



ArDA E-Communiqué

Volume 5, Number 2
February 17, 2009

Be sure to visit our website at: <http://www.arkansaseatright.org/>

Register Now!!! ArDA 3rd Annual Feed Your Feet 1 mile/5K Fun Run –

The big day is almost here!! The 3rd Annual Feed Your Feet 1 mile/5K Fun Run will be held on **Saturday, March 13, 2010** at the Clinton Library. We are anticipating a bigger crowd this year and would like to see our membership there in large numbers as well! This event is a great way to kick off National Nutrition Month and spread our word to anyone who will listen. There's a link on the website: www.arkansaseatright.org so please take a moment to register for the event. Also, please pass this information on to your children's schools and anyone else who might be interested in participating. If you have questions or would like help with the event, please call or email me at 501.517.4022 or shannon.hendrix@arheart.com . We hope to see you there!

Submitted by Shannon Hendrix, MS RD LD, Fun Run Chair

Registered Dietitian Day and National Nutrition Month

Mark your calendars for March - National Nutrition Month and Registered Dietitian Day on March 10th. Link to [ADA](#) for more ideas.

Member Feature

Name:
Margaret West

Where you work:
Magnolia Hospital, Magnolia, AR

Title: CEO



1979-Present-Member of the Arkansas Dietetic Association

- 1999 - 2003 - Delegate
- 1996 - 1998 - Legislative Network Coordinator
- 1994 - 1995 - President
- 1993 - 1994 - President Elect
- 1992 - 1993 - President Elect-Elect

1998 - 1999

Served on ArDA Board as the Chair, Marketing and Public Relations. Developed a Marketing Plan for the Association.

1996 – 1997

Served on the American Dietetic Association Legislative and Public Policy Committee

<p>ArDA Leadership Roles:</p>	<p>March 1997 Participated as Facilitator at 1997 American Dietetic Association Legislative Symposium in Washington, D.C.</p> <p>1996 - 1997 Served as a Trainer for the American Dietetic Association Government Affair Office Technical Assistance Program (TAP) for Medical Nutrition Therapy, Training Dietitians in Arkansas, Texas, and Mississippi.</p> <p>1997 Testified to the Board of Directors of the Arkansas Hospital Association to gain support for the Medical Nutrition Therapy Bill.</p> <p>1995 - 1996 Served as Member of the Outcome Research Committee of the Diabetes Care and Education (DCE)</p> <p>February 1995 Testified to role of the Dietitian in Health Care in a meeting with Senator David Pryor and the Wexler Group--Washington, D.C.</p> <p>1993 - Present Make yearly visit to Capitol Hill to meet personally with members of Congress on Nutrition Related Legislation</p>
<p>More about my job:</p>	<p>I served as the Chief Ancillary Officer of Magnolia Hospital beginning in 1996. In addition to maintaining my responsibilities as Nutrition Service Director/Clinical Dietitian, I had oversight for the management of Pharmacy, Lab, Respiratory, Physical Therapy, and Radiology. Through the years as Chief Ancillary Officer I took on more and more responsibilities within the hospital such as: Policy and Procedure Development, Central Scheduling, and Grant Writing.</p> <p>On June 24, 2009, I was asked to serve as acting CEO when the administrator left suddenly. I submitted my application to the Board of Commissioners at the September Board meeting and was hired in the permanent position as CEO on September 28, 2009.</p> <p>We have been building a \$40 M replacement facility (we move in February 27th) as I have been learning my new role. It has been a whirlwind eight months. I look forward to the many challenges and opportunities yet to come.</p> <p>I feel that my career in dietetics has prepared me for this role, especially the opportunities I was given during the thirteen years that I served on the ArDA Board and working at the National ADA level. I eagerly tell people that my professional background is Dietetics and I am always amazed at the shock. A usual comment is "that's unusual" and I say "it shouldn't be, we are prepared in many ways to assume management roles".</p>
<p>Birthday:</p>	<p>July 1</p>
<p>Hometown:</p>	<p>Prescott</p>
<p>Current City of Residence:</p>	<p>Magnolia (24 years)</p>
<p>Married?</p>	<p>23 years</p>
<p>Children? Names/Ages:</p>	<p>2 children, 1 step child, 8 grandchildren, and my first great grandchild on its way</p>
<p>Hobbies:</p>	<p>Travel, running, snow skiing, scuba diving, reading</p>
<p>Pet Peeve:</p>	<p>People who are late</p>
<p>People Oriented or Task Oriented?</p>	<p>Both</p>

Favorite Color:	Red
Favorite Healthy Food/s:	Avocado
Favorite Sounds:	Sea
To Relax I Often:	Do yoga
My dream vacation is:	A Mediterranean Cruise
Best decision ever made:	Marrying my husband 23 years ago
Worst job ever:	Packing eggs into carton
If I could change one thing about myself it would be:	More patience
When I think about the future of nutrition and dietetics, I visualize:	Dietitians being in a place of prominence in healthcare and I want to see Dietitians' climb the cooperate ladder, just like Nursing has done

Job Postings

Contracted Dietitian for LTC, Part Time
Multiple locations throughout Arkansas
Open Date: Immediately; Close Date: 3/7/10

Registered Dietitian, Full Time
Nevada Regional Medical Center
Nevada, MO
Open Date: 02/01/2010; Close Date: 03/01/2010

Current link to job postings are at [ArDA website](#).

ADA--Key Messages from BOD meeting & 2010 Elections

Key Meeting Messages

1. The Board passed a motion to evaluate our current sponsorship program to maximize benefits for ADA members and the public. A process will be established that is transparent using well-defined criteria reflecting a compelling social responsibility platform.
2. The Board and staff deliberated leveraging ADA's Web site as a new revenue platform. Various revenue models were discussed. An Online Marketplace business plan was approved as a viable revenue generating Web model and will be submitted to the Finance and Audit Committee as part of the FY2011 budget.
3. A public policy and advocacy environmental scan was presented and will used as a springboard to develop a public policy strategic plan. The report and recommendations will be forwarded to the Legislative and Public Policy Committee and ADAPAC as a resource in focusing their strategic directions and efforts.
4. The Legislative and Public Policy Committee's reports from the Grassroots Workgroup and the Licensure, Scope of Practice and Competition Workgroup identified recommendations for ADA to maximize member skill and strategic involvement at both the state and federal levels. Health reform has the potential for creating new career and training opportunities for RDs and DTRs and ADA members need to navigate the system to be ready to compete. Information will be shared in Affiliate communications in the Policy Initiative & Advocacy Report, On the Pulse and in future issues of ADA Times.
5. A Health Information Technology Action Plan was approved. The plan identifies strategies and actions that will be pursued to enhance ADA's involvement and influence on positioning nutrition in electronic and personal health records, along with promoting the role of RDs/DTRs.
6. ADA is excited about the ADA/ADAF Campaign with the National Dairy Council promoting quality nutrition. The new program "Kids Eat Right" creates a platform for ADA to improve the health of the public and promotes ADA and RDs. The five-year plan includes expanding the RD's role as the recognized nutrition authority, increasing ADA member involvement in prevention of childhood obesity, and helping the nation's kids eat right.

ADA elections are available on-line from **February 1st through March 3, 2010** at www.eatright.org/elections/ .

Remember, there are two nominees with ArDA connections: Ruth Johnston, past ArDA President and past ArDA Delegate; and Charlotte Mosqueira, past ArDA President now retired to California.

ArDA has the potential to earn a FREE ADA membership for 2010-2011 if we increase our voter turnout in the ADA elections. Since ArDA has such a great voter turnout for our affiliate elections (33%) this past January, it is certainly conceivable to earn a Free membership with excellent voter turnout in the ADA elections. Please take time to cast your vote in the ADA elections.

Submitted by Polly Carroll, MA RD LD, Delegate, & Lea Hyland, MS RD LD, ArDA Executive Secretary

ArDA--Congratulations to the 2010 ArDA BOD Election Winners

Incoming President Elect - Shannon Owens Hendrix
Incoming Secretary/Treasurer Elect - April Hobbs
Incoming Nominating Committee Chair - Lisa Ritchie
Nominating Committee Members - Nina Roofe and Katie Tumilson Holland

Congratulations to the ArDA Membership for setting an all time voter turnout record of 33% compared to 31.5% in 2009 and 25.5 % in 2008.

Thanks again to the 2009-2010 Nominating Committee for an outstanding ballot!

Submitted by Lea Hyland, MS RD LD, ArDA Executive Secretary

ArDA--Call for Member Award Nominations & Scholarship Applications

Please submit nominations to the Director of Member Services (ckm001@uark.edu) for Outstanding Dietitian of the Year, Emerging Dietetic Leader, Recognized Young Dietitian of the Year, Outstanding Dietetic Student-Intern and Outstanding Dietetic Student-Undergraduate by **March 1, 2010**. Decisions will be made by the Member Services officers based upon the ADA selection criteria and materials that are submitted by March 1. Please see <http://www.arkansaseatright.org/awards> for instructions.

Encourage your nominees by offering to assist with compiling their information. Most individuals are not comfortable putting themselves forward for such an honor. The recipients for Arkansas will be submitted to the American Dietetic Association to be considered for each respective national award. Our recipients will be honored at the ArDA Annual Meeting in April.

Please submit scholarship applications for either undergraduate students or dietetic interns/graduate school for the 2010-2011 academic year to Tracy Winder, Assistant Director of Member Services.

Tracy L. Winder, MS, RD/LD, CNSD
Department of Clinical Nutrition, Slot 603
Arkansas Children's Hospital
1 Children's Way Little Rock, AR 72202
Office: 501-364-1278
Fax: 501-364-6819

Note that in addition to the application sent in by the student, each student applicant must have recommendation forms submitted by 3 references. Each reference must complete, seal and sign the back of the envelope. Decisions will be made based upon the materials that are postmarked by **May 1**.

The Director of Member Services will not participate in the selection process due to a potential conflict of interest. Please see <http://www.arkansaseatright.org/studentmembers> for instructions.

Submitted by Cindy Moore, PhD RD LD, Director of Member Services

ArDA--AME Abstract Submission

All are invited to submit an abstract for review and possible presentation at the ArDA Annual Meeting & Exhibition. The poster session is scheduled for Thursday, **April 15th** from 4:00-6:00 pm during the Member Networking Reception and Awards to be held at St. Vincent Health Center, Little Rock. Please visit the website for additional instructions and submission criteria. Direct any questions to Debie Head at dhead@uca.edu.

Submitted by Debie Head, MSE RD LD, ArDA Annual Meeting Program Committee

ArDA--Student Liaison Application

The Arkansas Dietetic Association is seeking a student/students to serve on the Arkansas Dietetic Board of Directors in the position of Student Liaison. Applicants must be a student member of ADA by January 1 of the application year (2010). The recipients will serve on the ArDA BOD for one academic term (August, 2010-July, 2011). The recipient(s) will be announced at the Arkansas Dietetic Association annual meeting in April, 2010. Additionally, any undergraduate student or dietetic intern who receives an ADA student liaison appointment will also be included as a student liaison to the ArDA BOD. Application and reference forms are available on the ArDA website with this link: <http://arkansaseatright.org/studentmembers> The deadline for applications is **March 12, 2010**.

Submitted by Nina Roofe, MS RD LD, SPRC Chair

ArCOP Update

The Arkansas Coalition for Obesity Prevention (ArCOP) met at the Robert Wood Johnson Foundation Center for Childhood Obesity at the Victory Building on January 25, 2010. The agenda was packed with news and updates from various activities from all over the state. Several new opportunities were presented, including the potential for a Prevention Specialist from CDC to work with the coalition as a Policy Coordinator. This person would track policy changes mainly in the Growing Healthy Communities to help document the successes of the program. A letter of intent has been submitted.

The coalition is still looking for a partner to host a viewing of Food, Inc. to raise public awareness of the U.S. food system and its impact on food access, obesity and diet-related health issues. ArCOP has been working with Active Voice, a company from California that is providing technical support for communities around the country to host viewings of the film.

Joy Rockenbach, chair of ArCOP, reported that the coalition has total assets of approximately \$200,000, both in hard cash and in-kind donations. The coalition elected Rhonda Sanders as Treasurer and Margaret Harris as Vice-Treasurer. The coalition is pursuing 501c-3 status.

ArCOP has chosen pilot sites for the Growing Healthy Communities project. This opportunity will enable communities to address the childhood, adolescent and adult obesity problem. An intensive training is planned for March 3 – 5 at Winrock Institute on Petit Jean Mountain where the community members will learn about policy and environmental changes that will promote healthy lifestyles. The guest speaker is Chip Johnson, mayor of Hernando, Mississippi, known for the major changes he has instituted in his community. Each pilot site will also receive \$10,000 for implementation of plans as a result of funding from the Blue and You Foundation. The project sites are:
 Central Region-Arkansas Baptist College (Pulaski County)
 Northwest Region-North Arkansas Partnership for Health Education-Harrison (Boone County)
 Northeast Region-UAMS Area Health Education Center, North Central-Batesville (Independence County)
 Southeast Region-UAMS Area Health Education Center, Delta-Helena/West Helena (Phillips County)
 Southwest Region-HEALTH in Columbia County-Magnolia (Columbia County)

ArCOP will be ramping up a Social Marketing committee to make plans for spreading the word about the coalition and its work. Christine Reifeiss and Deb Pate will head up this committee.

The next ArCOP meeting will be **Monday, March 22, 1:00-3:00**. Location to be determined.

For more information on the Arkansas Coalition for Obesity Prevention, contact Joy Rockenbach at 501-683-3600 or at Joy.Rockenbach@arkansas.gov

Submitted by Andrea Ridgway, MS RD LD CDE, ArDA Liaison to ArCOP

Slow Cooker Project

This project started off as the basis for a grant writing assignment in our dietetic internship class. As a group, we wrote a grant proposal around my Slow Cooker Project idea but unfortunately we were unable to submit the proposal for various reasons I won't go into. I put the idea on the backburner until I was challenged to participate in a leadership project as part of another class. It was a perfect opportunity to try again!

The premise for the project is this: many people don't eat at home because they don't have a way to cook – perhaps they don't have a stove or an oven, or they are very busy or perhaps they don't have the knowledge (not everyone knows how to cook). So, I thought if we could supply needy families with a slow cooker, some dry staples, a cookbook and some basic cooking instructions they could begin to cook a few healthy, inexpensive meals at home.

As dietitians (or, in my case, as future dietitians), we need to find new ways to help people eat better. One of those ways is to bring meals back into the home. I would like to share this project with other students as I believe it is a worthwhile service project that their student dietetic association could bring to their own communities.

See article in the Conway Log Cabin Democrat newspaper at <http://thecabin.net/news/2009-12-24/slow-cooking-equals-healthy-cooking-%E2%80%94-even-holidays> or contact Margaret at mpauly@conwaycorp.net.

Submitted by Margaret Pauley, UCA Dietetic Internship Graduate

Nutrition Education

The Arkansas Dietetic Association is still looking for dietitians to go to schools to help educate kids about nutrition and healthy living. This will only take an hour or so of your time. I have some handouts and a few lesson plans, but it really isn't necessary to follow a lesson plan. A book on food from the local library works really well, or just talking with them about healthy lifestyle is great too. If there is anyone interested in going to a school or two to speak to a class about nutrition, please contact Sarah Chunn at 501-425-2155 or via email at s.chunn@hotmail.com. Don't forget Kim's campaign to "Just Do 2."

Submitted by Sarah Chunn, MS RD LD, Director of ArDA Communications

Leadership Institute

Tap Into Your Leadership Potential ... at ADA's 2010 Leadership Institute. Join the growing number of ADA members who have developed their leadership skills by attending the prestigious Leadership Institute. The 2010 Leadership Institute will be held **June 10-13** at the Intercontinental Montelucia in Scottsdale, Ariz.

Participants will sharpen their skills through interactive workshops and network with 300 ADA member leaders. Here are just a few dynamic changes to the Institute:

- o All ADA members, including past Leadership Institute alumni, are eligible to attend.
- o There will be eight new speakers and workshop facilitators.
- o Members can nominate themselves to attend... only the first 75 applicants will be accepted. The self-nomination deadline is **Wednesday, March 3**.

View the full program for more information, speaker profiles, attendee details and tips on how to talk to your employer online. Or e-mail Diane Barrera at dbarrera@eatright.org.

Submitted by ADA Center for Professional Development

Annual Pediatric Nutrition Conference: Neonatal Nutrition

Arkansas Children's Hospital: FORTUNE's 2009 "100 Best Companies to Work For"---Little Rock, AR

Arkansas Children's Hospital proudly introduces their Annual Pediatric Nutrition Conference. The first one day conference is intended for dietitians and nurses working in neonatal nutrition.

Friday, April 23, 2010

7:00 am – 4:00 pm

Cress Board Room

Arkansas Children's Hospital

- An overview of the preterm infant, basic nutrition assessment, and patient discharge/follow up needs. Breakout sessions will allow participants with an opportunity to apply newly learned skills in a smaller group setting.
- Advanced topics to include NICU nutrition acuity and applying the Nutrition Care Process in the NICU.
- Featured Speakers:
 - *Ekhard Ziegler, MD
 - *Susan Carlson, MMSc, RD, LD, CNSD
 - *Nancy Nevin-Folino, MEd, RD, CSP, LD, FADA
- Space is limited. Please register early. Registration opens **February 1st**.
- Cost of the conference \$75.00 including meals
- 7.0 CPE hours (RDs)
- 6.75 Contact hours (RNs)

For more information or to register, visit <https://secure.archildrens.org/conference/masterlist.asp> or contact Bethany Spillman at fultzbd@archildrens.org

You will be asked to create a profile on the ACH website. After you create a profile, you will be able to log in and register for the conference. Please pay by credit card online when you register.

Submitted by Bethany Spillman, RD Clinical Dietitian Arkansas Children's Hospital

Educational Opportunities for Geriatrics

Arkansas Geriatric Education Mentors & Scholars is a continuing education program aimed at health professionals working with older patients who want to learn more about the aging process and improve the care they provide. Support for this program comes from a US Health Resources and Services Administration Grant awarded to the Arkansas Geriatric Education Center. Training for the AR-GEMS Program will take place at the DWR Institute on Aging and the Central Arkansas Veterans Healthcare System. Health professionals such as dietitians, physicians, nurses, therapists, psychologists, social workers, and others, who provide care to older adults, are invited to participate in this program.

AR-GEMS Program Description

Each AR-GEMS participant will complete a brief comprehensive course in geriatrics/gerontology. All printed materials for the course will be provided. Additional materials will be available at designated Internet sites. Participants will be assigned mentors with experience in older adult care. Upon fulfillment of all requirements, participants will receive a certificate of completion showing 88 CEUs earned.

AR-GEMS Program Requirements

Participate in a 1 hour conference call orientation.

Complete four required instructional units, three of which are self-study and one is a two-day participatory experience (one day of health care team experience and one day of a "Coaching and Mentoring" workshop in Little Rock), and at least two of the elective self-study units within a 9 month period.

Attend 2 video teleconferences sponsored by the AGECE.

Engage in ten (10) hours of experiential practice in a geriatric setting with a mentor.

Develop a module on the availability and use of community resources in the participant's area.

For an application or more information, please contact Soledad Jasin, PhD at: AGECE (501) 257-5551 or jasinsoledadhd@uams.edu

Fees: None. Supported in part by the AGECE

Submitted by Ruth Johnson, MS RD LD

Lean Beef Recipe Contest to Win a Trip to FNCE

Are you a registered dietitian who loves lean beef? You're not alone. In fact, more than 80 percent of registered dietitians surveyed agree that lean beef can fit in a healthy diet,* and we know you're looking for ways to help consumers make healthful choices.

We're pleased to announce the RDs Love Lean Beef Recipe Contest. If you are a registered dietitian, or dietetic technician, registered, submit your favorite lean beef recipe and tell us why you love lean beef by the end of February.

If your recipe is selected as the grand prize winner, it will become a featured recipe on BeefItsWhatsForDinner.com. And, to "beef up" the prize, you will also receive a \$450 gift card that can be used to cover registration fees for the 2010 ADA Food and Nutrition Conference & Expo in Boston as well as 11 copies of The Healthy Beef Cookbook, (one to keep and 10 to share with clients and friends).

Just for participating, you'll receive a copy of the 29 Lean Cuts Wallet Card and an "I ? Beef" bumper sticker.

Visit the Web site BeefNutrition.org/rdsheartleanbeef.aspx for full contest details and to download the official entry form. All online entries must be received by 11:59 p.m. (CT) on **February 28, 2010**.

Also, be sure to also check out these resources highlighting how lean beef, the protein Americans love, can be an important and delicious part of a heart-healthy diet. Research shows naturally nutrient-rich lean beef can be an important part of a heart healthy diet. Recommended fact sheets include:

- The Fatty Acid Profile of Beef
- It's Not Your Father's Steak/29 Ways to Love Lean Beef
- High-Quality Protein Promotes Optimal Health

Good luck in the recipe contest - we look forward to hearing about your love for lean beef! If you have any questions about the RDs Love Lean Beef Recipe Contest or for more information about lean beef's role in a heart-healthy diet, please contact Shelley Johnson, RD, Associate Director, Food & Nutrition Outreach at sjohnson@beef.org or via phone at 303-850-3303.

Submitted by Donette Stump, Arkansas Beef Council

Alzheimer and Dementia Resources

In honor of Alzheimer and Dementia Staff Education Week February14-21st, the National Council of Certified Dementia Practitioners is offering a free tool kit with Power Point inservices and other resources to educate staff on Alzheimer's dementia. It is available at http://www.nccdp.org/staff-ed-week-registration/usercenter.cgi?join_id=1 until **March 1, 2010**.

According to the NCCD:

"In an effort to bring awareness to health care professionals about the importance of comprehensive dementia education, the NCCDP is once again offering a wide variety of topics regarding dementia as power point in-services.

The tool kit was developed to bring awareness to staff and nurse educators about Alzheimer's and dementia training, certification in dementia care, and to promote dementia education by means of a face to face/interactive classroom environment.

Currently, there are no national standards for dementia education. The regulations regarding dementia education are different from state to state. The NCCDP recommends at minimum 8 hours of comprehensive dementia education to be provided to all staff. NCCDP recommends that ongoing dementia topics be presented throughout the year. Ongoing dementia education should address new advances, culture change, policies, new regulations and innovative interventions."

When you enter this site you will be asked to register with a username and password. Then you can access the toolkit. There are inservice outlines in read only format that can be saved for future use but cannot be modified, interactive games to use for staff training, and even some links to beautiful songs that reflect the emotional feelings associated with caring for persons with dementia.

Don't delay looking at this site if you are interested in dementia as it is only available until March 1, 2010.

Submitted by Rose Hoenig, RD CSG LD

Freebies Update February 2010

Earning continuing education for free is easy! Be sure to check the Freebies link at least monthly as opportunities are discovered routinely and then posted to the ArDA website. We will include free teleseminars and webinars as they are announced. I have appreciated suggestions to post to this page, keep them coming! If you discover a link is not working or has expired please let myself or Lori Hale know. I do check these links periodically but there is not always a way to determine expiration dates. While FREE is good, don't miss out on the ArDA annual meeting. Your registration fee provides you with excellent continuing education programs but the networking and face to face connections you make with colleagues and other health care providers are invaluable. The Freebies resource can help you find those few extra CPEs you might need but there is no replacement for the group learning and interaction you share at the ArDA meetings. Supporting ArDA events helps keep our state association vital and active which leads to more opportunities for all Arkansas dietitians.

This month's focus is on the Abbot Nutrition Health Institute

<http://anhi.org/learning-center/course-catalog>

This site provides CPEs for adult and pediatric nutrition as well as a few for pediatric nurses. The pediatric programs include nutrition in neonates and a topic on prebiotic and probiotics in infants and children. Some of the programs offer preapproved CDR credits but those that don't would still fit well into your ADA portfolio if they meet your planned learning needs. The Adult CPE programs offer topics on diabetes and chronic kidney disease, wound healing, inflammation, MNT for type 2 diabetes, weight management for diabetes and prebiotics and intestinal microbiota.

Another valuable resource, but not free, is the A.S.P.E.N. Clinician's Compendium to Nutrition Support Therapy found on this site. A.S.P.E.N. and Abbott Nutrition have joined forces to develop a self-paced online course utilizing the latest technology and information for healthcare providers who need to learn, review or teach the essential elements of nutrition support therapy. You can earn 13.5 hours of CPE for \$49 if you are an ASPEN member, \$99.00 if you are not. You can take just one part of the course, if desired. That is a great bargain at just over \$7.00 per credit hour for non Aspen members and it looks like a terrific educational course to learn about or refresh your nutrition support knowledge.

Take the time to look over the Abbot Resource Library for clinical tools and articles. Keep checking this site as new topics appear periodically.

Until next time, let ArDA help you stretch your dollars a little further!

Submitted by Rose Hoenig, RD CSG LD, r.hoenig.w@cablelynx.com (501-762-4275)

CDC Webinar: Post Weight of the Nation

Post Weight of the Nation Webinar Promising Provider Strategies to Prevent and Treat Obesity Back by popular demand! CDC has invited back conference panelists from Weight of the Nation to participate in a follow-up webinar titled, "Promising Provider Strategies to Prevent and Treat Obesity." Join leading Medical Practitioners as they discuss innovative provider practices to address obesity that focus on effective clinical interventions, quality improvement, training, and community engagement. Panelists will provide specific examples of new training programs developed for health care providers, as well as the role of the medical home in obesity prevention and control.

Date: Friday, February 26, 2010 Time: 2pm EST/11am PST
Participant Log On Information: AUDIO: (888) 968-4303, Passcode: 2325312
NET: <https://www.mymeetings.com/nc/join/>
Conference Number: PW1983426 Conference
Passcode: 2325312

Session Speakers:

Dr. Brook Belay, MD, MPH, session moderator, is a Senior Service Fellow in CDC's Division of Nutrition, Physical Activity, and Obesity. Dr. Belay works on a variety of initiatives that focus on identifying and promoting innovative strategies in the health care setting.

Dr. Christiane Stahl, MD, is Assistant Professor of Clinical Pediatrics at the University of Illinois, Chicago, and chairs the clinical practices workgroup for the Consortium to Lower Obesity in the Children of Chicago (CLOCC). She recently led the development of a web based resident training program which includes a community education component coupled with a brief clinical intervention effective for the treatment of obesity. The training program is accredited for continuing medical education and was recently adopted for use by Blue Cross Blue Shield medical care providers.

Dr. Wendy Slusser, MD, MS, is Associate Clinical Professor of Pediatrics at UCLA, Medical Director of the Fit for Healthy Weight program, Director of UCLA's Breastfeeding Resource Program, and Co-director of the Community Health and Advocacy Pediatric Residency Training Program. Over the past 15 years, Dr. Slusser has been a leader in community, school, clinic, and family based programs related to health promotion, infant and child nutrition, and physical fitness. She has provided expertise to local, state, national, and international policy makers and in 2008 was honored with the Beverlee Myers Award of Excellence for her outstanding contributions to the field of Public Health.

Dr. Debra Lotstein, MD, MPH, is Assistant Professor of Pediatrics and Internal Medicine at UCLA and a senior health services researcher at the RAND Corporation in Santa Monica, CA. Her work primarily focuses on applying quality improvement (QI) methods to health care and public health practice. Currently, she directs the UCLA Med-Peds Transition Care Program, serving adolescents and young adults with chronic medical conditions, and serves as faculty on the FIT for Residents Obesity Training Project.

Submitted by Carole Garner, MPH RD LD

Arkansas Chronic Disease Meetings

You are invited to participate in one of a series of regional Chronic Disease planning meetings occurring across Arkansas. A collaboration of programs and agencies will be traveling to your area to gather public input on Chronic Disease issues in the state. Information gathered from these meetings will be presented at the State Chronic Disease Forum and incorporated into the development of the Arkansas 2010 Chronic Disease State Plan.

Participants Will:

- 1) Understand the purpose and intended use of the Arkansas 2010 Chronic Disease State Plan.
- 2) Understand how the Arkansas 2010 Chronic Disease State Plan will relate to the Healthy People 2020 vision and mission statements as well as its overarching goal.
- 3) Provide local public comment to assist in identifying cross-cutting issues found in that area of the state.
- 4) Gain knowledge of the guidelines and processes for implementation and evaluation. Provide input on technical assistance needs for their community.

Continuing Education Units are pending approval for Registered Dietitians. Continuing Education Training Hours are pending approval for Certified Prevention Specialists and Certified Prevention Consultants. Continuing Nursing Education has been approved for Registered Nurses.

Register Now To attend more than one Forum, please complete separate registration forms. There is not a charge for these Forum(s), but

registration is limited. Contact Lewis Leslie at (501) 661-2831 or Charles.leslie@arkansas.gov for more information.

Register by Visiting:

Northeast Region-Jonesboro, go to <https://www.surveymonkey.com/s/northeastcdforum>
Southwest Region-Hope, go to <https://www.surveymonkey.com/s/southwestcdforum>
Northwest Region-Harrison, go to <https://www.surveymonkey.com/s/northwestcdforum>
Southeast Region-Monticello, go to <https://www.surveymonkey.com/s/southeastcdforum>
State Chronic Disease Forum-North Little Rock, go to <https://www.surveymonkey.com/s/statecdforum>

Submitted by Arkansas Department of Health

Web Site Watch

<http://www.iom.edu/activities/nutrition/nutritionsymbols.aspx>
Front of Package Labeling

http://simplemom.net/how-to-create-a-paperless-kitchen/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+simplemom+%28Simple+Mom%29&utm_content=Google+Reader
Want to create a paperless kitchen? Read suggestions on going "green."

Submitted by Lea Hyland, MS RD LD, ArDA Executive Secretary

OLYMPIC WINTER GAMES

<http://www.vancouver.sun.com/sports/2010wintergames/getting-there/sports/2010wintergames/getting-there/drink+perform+like+Olympian/2566346/story.html>

Eat, drink, perform like an Olympian: Diet and nutrition are vital elements to any athletic training program

<http://www.canada.com/life/national+recipes+Olympic+feast/2540691/story.html>

Top 5 National Recipes for an Olympic Feast

<http://www.delish.com/food-fun/quizzes/olympic-foods-quiz>

Take a food quiz to test your Olympic Food smarts. Also, a second link on the same page to read an interview about the behind-the-scenes information on food at the Olympics. Guess what the food budget is? Guess how many pages are in the food manual to cover all food requirements for the Olympic Games?

Have a favorite Web site resource? Send suggestions to [Celia Harkey](#)

Upcoming Events - Mark your calendars!!

UAMS Monthly Nutrition Seminars:

"The Role of the Dietitian in Liver Transplant"

Presented by Judith O'Connor, MD, Associate Professor

Department of Pediatrics, College of Medicine, University of Arkansas for Medical Sciences

Date: March 11, 2010 Time 4:00 P.M.

[ArDA Annual Fun Run/Walk](#)

March 13th

Clinton Presidential Center

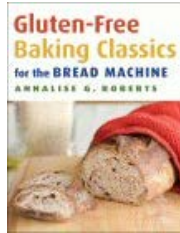
[ArDA Annual Meeting & Exhibits](#)

April 15-16, 2010
 Gilbreath Conference Center, Baptist Health Medical Center

[ADA: Future FNCE Dates](#)

Boston, MA
 November 6-9, 2010
 San Diego, CA
 September 24-27, 2011

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Elaine Monarch, Executive Director, Celiac Disease Foundation

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e-Communiqué Deadlines

Submission deadlines for publication in the e-Communiqué are the 5th of each month. The newsletter is published on the 15th of each month, unless that falls on a weekend. In which case, the newsletter will be sent on the Friday before the 15th.

Here is the schedule for the next few months:

Deadline March 5 - Publication March 15
 Deadline April 5 - Publication April 15

Send any PRINT READY submissions for the newsletter to documents@arkansaseatright.org and please put "March e-Comm" in the subject. Please have these written exactly as you want them printed in the newsletter. The email address you provided to ADA at time of membership renewal was used to update the ArDA distribution list in early August. If your email address changes during the year, please update your member profile on the ADA website and notify Lea Hyland at webmaster@arkansaseatright.org or call 501-681-2732.



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