A note from the President:

What a great year it has been to serve as CAND president. One of the goals this year was to “Build Our Brand” and as you’ve seen this was also the theme of this year’s annual conference in Keystone, Colorado on Friday, May 4, 2018, which was a great success. Rather than try to continue to pursue licensure, the board decided to move in the direction of building the brand of RDN’s within the RD community, to other health professions, and to the general public. Marketing, networking, and educating others on what RD’s do and the value provided are strategies the board discussed to reach this goal.

We have been able to increase our presence within the RD community by offering more CEU’s and networking events throughout the year, and to other health professionals and the general public by participating in more health fairs, phone banks, and conferences. The board will continue to look at new methods to get the word out that RD’s are THE nutrition experts people should come to.

Thanks again and I look forward to seeing you at the annual conference.

Tyson Marden, RD
CAND President 2017-2018
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The Denver Dietetic Association is finishing up a full year — after hosting 5 Continuing Education meetings on various topics, we had our final meeting in April on Functional Food and Nutrition.

Our members enjoyed happy hour socials — in the fall at the Board Game Republic, in February at Strange Craft Brewery, and our end of the year social will be in May. Our student members had the benefit of attending a DICAS workshop in December — complete with DI Directors from Metro, Children’s, and Tri-County Health.

This year, we started our first scholarship program — providing awards to students applying for DICAS and RDs for continuing education use. Our award winners were announced in April.

A successful Wine & Cheese night kicked off our first annual DDA fundraiser last month. It was a hit, and made possible by many donations for our silent auction. Proceeds will be used to improve Continuing Education meetings and increase our scholarship program to provide more benefits to our members.

If you have not checked out our social media or blog accounts, please do! Our Public Relations committee has been hard at work connecting with the nutrition community in Colorado and beyond. Our newly elected President-Elect for the 2018-2019 year will be Jessica Roberts, RD. We are still looking to fill our treasurer and secretary roles! If you are an RD or RD-eligible and have an interest, please email contactus@eatrightdenver.org.

Kristina Comer, MS, RD
March was a busy month for the Northern Colorado Dietetic Association! To celebrate National Nutrition Month, the NCDA Board held two Happy Hour and networking events—the first, sponsored by CAND, was held on March 1st to kick off the celebration and the second was to honor National RD/RDN Day on March 14th and hold a Nutrition Entrepreneurs mini meeting. Throughout the month, the NCDA also held their annual National Nutrition Month Food Drive; nonperishable food and monetary donations were collected at all of our meetings for the Weld County Food Bank. For our March member meeting, we were delighted to have Katie Kage, PhD, RD, ACSM-CEP, Assistant Professor at the University of Northern Colorado present on “Feeding Our Defense: The Need for Nutrition Initiatives in Army ROTC Programs.”

Throughout the month of April, NCDA members stayed active in the Northern Colorado community. On April 22nd and 28th several of our members volunteered to hold a nutrition table at the annual 9Health Fair in Loveland and Milliken, respectively. A big thank you to Lana Olsson, RDN, Jacqueline Rhoades, RDN, and CSU students Kaley Birge and Michele Hill for volunteering at the Loveland Fair and Lana Olsson, RDN, UNC student Jessica Greenlee, and CSU student Emily Adkisson for volunteering at the Milliken Fair. For our April member meeting, we were delighted to have Leisa Norman, RD, Director of Clinical Nutrition at OTTO Health present on “Enriching Nutrition Care with Technology: The Role of an RD/RDN in Emerging Healthcare Delivery Models.”

In addition to these events, over 50 people attended our Member Appreciation Dinner, which was held at Coopersmith’s Pub and Brewing in Fort Collins on February 20th. Members elected Ashley Ellis, RDN, for the Outstanding Dietitian Award, Jacqueline Rhoades, RDN, for the Emerging Dietetic Leader Award, Rebecca Robbins, MS, RDN, for the Recognized Young Dietitian of the Year Award, Alicia Grove for the Outstanding Dietetics Student Award, and Sammie Springsteen, DTR, for the Recognized Dietetic Technician of the Year Award. Additionally, the Membership Committee worked hard throughout the year to bring our members an electronic version of our Membership Directory, and NCDA Board elections for the 2018-2019 membership year were held in mid-to-late April.

This membership year was packed with an incredible line-up of presenters, ample community service opportunities, and great fun! We are looking forward to another exciting year to come in 2018-2019!

Rebecca Robbins, MS, RDN, 2017-2018 NCDA Secretary
SCDA had another great year! Aside from hosting a fantastic speaker line up in 2017-2018, SCDA focused on enhancing member benefits, increasing professional networking, and promoting the profession in the local community. To this end, some exciting developments were made this year.

Probably the most significant of these changes has been the development of our interactive website: www.eatrightsoco.org. It was time to bring SCDA up to date with current technology in order to better enhance our member experience with a user-friendly, one-stop shop for membership logistics and professional networking. Moving forward, this newly engineered website will allow SCDA members to pay annual dues electronically, create a member profile that is linked to our online member directory, and RSVP for/check in at meetings. The beautiful new website will also streamline member resources, provide the public with a streamlined way to reach us, and minimize the organization’s environmental footprint by cutting back on the use of paper.

Another achievement that SCDA is proud of this year was its National Nutrition Month project. With the help of the UCCS Nutrition Club, SCDA participated in the St. Patrick’s Day 5k and 34th Annual Parade in downtown Colorado Springs. What better way to reach hundreds of people in our community? RDs and students helped man a food table, provided course marshals for better race flow, and participated in the parade. Balloons with nutrition promotion takeaways were passed out on the parade route to hundreds of enthusiastic kids and their parents. This was great exposure and may certainly become an annual tradition! (see pictures on next page).

We look forward to continuing to grow our local chapter and promote RDs everywhere!

A special thanks to Bob Olson with Daniels Moving and Storage Inc. for his help transporting items on parade day!

Alicia Rill, MS, RD
This past year we have been working hard to promote our RDs and DTRs as the nutrition experts here in Colorado. In response to the recent membership survey, we created more opportunities for our members to network, engage in community service as well as represent our profession in a positive light! We participated in the Pumpkin Pie 5k at City Park last fall and raised $180 for Cooking Matters. Additionally, we vendored at two health fairs for employees of United Airlines and Starz Entertainment where we promoted healthy snacks and dietitian services! We also enlisted each local chapter to host social networking events to bring our members closer.

In addition to our networking events, CAND held a Farm Tour at Blue Sky Dairy in September, a Medical Reimbursement seminar in November, and showed the Food Evolution film along with a Q&A session in March providing a total of 9 CEU opportunities for our members this past year. We hope to add more CEU events in the coming year with plans already in the works to have another farm tour this summer.

On the docket for next year, we’re planning on many more exciting events & projects to increase our visibility including an updated CAND website, a volunteer opportunity with Food Bank of the Rockies in June, and exhibiting at the Obesity Action Coalition “Your Weight Matters” National Convention in July. Want to get involved with future CAND events and help promote our organization? Watch your email, volunteer newsletter, and social media for announcements.

Carrie Weitzel, RD

Social media: If you want more updates from CAND, be sure to follow us on Instagram and Facebook. You will be able to find events in your area from all the local dietetic associations and other relevant information. You can find us at @eatrightcolorado on Instagram and on Facebook at Facebook.com/eatrightcolorado.

Corinna Ruf, MS, RDN & James Fazzio, RDN
On Monday, March 19th, at 4pm two dietetics students entered the 9 News studio in downtown Denver and prepared to answer calls from viewers about nutrition for seniors. The news anchors were provided with Key Recommendations for Older Adults based on the Dietary Guidelines for Americans. Prompted by the following three guidelines repeated as part of the evening newscast, callers were given phone numbers to call and access speaking with Stephanie Weise and Molly Weishahn, the two dietetic students from Metro State University.

Key Recommendations for Older Adults
(Based upon the Dietary Guidelines for Americans for seniors 65 years and older)

• Maintain calorie balance over the lifetime to achieve and sustain a healthy weight. Healthy eating patterns limit the intake of sodium, solid fats, added sugars, and refined grains. Increased physical activity and reduced time spent in sedentary behaviors are also desired.
• Focus on consuming nutrient-dense foods and beverages.
• Nutrient needs should be met primarily through consuming foods, not supplements.

Stephanie Weise said of the 9 News Call In: “It was such an awesome experience! I hope to get the opportunity to do it again”. Starting at 4pm, 9News anchors started announcing that they were taking calls from seniors regarding nutrition advice. There was also information scrolling at the bottom of the screen the hour and half that they were taking calls.

“We did get quite a few calls, everything from supplement advice to anemia and diabetes. We also had a few phone calls about which foods are best for brain health and fighting against dementia and Alzheimer’s. Really great questions and really sweet people calling in trying to better their health,” said Weise.

Laurie Hatch, MS, RD, CSO
How did *you* celebrate National Nutrition Month?

At Saint Anthony’s North Health Campus, we set up a booth each Friday in the month of March to promote healthy eating. We gave out samples of Mexican quinoa salad, roasted chickpeas, and healthy breakfast items, as well as recipe cards, handouts, and prizes. Pictured from left to right is Yasmin Abdelsalam, RD, Brittany Sleeper, RD, and Priscilla Hincare, RD.

Brittany Sleeper, RD

My officemate, Athena, and I celebrated National Nutrition Month 2018 with clementines available in the office waiting room for patients along with a sign promoting their nutritional benefits. Athena is pictured with a National Nutrition Month poster on the office door along with healthy eating tips.

Carrie Weitzel, RD
Legislative Day Recap

On April 4\textsuperscript{th}, CAND was excited to partner with Hunger Free Colorado for a policy day at the state capitol in Denver. Our day started in the Old Supreme Court Chambers with an overview of Hunger Free and their policy priorities focused on reducing hunger in Colorado. Then the Honorable Dominick Moreno, State Senator, and the Honorable Bob Rankin, State Representative shared updates on their work on the Joint Budget Committee. Both Senator Moreno and Representative Rankin confirmed that there would be no changes to state funding addressing hunger which was great news. Candidly, Senator Moreno described benefiting from free/reduced price lunch at school when he was growing up, and how important supporting food security is to him.

Next Kathy Underhill, Hunger Free’s CEO shared positive news about efforts to end hunger in Colorado. The application for Supplemental Nutrition Assistance Program (SNAP) benefits has decreased from 26 to eight pages. There is a crop tax credit available to farmers who donate surplus crops from their fields to food banks. Currently, half of all referrals for Hunger Free’s hotline to access food are now from medical providers. There is increased funding for Double Up SNAP bucks at select farmers markets and supermarkets. Underhill explained that there was not a specific piece of legislation that we were advocating for at the policy day, but the importance of building relationships with legislators and inviting them to see the work we do in our communities to address hunger.

A number of CAND members spoke to their legislators or wrote them “thank you” notes if they were not available. This “free time” was also a great opportunity to observe the House and Senate Galleries to see state legislature in action. Thanks so much to all of the CAND members who participated! A state senator thanked us for our efforts and said, “We need more dietitians and nutritionists who are working to end hunger in Colorado by supporting food security and access to healthy and affordable food.”

\textit{Alicia Grove, Dietetic Intern, MS candidate CSU}
2017-2018 Colorado Academy of Nutrition and Dietetics Scholarship and Award Winners

Please give a round of applause to this year’s outstanding winners! Award recipients receive a plaque and certificate of recognition with a congratulatory letter from the President of the Academy. The list of recipients for the year will also be published in the fall issue of the Journal of the Academy of Nutrition and Dietetics!

Outstanding Dietetic Student Award
Didactic Program in Dietetics
Alex Silva

Outstanding Dietetic Student Award
Dietetic Internship Program
Leana Maestas

Outstanding Dietetic Student Award
Individualized Specialized Practice Pathway
Stephanie L. Neu

Recognized Young Dietitian of the Year Award
Shane Spritzer, RDN, CNSC

Recognized Dietetic Technician of the Year Award
Justin Batchelder, NDTR

Outstanding Dietitian of the Year Award
Cynthia Dormer, PhD, RD

Emerging Dietetic Leader of the Year Award
Jeffrey T. Gilis, MFN, RDN, NCSF-CPT

Member Scholarship
Rebecca Eberly, RDN, CDE

Conference Scholarship
Haley Hughes, MS, RD, CDE

Conference Student Scholarship
Alicia Grove

The list of current and past winners is also posted on the CAND website here http://eatrightcolorado.org/aaward.cfm and applications are always accepted before the annual conference each year.
A Summary of the Academy’s Public Policy Workshop

On June 25 and 26, 2017, I attended the Academy’s annual food and nutrition advocacy summit, Public Policy Workshop (PPW) with support from CAND. It was an exciting time to learn about the current nutrition issues that the Academy was focused on, receive training in advocacy, and speak to members of Congress and their staff about these issues.

At PPW, I joined Academy members from Colorado to advocate for nutrition education programs and the Farm Bill as well as the value of nutrition services in prevention and treatment. Leading up to PPW, the Academy provided webinars and materials to prepare us for the day on Capitol Hill. Then on Sunday June 25th in D.C., we received hands on training and learned about how valuable it is to meet with your legislators in person whether in D.C. or in district. Monday June 26th was Capitol Hill advocacy day with a full schedule of office visits. Since this was my first advocacy day, it was nice to be paired with other Academy members from Colorado and meet with state representatives and their staff as a team. While we had facts to share about the value of RDNs in providing prevention services and diabetes’ impact and prevalence in Colorado, our most meaningful talking points were stories about how our work supports a healthier state. We told stories about Cooking Matters and SNAP-Ed empowering families to make healthier food choices through skills based learning. We focused on having conversations with our legislators and their staff about supporting healthy Coloradans and felt that our messages were well received.

I highly encourage CAND members to get involved in nutrition advocacy. Donate to the Academy’s Political Action Committee (ANDPAC) to build relationships with legislators who are pro-nutrition, food and health, visit your legislators at in district events including local fundraisers (apply for Academy funding here), use the Academy’s Action Alert system to engage your members of Congress, and attend PPW this fall in D.C. in conjunction with the Food and Nutrition Conference and Expo® (FNCE®).

Alicia Grove, Dietetic Intern, MS Candidate CSU
Thank you for reading!

If you have anything you would like in the next edition of the Prospector, please email brittany sleeper at besleeper1@gmail.com.

Have a happy and healthy day!