ericagradwell@yahoo.com](mailto:ericagradwell@yahoo.com)).
- **Please Mark Your Calendars!** Mendez Consulting will be presenting at a general session at the CDA Annual Meeting in April. We will be celebrating National Nutrition Month with our legislators on Wednesday, March 23 at the First Baptist Church in Denver. We will have an educational session for CEUs in the morning and then invite the legislators to join us for lunch rather than make appointments with them in their offices. Please see the registration flyer for more details.

# Delegate's Report

Alana Cline, PhD, RD

Colorado Delegate

I attended the Fall 2010 House of Delegates meeting in Boston, November 5<sup>th</sup> and 6<sup>th</sup> in conjunction with FNCE. The two main areas of discussion were 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.

Friday's events were completely focused on the mega issue of Health Reform. This dialogue session began with a presentation from Sr Ladonna Woerdeman, Chair Legislative and Public Policy Committee Chair, Jeanne Blankenship and Mary Pay Raimondi, ADA Strategic Policy and Partnerships Team, and Lucille Beseler, ADAPAC Chair. The presentation provided an overview of how health care reform impacts the public and RD/DTRs professionally. It also identified challenges and opportunities for the profession resulting from health care reform legislation. This discussion that delegates focused on was how members can take advantage of these opportunities and what must ADA and the profession to insure that members have the necessary resources for success. The discussion also focused on how we create synergy between delegates and PPCs/SRSs/SPRs. The dialogue concluded with each meeting participant developing their own action plan to contribute to the success of positioning RD/DTRs as the provider in any health reform legislation related to nutrition services.

Since the dialogue the House has voted on motions that resulted from this dialogue. Based on the dialogue, a series of guiding principles were identified related to health reform:

- Consider the list of opportunities for health reform identified for individuals, affiliates and Association.
- Consider the opportunities identified for creating synergy between delegates, PPCs, SRPs, and SPRs.
- Consider the key messages identified for the various health reform topics of critical importance to the profession.
- Consider the action plans developed by delegates related to their role in health reform.

The approval of the motion calls for Legislative & Public Policy Committee (LPPC), affiliates and DPGs to collaborate with external stakeholders both at the federal and affiliate level, develop and utilize an integrated communication system, and mobilize members and the leadership. The LPPC will be asked to take lead on these initiatives.

The second day of the meeting focused on a proposal put forth by the Member Value Committee (MVC) regarding the creation of a new member category – a multidisciplinary membership category. In short, this category would allow a select group of individuals that meet certain criteria (i.e. physicians, pharmacist, etc.) to join ADA in a multidisciplinary membership status. This would allow like minded collaborators who would like to join ADA to join. It is also seen as a positive in that in this age of accessing information electronically that ADA can position themselves as the go to provider of reliable quality information by becoming the membership organization that provides these resources. The dialogue focused on meeting participants providing reactions to the multidisciplinary membership category proposal in order to determine how to proceed.

# Delegate's Report, *continued*

Alana Cline, PhD, RD

Colorado Delegate

Reactions to the proposal indicated that some were strongly in favor and some were strongly opposed. The clearest message that the House agreed upon was that in order for such a proposal to be considered further that more research was needed.

Based on the dialogue, a series of guiding principles were identified related to the multidisciplinary membership category:

- Consider another term for the category to replace the word "membership."
- Consider differentiating between a CDR credentialed practitioner and the ADA membership category.
- Consider obtaining more research related to the number of potential applicants for this category, their reason for interest and cost-benefit to the Association.
- Consider a different pricing structure, requirements and benefits for the category.
- Consider the educational background for the category.
- Identify the benefits to ADA members to implement this category.

MVC will be asked to conduct an interactive webinar with the House of Delegates to provide answers to the questions noted from the dialogue session. MVC is requested to submit a revised proposal for consideration by the House of Delegates prior to any further action regarding a multidisciplinary proposal.



# District Updates

## NCDA District Update

Alix Wilson, RD  
NCDA President

The Northern Colorado Dietetic Association (NCDA) is enjoying a great year. The first half of our year brought very well received presentations, including the CDA Public Policy team's progress toward pursuing licensure for Colorado RDs, a winter vegetable cooking demonstration, a dietetic student's journey in publishing her own cookbook, and a discussion about perceived differences between conventional, organic, natural, and grass fed beef. All of these provided our members with knowledge to use personally and provide to our clients/patients.

We are looking forward to an interesting second half of the year. Our meetings include the following:

- "Weight Gain During Pregnancy: Reexamining the Guidelines" presented by two of our board members, Alena Clark and Shelley Prior, on February 22.
- "Vitamin D and Cardiovascular Disease" presented by Nana Wiafe-Ababio, Medical Science Liaison, Abbott Renal Care, on March 31.
- A tour of Monroe Organic Farms in Kersey in May, likely on a weekend (date TBD).

We had our awards meeting on January 25. Please congratulate Megan Fogarty, receiving the "Outstanding Dietetics Student," and Alexandra Wilson, MS, RD, receiving "Recognized Young Dietitian of the Year."

In addition to our meetings, NCDA is the proud recipient of the CDA district grant for \$500! With this grant money, NCDA hopes to increase the Northern Colorado public's awareness of RDs as food and nutrition experts and how to access dietitians. Our goal is to be present at 3 community run/walk events and have a National Nutrition Month event in a local grocery store(s) during the 2011-2012 year. Stay tuned for updates on planning and volunteer opportunities for these community events.

The NCDA board is conducting a member survey via e-mail to get feedback about how we can better meet members' needs. Please look for this in your e-mail box mid- to late-February.

NCDA is looking for active members and we hope to have all board positions filled for the 2011-2012 year. Board positions open for the 2011-2012 year are:

President Elect  
Treasurer  
One member of the Nominating Committee  
Awards Chair

# District Updates, *continued*

## NCDA District Update, continued

Alix Wilson, RD  
NCDA President

We strongly encourage all CDA members to become involved with your local district association board; its fun and a great way to be involved. Being a board member, you have an effect on what you want to see at your district meetings. Please contact Alena Clark ([alena.clark@unco.edu](mailto:alena.clark@unco.edu)) or Shelley Prior ([sprior.sunrise@nocoha.org](mailto:sprior.sunrise@nocoha.org)) to express your interest in being part of our board.

Please visit the NCDA district website to view our meeting schedule and other updates. 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

The Southern Colorado Dietetic Association has completed 6 out of their 8 meetings for the year. We have had a variety of topics so far, including personal finance, social media, integrative nutrition and Secondary Hyperparathyroidism to name a few.

In January, 5 Southern Colorado dietitians took part in the KOAA 5/30 Nutrition Call-In Line. It was a huge success! We are hoping to pair up with KOAA again in the near future. We are also gearing up for Nation Nutrition Month. Many local libraries have agreed to have nutrition information in their lobbies along with story time for children. We will also have a interactive exercise and nutrition booth at the Junior League's Kids in the Kitchen event.

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 for the remainder of our meeting year.

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*

Mona Rosene, RD  
DDA President

## DDA District Update

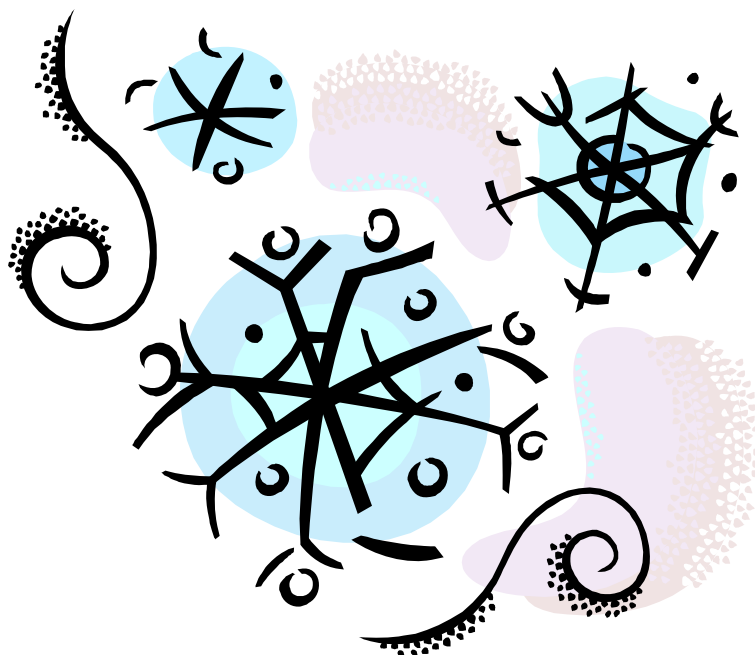
Membership push is planned for April during the annual CDA conference. We were able to secure gift cards from Whole Foods and will request gift cards from local coffee shops, bike shops, and for mini golf to provide to future members as a gift for joining.

DDA will have a free profile on Nutrition Industry Network (NIN), [www.nutritionindustrynetwork.com](http://www.nutritionindustrynetwork.com):

- NIN is a user friendly search engine to search for companies, services, and products in 8 different food/nutrition categories.
- Can profile DDA under "Industry" at no cost.
- Benefits include access to list of potential sponsors.

DDA will begin to collaborate with the Colorado Academy of Family Physicians regarding interest in:

- Nutrition articles for their newsletter.
- Potential speaking opportunities.





Colorado's First Food Systems Advisory Council Convenes  
By LiveWell Colorado

In January, Colorado took a significant step toward improving access to healthy foods for people across the state with the convening of the first ever Colorado Food Systems Advisory Council. The Council, which consists of 13 key stakeholders representing a variety of organizations and interests across Colorado, met for the first time on January 27.

The Council was formed in 2010 when former Governor Bill Ritter signed into law Senate Bill 10-106: Creation of Colorado Food Systems Advisory Council in order to promote the building of a robust, resilient, and long-term local food economy, while also addressing hunger and food access in Colorado. Senate Bill 10-106 was initiated by LiveWell Colorado and sponsored by Senator Bob Bacon (D-Fort Collins) and Representative Marsha Looper (R-Calhan).

Members of the council represent multiple sectors that are involved in food systems, including agriculture, education, government, retail, nonprofits and public health. The council's chair is Jim Miller, Deputy Commissioner, Colorado Department of Agriculture and the Vice Chair is Ruth Stemler, M.S., R.D. Director, Share Our Strength Colorado.

The Council will work across diverse sectors to develop food system recommendations that state and local governments, businesses, the agricultural industry and consumers can use to strengthen state-wide economic development, agricultural production, and access to healthy food in Colorado.

As directed by Senate Bill 10-106, the Council will not make policy. Rather, it will provide recommendations for legislative or policy action where appropriate. The purpose of the Council is to:




- identify and use existing studies relevant to the food system and work with other task forces, committees, and/or organizations pursuing similar objectives
- collaborate with local and regional food policy councils in the state
- develop recommendations regarding hunger and food access and promote "Colorado Proud"
- develop recommendations for state, regional, and local governments, businesses, agriculturists, and consumers to build robust, resilient, and long-term local food economies.





LiveWell Colorado is working with the Colorado Department of Agriculture to provide staffing support for the Council. The nonprofit will also leverage its resources and partnerships to support the Council's work when appropriate.


For more information about the Food Systems Advisory Council, visit [www.livewellcolorado.org](http://www.livewellcolorado.org).

# CDA Annual Nutrition Conference & Exhibition

2011 CDA  
Annual Nutrition  
Conference &  
Exhibition

THE  **POWER**  **OF**  **FOOD**



  
**COLORADO  
DIETETIC  
ASSOCIATION**

**April 15 and 16, 2011**  
Doubletree Hotel Colorado Springs-World Arena

*Stay tuned to your e-mail...*

*More information about the conference will be sent by the Colorado Dietetic Association.*

# Lobby Day Information



Please join us for a celebration of  
**Kids Eat Right and National Nutrition Month**  
**Lunch with the State Legislators!**

Wednesday, March 23, 2011  
9:30 – 1:30 pm  
First Baptist Church  
1375 Grant Street, Denver, CO

2 CEUs and lunch will be provided  
\$5.00 for CDA members, \$10.00 for non-CDA members

Event co-sponsored by:  
Rocky Mountain Association of Diabetes Educators  
Rocky Mountain Farmers Union

9:30 – 11:30 am Legislative update and messaging  
11:30 – 1:30 pm Keynote speakers:

Senator Gail Schwartz  
Representative Tom Massey

Legislators will join us for lunch at First Baptist Church

Come and meet your state senators and representatives!  
Neighbors and families welcome!

\*\*\*\*\*

Please send check payable to CDA and the following form to the CDA Office (address below)

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Email: \_\_\_\_\_ Phone: \_\_\_\_\_  
Number of People Attending/Special Needs: \_\_\_\_\_

PHONE 303-757-2069 FAX 303-757-1739 EMAIL eatrightcolorado@gmail.com  
1805 South Bellaire Street, Suite 505 Denver, CO 80222  
www.eatrightcolorado.org

## Recognition of 50-Year (Plus) Members

The ADA is pleased to honor the following 50-Year Member for 2011/12 for the CDA:

**Lucille G. Patterson**

This 50-Year Members will receive a congratulatory letter signed by Sylvia Escott-Stump (President 2011-2012). Members recognized for their 50th year of membership also receive a personalized certificate and complimentary registration to attend the Food & Nutrition Conference & Expo (FNCE) in San Diego. The Membership Team and the ADA Foundation are in the process of reviewing and planning the activities and honor ceremonies for 50-Year Members that will take place at FNCE and additional communications will be posted when further information becomes available.

Please also take a moment to recognize the individuals who have been members for 51 or more years:

Verna	J. Allen	Mary	O. Jezek
Doris	L. Baer	Bernadine	B. Lewis
Doris	M. Baker	Nancy	K. Macey
Margaret	K. Ball	Grace	M. Masuda
Alice	S. Barber	Mary	A. Mathiesen
Helen	A. Billiard	Melba	M. Mayall
Jane	W. Bovee	Marilynn	P. Miciek
Ruth	C. Bowling	Sue	C. Peiker
Marjorie	E. Burr	Archie	S. Ransom
Ada	A. Clark	Shirley	E. Rieke
Gertrude	A. Cooke	Florence	C. Schaefer
Laura	D. Determan	Mary	M. Scheriff
Annabelle	R. Fournier	Yvonne	V. Steinhour
Ann	M. Hahn	Barbara	M. Tamplin
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Patsy	J. Hopper	Janet	F. Yaden
Gertrude	P. Hutchinson		



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

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

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**Alice Haas, Dietetic Student**



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