



President's Corner

Elaine Wallace, RD, LD, CDE

"A young boy was walking with his father along a country road. When they came across a very large tree branch the boy asked, "Do you think I could move that branch?" His father answered, "If you use all your strength, I'm sure you can." So the boy tried mightily to lift, pull and push the branch but he couldn't move it. Discouraged he said, "Dad, you were wrong. I can't do it." His dad said, "Try again." This time, as the boy struggled with the branch his father joined him and together they pushed the branch aside. "Son," the father said, "the first time you didn't use all your strength. You didn't ask me to help." Source unknown.

We have had our first meeting of the new membership year with a great turnout. I believe our September meeting set a record and we are 120 members strong now. Last year we had a total of 140 members at the end of the year, and we have almost reached that number after just the first meeting!

Like many other professionals, we are looking to build our professional networks, find career advice and uncover new industry resources. As many of you have already discovered, not only becoming member, but becoming 'part' of a professional organization is key to growing your network. However, the affiliation must not only provide a value to the individual, but should enhance the performance of the person to ultimately benefit the organization. Having said that, I want you to think about what you want your Dietetic association to look like. What speaks to your heart? Do you feel strongly about health reform? Legislative issues? RD image? Community involvement? Communication? The list goes on. We can take baby steps or we can take giant steps. It is up to us collectively and individually. Dietitians are good at planning and evaluating; this dietitian is motivated by outcomes and possibilities. There are many opportunities to participate this year. Kathy Ebert has stepped forward and so graciously volunteered to lead an Aust-inDA team to participate in the November Race for Cure and possibly other events this coming year. Look for more information coming on this.



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Reporting Back from the Statewide Obesity Summit

Texas! Bringing Healthy Back:

July 14-16, 2009 was the Statewide Obesity Partner Meeting and Summit in Austin, Texas sponsored by the Texas Department of State Health Services. The conference title was “Texas! Bringing Healthy Back: Policy and Environmental Change in Practice” held at the new AT & T Executive Education and Conference Center on the UT Campus.

Some of the great speakers included Deborah Cohen, author of “Prescription for a Healthy Nation”,

Dileep Bal from Hawaii “Healthy Eating & Obesity Prevention: In Your Face Lessons from Tobacco Control: A Community Norm Change Model”, and Michael Jacobson from the Center for Science in the Public Interest. Many more exciting and interesting speakers from Texas and other states had outstanding presentations with time for networking.

You can view videos developed by the NPAOP (Nutrition Physical Activity Obesity Prevention) at <http://www.texasbringinghealthyback.org>. Also, check out the website to see what is happening in Texas. These videos were introduced at the Conference and each participant received a DVD of the presentation.

Prior to the start of the Conference, DSHS Dietitians along with the Litaker Group facilitated the Texas Obesity Partner Meeting for the Revision of the Strategic Plan for the Prevention of Obesity in Texas 2005-2010 due by 2011.

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President's Corner continued

The big news in October is ADA FNCE in Denver. – Explore. Exchange. Engage – I love the theme this year. There is a wonderful line up of speakers: Pamela Jett, Suzie Orman, and Soledad O'Brien. For those fortunate enough to be able to attend, I encourage you to bring back those wonderful ideas and pearls to share with us.

We have big news in November as well. There will be a joint meeting of the Austin Dietetic Association and the Bluebonnet Chapter of the American Association of Diabetes Educators. To my knowledge, this is first joint meeting between these two organizations. This will be a unique opportunity to meet and network with practitioners in this specialty. Please take advantage of this exciting event. Hope to see you all there



Career Opportunities

There is a great resource of job opportunities listed on the Austin Dietetic Association website.

Visit <http://www.eatrightaustin.org/membersonly/jobpostings.html>

Don't forget networking at the Austin Dietetic Association Meetings.....introduce yourself to someone new next meeting.



Race For The Cure! Come Join Us

Join the Austin Dietetic Association November 1st for the Susan G. Komen Race for the Cure! This year's 5K race will be held at the Domain. Whether you are a runner or a walker, help us raise at least \$500 to help fight breast cancer and show the community that we as an organization are committed to finding a cure! To join the team visit <http://austin.info-komen.org> and click "Join a team"; our team name is Austin Dietetic Association.

Last year the Race had over 21,000 participants with 1100 teams and raised \$1.7 million. The Teams Committee at Komen is encouraging every team member to do their best to raise at least \$100 in donations. If we can do that, we will add \$1 million to donations raised in 2008.

Less than 20% of the money raised went to overhead expense last year. The rest goes to local and national efforts to save lives and end breast cancer forever. Last year, the Komen Austin Affiliate funded \$914,000 for local breast cancer programs. An additional \$412,000 went to the national Komen organization to fund research for a cure.

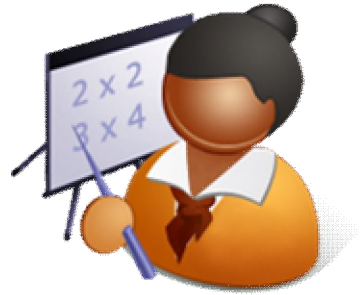
If you have questions about the race please contact Kathy Ebert at kathy.ebert@gmail.com.

What Drew YOU to Dietetics?

What drew you to dietetics? Do you have any thoughts or experiences you want to share? Tell your colleagues what drew you to dietetics. Was it a relative, a summer can experience, your strong love of food or just the hard science of it? We invite you to share your thoughts and experiences that drew you to dietetics. Remember, we don't succeed in anything unless we have fun doing it. Your responses will appear in future newsletters. —Elaine Wallace

Please send responses to newsletter@eatrightaustin.org

CEU's / Meetings



Meeting: **Bluebonnet Chapter —AADE**

Date: Nov 16, 2009

Topic: New Developments in Byetta Time: 6-8pm

Speaker: Dr. Thomas Blevins (*joint meeting w/the Austin Dietetic Association).

Location: McFadden Auditorium, Seton Medical Center

1201 West 38th Street Austin, Texas 78705

Contact: info@aade-bluebonnetchapter.org

Website: <http://aade-bluebonnetchapter.org/>

Meeting: **American Dietetic Association**

October 17-20, 2009

Food and Nutrition Conference and Expo

Denver, Colorado

***Attendees.....please share your experiences and knowledge obtained in the next newsletter. We would love to hear from you!

Just send your experiences to newsletter@eatrightaustin.org

Meeting: **Gluten Intolerance Group of North America—Alamo Celiac GIG**

Date: October 21, 2009

Quarterly Meeting

Speaker: Dr. Jonci Jensen

Location: Faith Lutheran Church, 6600 Woodrow Avenue, Austin

Website: <http://www.alamoceliac.org>

Do you know of other CEU/Meetings? Please let us know and we can share with all the AuDA members. Email notifications to newsletter@eatrightaustin.org

More meetings continued on page 6

Fiber Resource—Kellogg Company

As nutrition professionals, you know the importance of educating your patients and clients so they're empowered to make healthier food choices. But how do you help them understand complex topics like fiber? As a registered dietitian, I know from my experience in counseling clients that fiber remains somewhat of a mystery. Not only are consumers uncertain of why they need fiber, but a recent survey conducted by the Kellogg Company reveals people are also misinformed about where to find it.

One way Americans try to get more fiber is by reaching for foods that are made with whole grains. In fact, our survey indicated that 73 percent of respondents believe food products made with whole grain ingredients provide at least a good source of fiber. Unfortunately, they may not be getting the fiber they're looking for since the amount of fiber varies greatly in products that promote their whole grain ingredients.

To better understand the connection between whole grain claims and fiber content, we audited a sample of cereal package labels on shelf from January 2005 to August 2008.¹ Nearly half of all products touting 'whole grain' on the package were found to provide less than a good source of fiber (less than 10 percent Daily Value, or three grams). With these statistics, it's no wonder that consumers are confused and no surprise that nine out of 10 Americans aren't getting enough fiber in their diets.²

That's Where We Come In

To help clear up the fiber confusion, I've teamed up with Kellogg Company to offer a brand-new resource for dietitians like you: FIBER-pe-dia: A comprehensive look at fiber. This guide provides a review of relevant scientific research and was designed to offer information and tools to help you educate and empower your clients.

As you take a look through this guide and read about topics like "Fiber and a Healthy Weight" and "Simple Steps to a High-Fiber Diet," consider how this important information might benefit your clients who are trying to eat a healthy diet. You'll find many other useful, copy-ready materials at kelloggsnutrition.com that can help teach consumers why fiber is important and how they can get more in their diet.

Together, we can educate our clients and clear up the confusion to increase fiber intake.

Best regards,

Leslie J. Bonci, R.D., M.P.H., L.D.N

Miscellaneous

Thank you to the Texas Beef Council for their generous sponsorship of our September meeting.

Thank you to all who attended and supported Austin Dietetic Association!

Members...please remember you too can submit an article for the next newsletter. The deadline for the next newsletter submission is **October 30** (usually 2 weeks prior to the next Austin DA meeting). Thanks for reading/keeping up to date with the newsletter. Please send correspondence to newsletter@eatrightaustin.org. Remember, this is YOUR newsletter!



Don't forget ...clocks are to be set back November 1 at 2:00am.

50 Jobs/50 States/50 Weeks—Favorite job—Dietitian

50 Jobs/50 States/50 Weeks

When college graduate Daniel Seddiqui couldn't find work with an economics degree, he hit the road. He decided to work 50 jobs in 50 states in 50 weeks.

His favorite job was as a dietitian in Mississippi. Here is the National Public Radio story link. The story is very short; 20 seconds, but interesting none the less.

<http://www.npr.org/templates/story/story.php?storyId=113265273>

More CEU/Meetings

Sweet Success 2009: Diabetes & Pregnancy –Strategies for Success—November 5-7, 2009—Garden Grove/Anaheim, California

More information..... <http://www.proedcenter.com>

Alzheimer's, Memory, & Dementia—Austin, Texas—September 4, 2009

Tyler, Texas on September 10, 2009

More information..... 877-246-6336 or 925-609-2820

Pediatric and Neonatal Dietitians of Austin (PANDA)

Fall 2009 Meeting—"New WIC Food Packages" Wednesday, November 11, 2009—4-6pm

Seton Administrative Office Building 1345 Philomena Street (In the St. Vincent de Paul East Auditorium)

For more information, contact Yvonne Martinez at Yvonne.Martinez@ci.austin.tx.us or (512) 972-6847

Swine Flu / Viral Epidemics—Austin, Texas— November 5, 2009

Houston, Texas—October 8, 2009; Dallas, Texas November 6, 2009

Presented by Insitute for Natural Resources

More information.....1-800-937-6878

OCTOBER 2009 NEWSLETTER

Austin Dietetic Association
PO Box 4632
Austin, TX 78765-4632

Mission: The mission of Austin Dietetic Association is to promote optimal nutrition and well-being for all people by advocating for its members.

Vision: Austin Dietetic Association members are the leading source of food and nutrition services.

We're on the Web!

<http://www.eatrightaustin.org>

Upcoming Meetings

October meeting: **October 19, 2009** Time: 5:30 – 8 pm

Topic: *House of Delegates Report and ADA Major Issues and Initiatives*

Speaker: *Linda T Farr, RD, LD, House of Delegates*

Location: *McFadden Auditorium, Seton Medical Center*

1201 West 38th Street Austin, Texas 78705

November meeting: **November 16, 2009**

Topic: *New Developments in Byetta* Time: 6-8pm

Speaker: *Dr. Thomas Blevins (*joint meeting w/the Bluebonnet Chapter of AADE).*

Location: *McFadden Auditorium, Seton Medical Center*

1201 West 38th Street Austin, Texas 78705

<http://www.eatrightaustin.org/eventcalendar.html>

Members Only Section of the New Website—Open to Members

The members only section is now closed to the public and available to Au DA members only. This is yet another reason to join this growing association!

Don't forget to visit our new website often.....<http://www.eatrightaustin.org>

Your member ID is “member” and your password is “austinda”

We hope to eventually provide unique login IDs.