



Wyoming Dietetic Association

**eat right** an affiliate of the American Dietetic Association

## MESSAGE FROM THE PRESIDENT

### Special points of interest:

- Licensure progress
- DPG summaries
- Request for WDA award nominees
- Fundraising report

I had the opportunity to attend FNCE in Boston and it was a great conference and lots to see and soak in. Oh and yummy lobster rolls! Something from the conference is ADA's new member driven campaign, Kids Eat Right. I encourage each of us to take a look at the campaign at [www.eatright.org](http://www.eatright.org) and see how we can help make an impact in our communities to help fight childhood obesity.

WDA continues to make great progress with our licensure efforts and the committee has been hard at work on drafting our bill and obtaining a sponsor. However, we need help from our members. We are asking each of you to become involved by visiting and educating your Legislator and asking them to support the Wyoming Dietetic Licensure Bill. We have drafted letters and have other tools available to help with this process. To obtain these please send an e-mail to the committee at [WyomingDieteticAssociation@gmail.com](mailto:WyomingDieteticAssociation@gmail.com) and also to let us know who you did contact so we can continue to track our advocacy efforts and success. Thank you in advance for your help as your participation is vital to our efforts!

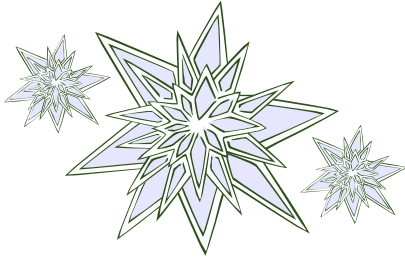
Wishing you and your family a Happy Holiday Season!

Heidi Gillette, President, Wyoming Dietetic Association

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## A note from Your WDA Licensure Committee

Fellow RD's and WDA members,

There is some great news to share and a lot of exciting things happening with WDA and our licensure efforts! We want to fill you in on a few:

First of all, Senator Martin has offered to sponsor our bill and has taken the appropriate steps to have the Legislative Services Office officially draft the Dietitian Licensure bill for session, now please know that this is based solely on the Model Practice Act that ADA has provided for us. We are working on securing other sponsors now that the election is over and new committee assignments have been made. On that same note it is important for us, the members, to contact our legislators and let them know of our efforts, they want to hear from their constituents! We can provide for you talking points, a fact sheets and draft emails just let us know that you want to get involved and we can get you in contact with your elected officials!

“it is important for us, the members, to contact our legislators and let them know of our efforts, they want to hear from their constituents!”

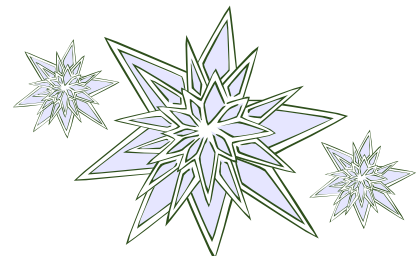
Also Dennis Ellis, our lobbyist, has worked very hard and has spent many hours working with Veronika Skoranski who runs the Professional Licensing Board for the State of Wyoming, this is where our board would be housed, to provide for us an estimated cost, a pretty solid estimate for the cost to the individual licensed dietitians would be \$105 a year or \$210 every two years. Now please realize that these numbers depend on many variables and it may increase or decrease for that matter but not significantly and this is as close as we can get. Please know that it is very rare that the cost is estimated/ determined before the bill is passed but we are ahead of the game. Also in our proposed bill we are asking for a \$20,000 appropriation from the state to help with start up costs, this is standard practice.

Efforts continue in educating other professional organizations and members. It is also exciting to note that the Wyoming Medical Society and the Wyoming Physical Therapy Association have both offered to support our bill and our efforts. As always please contact the licensure committee at [WyomingDieteticAssociation@gmail.com](mailto:WyomingDieteticAssociation@gmail.com) for questions or concerns. Also look for updates on our WDA Website [www.WyomingDieteticAssociation.com](http://www.WyomingDieteticAssociation.com).

**Remember if you don't protect your profession, no one else will.**

Thank you!

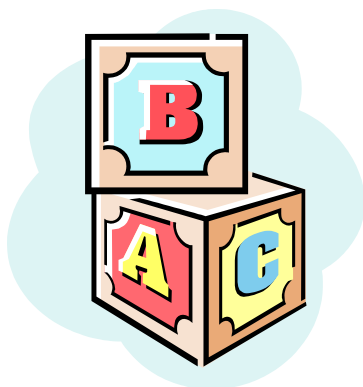
Your WDA Licensure Committee



## Dietary Practice Group Summaries

provided by: Chris Douglas, RD

Chair, WDA Council on Professional Issues



PNPG Building Block for Life

Pediatric Nutrition Practice Group

Volume 33, Number 3

Summer 2010

Around a quarter of the children from ages zero to six have major feeding problems that affect their health. Many of these children require enteral feedings. According to the *Feeding Problems in the Outpatient Setting for Medically and Developmentally Challenged Infants and Young Children* by Amy Puls, RD, LD, there are five criteria a child should meet before weaning a child from enteral feedings. The child should “meet goals for catch-up growth and weight gain”, meet growth and weight curve goals of a registered dietitian, “tolerate enteral bolus feedings given 4-6 times per day”, consumed between-meal fluids, “tolerate 1.5 calorie/cc concentrated enteral feeding”, and has oral intake of food one or more times per day. She goes on to discuss *The BE Well Method* for meal planning. This method includes combining a building food such as “lean meats...eggs, nuts...beans and lentils, dairy...soy milk and soy protein products” with energy foods that include “grains...starchy vegetables...fruits and fruit juices” for make each meal and snack. These are to be consumed “3-4 hours apart” and vegetables other than the starchy vegetables should be added to “2-3 meals or snacks” daily.

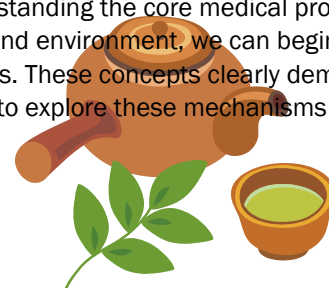
### Dietitians in Integrative and Functional Medicine

Spring 2010 Volume 12, Issue 4

True teas, i.e. black, green, oolong, and white (but not herbal) teas, come from the same plant, *Camellia Sinensis*. The flavonoid composition varies between types of tea and will depend on the way the tea leaves are processed. Those health benefits where the scientific support is most developed include hydration, cardiovascular health, cognition, weight management and oral health. For some other potential health benefits such as cancer prevention, type 2 diabetes, neuroprotection, the immune system, or digestion the evidence is growing but is not sufficient to draw conclusions.”

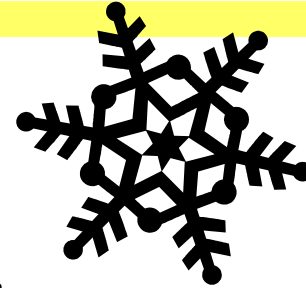
Laura Palazzolo, MS in her article titled *How Our Food Communicates With Us: what are we telling our bodies?* summarizes her article by writing

“The emerging field of nutrigenomics is still in its infancy, but holds much promise in understanding the core medical problems that plague modern society. As we learn more about gene interactions with our food and environment, we can begin to understand disease on a more comprehensive level, enhancing the care given to patients. These concepts clearly demonstrate the value of food beyond what is thought of as traditional nutrition. It is important to explore these mechanisms to better establish protocols to target individual problems.”





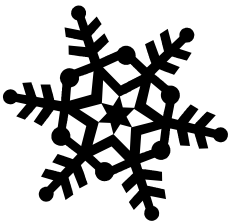
## Dietary Practice Group Summaries continued



From Sports, Cardiovascular, and Wellness Nutrition  
A Dietetic Practice Group of ADA  
October 2010  
SD-USA SCORE An E-Newsletter Update for SD-USA members

This newsletter update discussed dietetics in corporate wellness. *Eve Peareggers, MBA, RD, CSSD, LD encouraged dietitians who are interested in this to son Rod- research companies posting positions to start corporate wellness programs; to become a consultant with a company in order to develop opportunities to provide corporate wellness activities; and to meet with local companies to explain what you can do to help their employees improve their health. When meeting with companies, she recommends knowing what they are looking for and have data to support why their company would benefit from what you are proposing.*

Adapted with permission from: Sonnevile, K. Clinical Nutrition Research in Pediatrics. PNPG Building Block for Life, Volume 33, Number 4, Fall 2010; pages 1-5.



### Clinical Research Process

1. "Identify a topic and develop a specific research question.....specifically state "the who," "the what," and "the how" of your research idea".
2. Prepare "a study protocol (which) is a step-by-step description of research procedures...should include a description of your study's inclusion criteria....your study design and methods with study aims, recruitment procedures, data collection procedures, study timeline, and data analysis plans....how many participants...how long (you will recruit)...how you will obtain consents...how you will monitor the safety of participants".
3. "Identify collaborators and institutional resources...ensure the ethical principles to protect human research subjects are followed and the rights of the research subjects are protected"
4. "Collect and analyze your data" per the above protocol
5. "Share your findings"

PPNPG Building Block for Life  
Pediatric Nutrition Practice Group  
Volume 33, Number 2  
Spring 2010

In the article titled *Issues in Treating Adults with PKU What and How Closely Do We Need to Monitor?* by Barbara Goodin , MS, RD, discussed the importance of vitamin B12, folic acid, vitamin B6, selenium, iron, calcium, and vitamin D. These levels that can be monitored should be monitored annually in adults with PKU. Other annual lab tests should include an amino acid panel, methylmalonic acid, ferritin, albumin, mean corpuscular volume, and creatinine. Other recommended lab test include a plasma phenylalanine every three months and DEXA every 3-5 years. Ms. Gooin reports that the people with PKU that do not drink a metabolic formula and avoid animal products in a relaxed eating habit have the greatest chance of developing problems and should work with a registered dietitian. This author offered the following internet resources: National PKU News at <http://pkunews.org>, U.S. National Library of Medicine Genetics Home Reference at <http://ghr.nlm.nih.gov/condition=phenylketonuria>, National PKU Alliance at <http://npkua.org>, Genetics Metabolic Dietitians International @ [www.gmdi.org](http://www.gmdi.org), and Inherited Metabolic Disorders: Visual Aids @ [www.metabolicteachingaid.com](http://www.metabolicteachingaid.com).



## REQUEST NOMINATIONS FOR 2011 WDA AWARDS

Nominations for 2011 WDA Award which include Outstanding Dietitian of the Year (ODY), Recognized Young Dietitian of the Year (RYDY), Emerging Dietetic Leader (EDL), and Recognized Dietetic Technician of the Year are being requested by the WDA Award Chair. Please have your nominations to Sharon Crispin by January 7, 2011. You may contact her at 307-673-1948 or e-mail at [rcsc@fiberpipe.net](mailto:rcsc@fiberpipe.net).

The names of previous winners can be found in the front of your WDA Membership Directory. The 2009 winners were Ann Hunter ODY, Lorelee Ruess RYDY, and Kate Stratton-Schulz EDL. The 2010 winners were Leisann Paglia ODY, Kate Stratton-Schulz RYDY, Paula Needles ODY, and Paula Needles ODE

Following are the 2011 WDA AWARDS CRITERIA:

**OUTSTANDING DIETITIAN OF THE YEAR, 2011** - This is the highest honor bestowed on a member by the Wyoming Dietetic Association. It is designed to recognize and honor a Wyoming dietitian who has made outstanding and significant contributions to WDA as well as to the profession of dietetics. The Wyoming Outstanding Dietitian of the Year will be recognized by ADA as the Outstanding Dietitian of the Year for the state affiliate.

**Criteria:** The recipient must be a member of the American Dietetic Association and the Wyoming Dietetic Association; must have lived and worked professionally in Wyoming for a minimum of five years and must reside in Wyoming at the time of the award; must have demonstrated leadership and/or outstanding accomplishments as an officer, committee chair or committee member at the state or national level in WDA and/or ADA; must have made outstanding contributions to the goals of the profession which are to improve the nutrition of human beings and to advance the science of nutrition and dietetics.

**Recognized Young Dietitian of the Year, 2011 (RYDY)** - Award criteria are established by ADA. **Criteria:** Nominee must be 35 years or younger as of 5/1/11; must be a member of ADA; an active participant in national, state, or district levels; not previously selected as RYDY; demonstrated concern for the promotion of optimal health and nutrition status of the population; demonstrated leadership in legislation, research, education, management, etc., in the WDA.

**Emerging Dietetic Leader Award 2011** - Award criteria are established by ADA. **Criteria:** Member of ADA; initial practice experience not less than 5 years and not greater than 10 years, interrupted careers or time periods not in practice are not to be considered or rationed into the 5-10 years of professional practice experience; active participation in the national and state assoc. for at least 5 years; not previously selected as an RYDY or RDTY; demonstrated concern for the promotion of optimal health and nutritional status of the population; demonstrated leadership, e.g. in legislation, research, education, management, etc. in the Association, community or employment.

**Recognized Dietetic Technician of the Year, 2011 (RDTY)**-Award criteria are established by ADA. **Criteria:** Member of ADA; active participant in national, state, or district levels; not previously selected for this award, demonstrated concern for the promotion of optimal health and nutritional status of the population; demonstrated leadership in legislation, research, education, clinical dietetics, food service management, public relations, career guidance, etc., in the Association or employment.

# Plan on attending the Wyoming Dietetic Association Annual Conference



*Making Connections for a Healthier Wyoming  
Connecting RDs, Health Care Professionals, Communities  
and Students*

**March 30 – April 1, 2011  
Laramie**

**Confirmed Speakers:**

**Mark Winne – Community Food Activist, Santa Fe, NM**

**Dan Burden – Walkable and Livable Institute, WA**

**Christine Porter, PhD – Making a Difference in Your Community, UW**

**Cathy Powers, MS, RD – Child and School Nutrition, OH**

**Elizabeth Ryan, PhD – Plant Based Food Properties and Their Role in Cancer  
Prevention, CSU**

**Sponsors – Wyoming Area Health Education Center, Western Dairy Association,  
Wyoming Beef Council, WIN Wyoming, and  
Wyoming Department of Health Diabetes Control and Prevention Program**



## WDA Fundraising Report

Respectfully submitted by, Susan J. Combe, R.D.

WDA Fundraising Chair

To the WDA Membership:

The WDA Silent Auction/Raffle was held April 22<sup>nd</sup> 2010 at our Annual Conference in Casper. Our members and friends donated 35 items for this event and we raised \$796.00. I would like to thank the following for their donations:

Riverton Pawn and Coin	Janice Smith
The Learning Zone Express	Barbara Buyske
The Wyoming Beef Council	Karla Case
Annalynn Skipper	Beth Kamber
Codi Young	Mindy Meuli
Suzy Pelican	Leisann Paglia
Sue Combe's family	



I would also like to thank the WDA members and friends of WDA who participated in the event by shopping and helping with setting up and distributing items to the winners. I think we were quite successful and everyone seemed to enjoy the event.



*Thank You to everyone who made contributions to another great issue of the Range Rider*

**WDA wants to hear from you!** For future publications please send information on what you've been up to, upcoming events, innovative programs you've implemented, interesting food and nutrition information, new RD's in your area, etc., to: [lori.ruess@health.wyo.gov](mailto:lori.ruess@health.wyo.gov) and/or [laura.hudspeth@health.wyo.gov](mailto:laura.hudspeth@health.wyo.gov)

# Happy Holidays!