



DATELINE

The Newsletter of the Delaware Dietetic Association

May 2011

Message from the President

By Elena Blanco Schumacher, RD, CSO, LDN

My term as President for the DDA is coming to a close. It has been an exhilarating opportunity and the time has flown by. Over the past few months, we had a very successful Legislative Day in Dover and met with Governor Jack Markell who signed the Proclamation for National Nutrition Month. Several DDA members were in attendance during the day as body fat measurements were performed, nutrition information was discussed and guests dined on delicious fruit kabobs prepared by Natalie McKenney and Dawn Clausing. We also sponsored a talk on Cardiovascular Health by Marianne Carter. Patty Davis-Oliva generously donated her time to come and speak to us about the licensure bill for dietitians in Delaware. Please see the Delaware Division of Professional Regulation's website for additional information on Delaware's Dietitian/Nutritionist Licensure.

We look forward to the Annual DDA Conference that will take place at the Waterfall Conference Center in Claymont, Delaware on May 19th. We hope to see you all there! In June I will be turning over the reigns of President to Eric Ruffcorn, our very capable President-Elect.

Thank you for letting me serve you for the past 2 years!

Elena Schumacher

Inside this issue:

President's Message	1
Weight Loss Challenge	2
Annual Meeting Info	3
Federal Legislative Update	4-5
Making a Change RDs	6
House of Delegates	7
Board of Directors List	8
School Food Revolution	9
Listserv Information	10
Calendar of Events & Budget	11



Chamber of Commerce Weight Loss Challenge
By Caroline Booze, UD Dietetic Intern

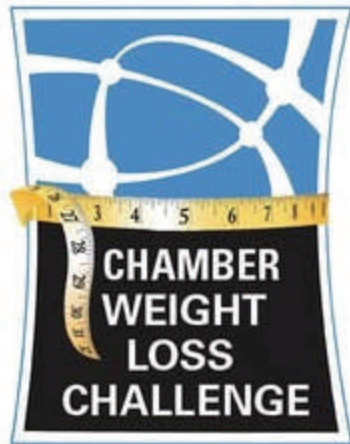
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During the week of March 21st, 105 overweight and obese individuals faced their fears and stepped on to the scale for the Chamber of Commerce Weight Loss Challenge in New Castle County. The challenge is a collaborative effort between Arianne Missimer (RD and owner of CORE fitness), Caroline Booze (Dietetic Intern), and Mark Kleinschmidt (President of the Chamber of Commerce). The idea behind the 70 day challenge was

to recruit ten teams of five individuals from businesses in the county to face off in a battle of the bulge. The program generated more interest than expected, with more than double the expected participation. The 105 participants represent 21 teams from seventeen different companies.

Program participants came to the Chamber for their initial weigh-ins and a presentation by Arianne Missimer about nutrition, physical activity and weight loss. Armed with the knowledge and skills that they need to be successful, the teams were sent off on their journey to a healthier lifestyle. Each participant will return to the Chamber for weigh-ins and words of motivation at the mid-way point at day 35, then again at the closing of the program on day 70 of the challenge.

To support challenge participants throughout the program, bi-weekly emails are sent out that offer nutrition and/or physical activity advice. Challenge participants can also utilize a Facebook page that has been created to encourage posts about the ups and downs of weight management. CORE is offering special discounts on group and personal training sessions, as well as group and individual nutrition counseling.

At the end of the 70 day period, all participants will be given free tickets to Chamber Night at the Blue Rocks game on June 8th, where the winning team will be announced. The team with the greatest percentage of weight lost will receive a luxury box for up to twenty people at a future Blue Rocks game. The good news is that everyone who was successful in losing weight will be a winner!

If you would like to advertise in Dateline please contact Kelly Rossi for rates.

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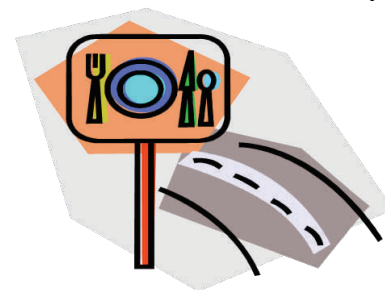
2011 DDA Annual Conference

“Optimum Nutrition: Roadmap to Good Health”

Thursday, May 19th 2011

7am-4pm (Program Starts at 7:45am)

Waterfall Banquet & Conference Center, Claymont, DE



I can't believe how quickly this year has flown by! The 2011 Annual DDA Conference will be here in less than a month! We have a very exciting lineup of speakers and exhibitors for you to enjoy. We also have amazing silent auction items for you to bid on as well as raffle items and door prizes you won't want to miss!

Be sure to register by May 11th to take advantage of the early bird rate!

Each person who brings a canned food item will be given a raffle ticket for a chance to win a prize!

Sara Hetrick *“Delaware and the Alliance for a Healthier Generation’s Healthy Schools Program”*

Laura Byham-Gray Ph.D., R.D., C.N.S.D.
“Chronic Kidney Disease: Best Practices for Medical Nutrition Therapy” Sponsored by Abbott Nutrition

Regan Bailey Ph.D., R.D. *“Dietary Supplements: What Dietitians Need To Know”*

Susan Nicholson R.D., L.D. *“Making the Menu: Teaching clients and patients to live healthier, stress-free lives through planning, shopping, and cooking easy, budget-friendly menus.”*
Sponsored by the Northeast Beef Promotion

Helen Arthur *“DPH Physical Activity, Nutrition and Obesity Program: Beyond Business as Usual”*

Cecilia Pozo-Fileti M.S., R.D., F.A.D.A. *“Solving a Dairy Dilemma: Lactose Intolerance”* Sponsored by the Mid-Atlantic Dairy Association

You can register and find directions to the conference center by downloading the brochure *“Optimum Nutrition: Roadmap to Good Health”* on the DDA website.

You can also register on-line at the DDA website: www.dedietassn.org

Looking forward to seeing you there!

Please contact Eric Ruffcorn with any questions at: eruffcorn@gmail.com

The Delaware Dietetic Association would like to thank all of our sponsors and exhibitors for their participation in the 2011 Annual Conference.

Although it is spring, please bring a sweater as the conference room may be cold.

A mother's room will be available.

Federal Legislative Update

By Natalie McKenney, RD, LDN



DDA held their 2nd annual State Legislative Day in Dover on March 23rd. Governor Markell signs the Nutrition Month Proclamation.

As you know, the only real activity on Capitol Hill for the past month or two has been the ongoing battle over the federal budget. At the 11th hour, Congress voted to keep the government going through the end of September, however, many program cuts were made as part of the compromise. These included cuts to several nutrition programs like WIC and agricultural and nutrition research. ADA is working with congressional members to increase awareness of the cost effectiveness of nutri-

tion services. Fortunately, the President has said that he would veto any efforts to defund the Prevention and Public Health Fund, which is good news for nutrition providers. ADA continues to advocate for funding of key nutrition programs as we approach the next budget battle ahead for 2012.

Since Congress and the White house has been consumed with the budget debate, little else has received much attention in terms of any legislative efforts. Here is an update on the bills that ADA has focused on since the Public Policy Workshop back in February:

-The Older Americans Act: The current bill expires on 9/30/2011 and will need to be reauthorized, however no new bill has been written yet. ADA will provide recommendations for improving the efficiency and effectiveness of the OAA, which will be used to draft the bill language.

-Medical Foods Equity: S.311 was introduced in the Senate and is expected to be introduced in the House soon. This bill would require insurers to cover the cost of medically-necessary foods for individuals with in-born errors of metabolism like PKU.

-The Healthier Lifestyles and Prevention America Act (HeLP): S.174 has been introduced in the Senate, but no further activity has occurred. The purpose of this bill is to keep awareness on Prevention Funding.

Federal Legislative Update (cont'd.)

In addition to these legislative initiatives, ADA is also advocating for a recently introduced bill, H.R. 1382 which would require the president to call a new White House Conference on Food and Nutrition. The last conference was held more than 40 years ago and helped bring about the development of major nutrition policies for our nation. This bill has bipartisan support and has been referred to the Agriculture Committee with ADA helping to lead the efforts for its passage.

Even though things have been rather slow in Washington lately, here in Delaware we have been very busy promoting nutrition services on the local level. DDA held our second annual State Legislative Day in Dover on March 23rd. Several of our members took time out from their busy schedules to go to Legislative Hall that day, where we hosted an event for our state legislators in celebration of National Nutrition Month. Besides providing information about the valuable services that dietitians from around the state provide to their constituents, we also offered free nutrition screenings for interested members and their staff, as well as a healthy fruit snack. This was a great opportunity for our members to meet their legislators face to face and share our concerns with them, and to find out what their interests were in regards to health and nutrition policy. We ended the day with a meeting with the Governor to sign our Nutrition Month Proclamation. This gave us the chance to update him as to what we're doing for the citizens of Delaware, and he shared his concerns with us as well.

One very important development that came out of our meeting with the Governor was an invitation to participate in the Governor's Council on Health Promotion and Disease Prevention. This is a great opportunity for DDA to increase our presence in the development of Delaware health policy. One of our board members, Deanna Rolland, recently attended a council meeting and presented a statement about the importance of nutrition services and how we as Registered Dietitians can help to contribute to the council's work. We will be working to assist the Council in the development of a "Health Assets Report" (literally a map of health resources such as clinics, social service programs, physicians services, and nutrition services and programs throughout the state). Using this tool, along with a "Burden Report" which indicates the costs of chronic disease, obesity, etc. throughout Delaware, the next step of the Council will be to recommend actual policy changes for health promotion in the state. The Council has already been provided with our "Directory of Dietitians," but now we need YOUR assistance in compiling a list of health and community programs and services offered. ***Please help us by sending any health initiatives you are involved in, including your contact information and address of the program, to deannarolland@aol.com.***

Making a Change RDs

Arianne Missimer: A Whirlwind of Vitality, Vivacity and Vibrance

By Caroline Booze

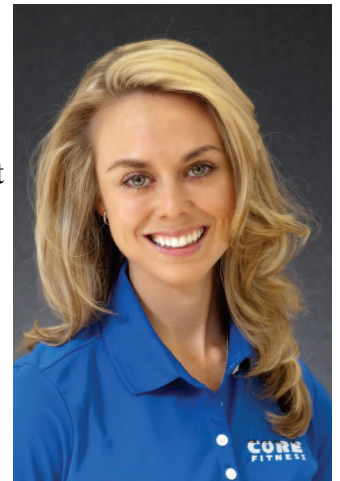
Along with being an amazing RD, Arianne Missimer owns and manages a fitness studio, works full time as a physical therapist, is a personal trainer and Certified Strength and Conditioning Specialist, the State Media Representative for the DDA, and a ballroom dancer. She is an incredibly smart and talented young RD!

Arianne's studio, CORE Fitness, is located in Wilmington, Delaware on Miller Road. Arianne personally trains her employees to ensure that the care of her clients meets her very high standards. Arianne applies up-to-date, evidence based research to every aspect of the core conditioning and functional training that she and her employees provide to her clients. CORE sees patients ranging from moms looking to stay in shape, to competitive athletes seeking performance enhancement. Under Arianne's leadership, CORE excels at injury prevention and restoring its clients to optimal health.

Arianne is focused on increasing knowledge and awareness of issues regarding health and well-being. On numerous occasions, she has been a voice in the community and advocator of sound nutrition. Her most recent endeavor was the Chamber of Commerce Weight Loss Challenge. Arianne dazzled and inspired the group of over one hundred challenge participants with nutrition and fitness information that was presented with effervescence and charm.

Arianne is incredibly committed to the community as well as her clients. She uses CORE Fitness as a platform to serve the community. CORE has raised well over \$10,000 to support the American Cancer Society, Special Olympics, Adopt-a-Family, Delaware Breast Cancer Coalition, the Livestrong Foundation and the Sunday Breakfast Mission. Arianne has instilled the value of volunteerism in her employees, who donate their time, money and effort to help to community.

I had the pleasure of having Arianne as my preceptor for my community elective for the University of Delaware Dietetic Internship. She was inspiring and supportive, and I felt incredibly lucky being able to spend two weeks working with her. Arianne has made numerous positive changes in her very young career. No doubt that we will continue to see great things from her!



House of Delegates Update

By Alisha Jacobson, RD, LDN

The meeting this Spring for the House of Delegates (HOD) will include 2 topics: Mega Issue development and maintaining market relevance for RDs and DTRs. The meeting will be conducted online through the use of web-based meetings and conference calls. While the face to face meetings can be more effective, the topics this time are very broad and this meeting format saves ADA and state affiliates a great deal of money. As I have already reviewed the previously mentioned topics in the power point presentation sent electronically to members, this article will focus on explaining how your feedback is used for decision making. Every member should understand how the HOD functions.

All HOD discussion topics, including the two for this spring meeting, use a governance and decision making style called Knowledge-based Strategic Governance. This means that information is used to cultivate a better understanding of an issue, a strategic plan is decided, and the resulting responsibilities or further investigation are delegated. The four key questions that must be answered when using this method for decisions include assessing the stakeholder needs, the current state of the organization and its capabilities, the organization's 'strategic position' and relevance on the topic, and if there will be ethical or legal issues to review on the topic.

Delegates will also be using a style of representation for their constituents that ADA calls 'representation of' as opposed to 'representation for'. The difference is that delegates will come to a meeting having already gathered input from constituent members, and use this information as a knowledge base for decision making, instead of coming to the table with all of the viewpoints and only working toward the promotion of these views. This means that you need to elect delegates who you trust to use your views in the promotion of an issue in its entirety, having reviewed constituent input and topics so they are prepared to work on a solution or plan. This is also the reason why some topics may seem very broad, and you may feel as if you are only scratching the surface of an issue with the types of questions being posed. The delegates must acquire views on a broad topic to have a knowledge base for making a more specific decision on the topic.

An example of Knowledge-based Strategic Governance and 'representation of' would be the topic of childhood obesity that was posed not that long ago. After reviewing member comments it was decided that a relevant solution would be to provide resources to help them in their work on this issue locally. The duties and further research were delegated, and resources were created.

If you would like more information, the HOD site on the ADA page can be found by choosing 'governance' on the main toolbar (once you have signed in), and then choose 'House of Delegates'. This page contains information on the decision making topics discussed in this article as well as other information on the HOD.

Delaware Dietetic Association

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Arienne Missimer	State Media Representative	nutricore@aol.com



Delaware's School Food Revolution: The Healthy Changes in School Cafeterias You Haven't Seen on TV

May 2011

Submitted by: Donna Trader, RD, LDN

Despite limited resources and rising food costs, Delaware's school nutrition programs have made tremendous progress in offering healthier meals in school cafeterias. But don't expect to see these successes on television – good news about school meals just doesn't bring in the ratings. School Nutrition Association's 2010 Back to School Trends Report found that schools are serving more whole grains and fresh produce, while working to reduce added sodium and sugar in foods served on the lunch line. Delaware's school districts are bringing in more locally-grown produce, encouraging extra helpings of fruits and vegetables or offering salad bars. To get kids excited about these healthy choices, schools are experimenting with kids cooking competitions, partnerships with local chefs and nutrition education programs.

Many schools are cooking up more menu items from scratch, and schools with limited ability to scratch cook, due to staffing, equipment or cost challenges, are using higher quality pre-prepared foods. Food companies have been using leaner meats, more whole grains and less salt and sugar to make the pre-prepared foods served in schools healthier than ever. These days, baked sweet potato "fries" or wedges are common choices, while school pizza is often served on whole grain crust with low-fat cheese and low-sodium sauce. Meanwhile, local dairies have been working with Delaware's school nutrition programs to reduce the fat and sugar in flavored milk choices, which leading health and nutrition organizations support keeping in schools.

These changes are being achieved through the perseverance of Delaware's school nutrition professionals who must contend with paltry budgets, burdensome regulations, strict food safety standards or insufficient equipment and support. Often, critics of school nutrition programs and advocates for healthier food choices fail to acknowledge these cost constraints and the complexity of the rules governing the National School Lunch and School Breakfast Programs.

In February 2010, First Lady Michelle Obama introduced **Let's Move!**, incorporating the Healthier US School Challenge into her campaign to raise a healthier generation of kids. The Healthier US School Challenge (HUSSC) is a voluntary initiative established in 2004 to recognize those schools participating in the National School Lunch Program that have created healthier school environments through promotion of nutrition and physical activity.

Congratulations to Seaford School District for being Delaware's first HUSSC Challenge award winner. Six hundred and forty schools nationwide are currently certified and Let's Move! is well on their way towards the June 2011 goal of 1250 schools.

Join the DDA Listserv NOW!

Are you one of the 43% of the DDA members who have yet to join the DDA Listserv? What are you waiting for??

(If you already are a listserv member, be sure to tell other DDA members about this benefit or send them an email with the address to join!)

Join today so you don't miss out on valuable and timely member information!

- Step 1:

Visit www.dedietassn.org

Review the guidelines/listserv etiquette

- Step 2:

Send an email to eatrightde-join@udel.edu

Questions about the listserv? Contact Carolyn Manning at cmanning@UDeI.Edu



Delaware Dietetic Association

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Calendar of Events

May 19, 2011

2011 DDA Annual Conference

“Optimum Nutrition: Roadmap to Good Health”

Where: Waterfall Banquet & Conference Center,
Claymont, Delaware

Time: 7:00am-4:00pm

Register: www.dedietassn.org

Contact: Eric Ruffcorn (eruffcorn@gmail.com)

DDA Budget Update

Checking= \$8201.65

Savings= \$16024.79

