

Austin Dietetic Association

October 2007 Newsletter

Mission Statement: The mission of AustinDA is to promote optimal nutrition and well being for all people by advocating for its members



Vision: ADA members are the leading source of food and nutrition services.

Hello fellow Austin DA members!

We had a great turn out last month at our first meeting of the year at the Texas Beef Council. Keli Hawthorne, MS, RD, LD presented "Iron and Zinc in Infant Development" which sparked our interest and some great conversations among members and students. We also "passed the hat" and raised over \$100 for TDA PAC!! Thanks to everyone who donated to this important committee.

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What is TDA PAC? Well, I am glad that you asked...

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TDA PAC is a political action committee registered with the Texas Ethics Commission as the official political arm of the Texas Dietetic Association. This organization is entirely voluntary, non-partisan and composed of contributing TDA members and their families, friends and supporters. TDA does not favor or disfavor any member for his or her participation or non-participation in TDA PAC.

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Here are some great reasons to contribute to TDA PAC:

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- *recognizing that you have invested in the future of your profession of dietetics!
- *realizing that you are a participant in the ongoing development of public policy that affects our profession and the Texans served by it

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- *more job opportunities for registered dietitians
- *better insurance reimbursement and expansion of services covered
- *knowing your contribution to TDA PAC plays a significant role in helping elect a candidate for public office who is supportive of TDA's views
- *impact food policies within schools and therefore the future generations
- *being assured that 100% of the contributions of RDs to TDA PAC go to candidates for political office and can only be used for campaign- or office expense-related expenditures, as authorized by the Texas Election Code

Fellow Austin DA members Stacy Fisher, RD, LD (LPPC – Federal Chair) and Ashley Colpaart RD, LD (LPPC – State Chair) are this year's Austin DA Director-at-Large Public Policy co-chairs and will be giving us legislative updates throughout the membership year. They will also be "passing the hat" at the meetings so come prepared to donate! Every donation counts! I look forward to seeing each of you this month.

Nutritionally yours,

Allison Enke, MA, RD, LD

Get to know the Board

Allison Enke-President: I have been involved in Austin DA for about 9 years and have served on the nominating and membership committees and am currently the president for the 2007-2008 membership year. My career in dietetics began when I completed the Coordinated Undergraduate Program in Dietetics and received the degree of Bachelor of Science in Nutrition in May 2002 at The University of Texas at Austin. I passed the Registration Examination for Dietitians and became a registered dietitian in September 2002. After the completion of a Master of Arts degree in Nutritional Sciences in May 2005 at The University of Texas at Austin, I served as a consultant dietitian for Real Life Nutrition, nursing homes in the Austin area and the electronic marketing team at Whole Foods Market. Currently, I am employed by Whole Foods Market and work as the registered dietitian for the product development sub-team within the private label team. My main responsibilities are to help ensure the nutrition information, ingredients and allergens on our private label products are correctly declared on the food labels as well as meet our quality standards and the FDA's labeling regulations. I also provide nutritional guidance to the private label team as we develop quality products to be sold at Whole Foods Market.

Tarie Beldin-President Elect: Graduated from UT Austin in 1992. Have worked at Scott & White Hospital in Temple as a clinical RD, then at Austin Diagnostic Clinic for 8 yrs in the Health Risk Management Dept, doing weight management. From 2002-2007 worked for DairyMAX as a program coordinator and media rep and currently work at Round Rock Medical Center and have created an adult and pediatric weight management program for the hospital and community. I am certified in Adult Weight Management, I am on the Austin Mayor's Fitness Council and I am the PR/media chair for the Diabetes Association "Step Out to Fight Diabetes" walk. I have served as PR chair and Chair of Community Development with the Austin DA and planned the Wellness Symposium last year at the culinary academy.

Ashley Colpaart-Public Policy: Received a BS from Texas State University in Nutrition and Foods. She went on to obtain her Registered Dietitian Certification through an internship at Texas State. She currently is working as the Nutrition Services Coordinator at Meals on Wheels and More (MOWAM). Her main project is the Meals for Kids program that provides nutrient dense meals and nutrition education to at risk children in East and South Austin. Ms. Colpaart also works on the Worksite Wellness program for MOWAM where she teaches monthly nutrition lessons to fellow employees and initiates employee wellness programs. She has also trained numerous childcare facility owners on nutrition and policy for establishments. Ashley previously worked on a federal grant program entitled "A Tu Salud" which provided exercise, nutrition education, and counseling to overweight Hispanic women in San Marcos, Texas. Ashley is currently a member of the American Dietetic Association, the Hunger and Environmental Nutrition Dietetic Practice Group (HEN-DPG), Texas Dietetic Association (TDA), and sits on a Nutrition Action Committee for STEPS to a Healthier Austin. She is the state Legislation and Public Policy Chair for TDA as well as the Director at Large for Legislation for the Austin Dietetic Association. Her main focuses are community and child nutrition, policy and advocacy, education, whole foods and holistic health.

Adrienne Haschke-Student Representative: Currently enrolled in the didactic program in Dietetics at the University of Texas. After obtaining a Neurobiology degree in 2004 from UT, she returned to academia this past spring to pursue a registration in Dietetics. Her areas of interest include international nutrition, sports nutrition and primary prevention education and consulting. She's a Nutrition Peer Educator at the University Health Promotion Resource Center and volunteers with the Sustainable Foods Center's Happy Kitchen program. This is her first year as a member of the Austin Dietetic Association and she looks forward to facilitating interaction between the professional and student members of Austin DA.

October



It is now time to make nominations for the 2008 Texas Dietetic Association Awards! The TDA award process is an excellent opportunity to recognize, reward and showcase the outstanding individuals in the Association who contribute so much to the profession, the district associations, and to TDA.

We need to recognize some of the excellent RDs in our association! Here is a list of awards available:

Distinguished Scientist Award

Bluebonnet Award

Emerging Dietetic Leader Award

Outstanding Dietetic Educator Award

Outstanding Dietetic Student Award

Recognized Young Dietitian of the Year Award

Recognized Dietetic Technician of the Year Award

Media Award

Texas Distinguished Dietitian Award

Visit TDA's Member's Only section to find out the specifics required for each award.

If you would like to nominate someone (or yourself), please contact Amy Culp at amyculprd@sCULPturetexas.com or 512-517-7624 with you completed award form (found on TDA's website – http://www.nutrition4texas.org/members/award_apps/2008/index.asp) by October 29, 2007.

Thanks to Texas Beef Council for sponsoring our September meeting. We had a great turnout with over 60 dietitians and students in attendance, and everyone enjoyed their meal from Rudy's.

FitCapital will be sponsoring our October meeting. FitCapital is "Your Online Destination for Fitness, Nutrition, and Sports". This website offers free advice from certified experts, the opportunity to meet people with similar interests and goals, free fitness, sports, and nutrition articles, and reviews of latest products out on the market

Update on Federal Legislation

Stacy Fisher RD, LD, Federal LPPC



There are some exciting things on the horizon in the field of dietetics, and being involved in legislative issues can get you a front row seat to the action.

One of our goals this year is to increase member participation with legislative efforts. The squeaky wheel gets the oil, and we have a greater chance of being heard when our voice is loud. We hope to see many new faces at the Public Policy Workshop both here in Austin as well as in Washington. Mark your calendars now!

TDA PPW, Austin, TX – to be determined
ADA PPW, Washington D.C. - February 4-5, 2008

These workshops are a great way to learn what's happening with state and federal regulations, but it's also an opportunity to actually meet and talk with your legislator. Because we know that many people find the idea of talking to legislators frightening, the workshops are designed to increase confidence when delivering your message. For more information about how to become more involved in this area, please contact Hawley, Stacy, or Ashley.

Below are some of the current areas of focus for federal issues:

Obesity

Obesity is a complex multifactorial chronic disease state involving interactions between genetic, physiological, psychological, metabolic, and environmental influences. Unless steps are taken to stop the rising incidence of overweight and obesity, the impact on people's lives and the cost of addressing health programs will be catastrophic.

What needs to happen:

- Put dietetic professionals on the front lines in addressing overweight and obesity in all populations
- Gain coverage for MNT
- Promote healthy weight for children
- Designate obesity as a disease by federal agencies and insurers
- Increase funding for research

MNT

MNT involves the assessment of the nutritional status of patients with a condition, illness or injury that puts them at risk.

What needs to happen:

- Expand coverage to hypertension, dyslipidemia, and other diseases and disorders in Medicare – as well as conditions such as pre-diabetes
- Successfully implement Ryan White HIV/AIDS care programs
- Increase utilization and payment rates for MNT services
- Seek MNT expansion in more public and private programs

Child Nutrition

Focusing on child nutrition will play a vital role in preventing obesity and chronic disease.

What needs to happen:

- Improve nutritional offerings to children
- Exclude foods of minimal nutritional value in schools
- Maintain local school wellness policies
- Raise visibility of ADA members' knowledge, skills and talents in their communities

Aging

Nutrition plays multiple roles in maintaining a high quality of life as we age. MNT is an effective disease management strategy that lessens risks from chronic diseases, slows disease progression and reduces symptoms. Nutrition professionals can play a role in helping older adults maintain their independence longer.

What needs to happen:

- Expand funding of federal and state nutrition services in home and community-based programs
- Garner support for applied research on nutrition and aging
- Recruit and retain allied health professions to meet future projected healthcare demands

RD Opportunities in Austin

1. Texas Beef Council: Senior Manager, Nutrition
Send resume to: Linda Beebee
Fax: (512) 335-0582
Phone: (512) 335-2333
Email: lbebee@txbeef.org
2. The University of Texas at Austin/University Health Services:
Nutritionist/Health Education Coordinator II
Contact person: Sandi Cleveland
<http://utdirect.utexas.edu/pnjobs/index.WBX>, search by job posting number 070912011533

Find more job info at www.nutrition4texas.org

Upcoming Training Program in Austin

Certificate of Training in Childhood and Adolescent Weight Management:
November 4 to 6, 2007; Chattanooga, Tennessee
May 18 to 20, 2008; Dover, Delaware
June 5 to 7, 2008; Austin, Texas
September 4 to 6, 2008; Cincinnati, Ohio
For registration information and to view the certificate requirements, timeline, registration deadlines and agenda:
<http://www.cdrnet.org/wtmgmt/childhood.htm>

