

The Communicator is a biannually published newsletter for the KSAND member.

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If the public does not hear from dietitians on the internet, then they will learn from someone else...

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The Communicator



Summer 2016 Newsletter

The Year in Review—

Collegiality, Civility and

Asking for Help Reveals Strength, Not Weakness

A year ago at our KSAND Leadership Retreat, we did a challenge course to build rapport among the members of the KSAND board. One part of the course was a puzzle activity and if we had trouble, we were to ask for help. We attempted the puzzle for a while and gradually, each one of us got around to asking for “help”. Asking for help was the **key** to solving the puzzle. Many of us don’t like asking for help. Our instructors told us that with some groups, they were there for hours because no one would ask for help.

This experience had such a profound effect on me. I’m pretty independent and hate asking for help, and I’ll admit that it is fear that gets in my way: Fear of over-stepping, fear of appearing too needy, fear of imposing and probably my worst fear—the fear of revealing my struggle and having people realize I don’t have it all together after all.

As KSAND President, I didn’t have it all together. I wish now that I would have stepped up sooner and ran or volunteered for other positions on the board because this past year has been a big learning curve for me. As my year winds down, I’m finally feeling like I am a little more grounded and more knowledgeable about KSAND, the Academy and what potential our profession holds in the years to come.

Yes, there were some situations over the year that were a struggle but time and time again, I had supportive board members and volunteers who were there to help.

Yes, there was a time commitment but it was also fun to visit with RDNs in many different practice areas.

Yes, there were many things to juggle from Public

Emotional Intelligence

In my career, the worst mistakes I have ever made have been the ones when I let my emotions get the best of me; when I behaved badly and failed to treat fellow colleagues with dignity and respect.

We all have bad days but when work environments and professional relationships become too negative, our careers and our profession may suffer. Not adhering to our Code of Ethics and professional code of conduct undermines our success as registered dietitians and undermines our profession as a whole.

The fundamental principles of Our Code of Ethics are:

- *Dietetics practitioners conduct themselves with honesty, integrity and fairness.*
- *Dietetics practitioners support and promote high standards of professional practice (for the benefit of clients, the public, and the profession) by reporting perceived violations of the Code of Ethics.*

Developing collegiality and promoting civility are both integral practices required to maintain the high standards of our profession. Collegiality is the development of mutual respect and strong bonds among our fellow dietitians that result in high quality work and a high quality profession.

Civility is an authentic respect for our fellow dietitians that requires the time, presence, willingness to engage in genuine discourse and intention to seek common ground.

Policy to Marketing to Annual Conference Planning but I also had the opportunity for professional and leadership development.

Overall the positives far outweighed the negatives.

I appreciate everyone's support and patience. I want to thank board members who were energetic, creative and made things happen. I want to thank Abby Heidari who is a priceless executive director, and I want to thank my employer and my employees for their support and encouragement.

Most of all I want to thank all of you--our members. You are the reason we have the outstanding organization that we do.

Copyright in the Digital Age

Recently, I discovered that one of our volunteers was putting together a cookbook to give out at an upcoming educational activity. When I questioned her about it, she told me that the recipes were copied from one of the commercial home cooking websites. I explained to her that the recipes were copyrighted and that we couldn't use them but she disagreed, saying that they were on their website for anyone to use. Not taking my advice, she contacted the company and guess what? They told her that the recipes were indeed copyrighted and she could not put them in a cookbook for mass distribution.

Having so much information at our fingertips makes it tempting for us to copy and use the information at will. But if you have not received permission from the owner of the information, you are violating copyright even if you give credit.

Civility promotes collegiality by being considerate, kind and positive, and also accepting responsibility for our actions. However, in our increasingly uncivil world, it's easy to forget these "soft skills". Add in social media, overloaded schedules and lack of resources, and it is very easy to become frustrated and resort to negative behaviors.

I firmly believe that it is necessary for us to practice our soft skills every single day. Our dietitian skills may get us in the door but a lack of soft skills may prevent doors to future positions and promotions from opening. It really does not matter how intelligent, talented, or creative we are. If we can't get along with others, we are not going to be successful, and the lack of collegiality and civility also negatively impacts our profession.

"Emotional intelligence (EQ) is the ability to identify, use, understand, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict."

<http://www.helpguide.org/articles/emotional-health/emotional-intelligence-eq.htm>

Recently I discovered the Emotional Intelligence Toolkit. It is based on social and emotional brain science and helps with:

- Identifying troublesome emotions
- Improving mood and attitude
- Learning how to better manage stress

The toolkit teaches how to become more self-aware which leads to better self-management. It also helps with improving social awareness so you can better manage relationships.

And now there are companies that troll the internet and other venues looking for violations, and they will fine you for unauthorized use. If you don't pay, you are threatened with lawsuits which also means court costs and attorney's fees.

Do your homework if you have articles, photos, and recipes that you would like to use even if you are going to use it for educational purposes. The material needs to say that you may reproduce for educational purposes. Make sure that the material may be used for the purpose you intend. For more information, visit <http://www.copyright.gov/>



Above articles courtesy of:
Lisa J. Martin, MPH, RD, LD

I have used the toolkit in training sessions with my staff and they report that they are better able to manage stress and have better relationships with coworkers.

I encourage you to check it out. Here is a link to the Emotional Intelligence Toolkit:

<http://www.helpguide.org/emotional-intelligence-toolkit/#>

Reducing Wasted Food— Websites and Resources

<https://www.epa.gov/recycle/reducing-wasted-food-home>

<http://food.unl.edu/14-ways-consumers-can-reduce-food-waste>

<http://www.foodsafety.gov/keep/foodkeeperapp/>

2016-2017 Kansas Academy of Nutrition and Dietetics Elected Board Members

*We would like to congratulate
our 2016-2017 KSAND*

Council on Professional Issues (CPI)

Chair: Staci Cardenas, RD, NHA

Elected Board members:

President: Angie Lanigan, MPA, RD, LD



President-Elect: Gretchen Strathe RD, LD



Secretary: Cara Harbstreet, MS, RD, LD



Treasurer: Margo Humenczuk MBA, RD,
CSP, LD, FAND



Delegate: Deb Canter, PhD, RD, LD, FAND



Council on Professional Issues (CPI)

Chair-Elect: Kylene Etzel, RD, LD



Nominating Committee Chair:

Audrey Monroe, RD, LD



Nominating Committee Chair-Elect:

Amber Howells, PhD, RDN, LD



Nominating Committee:

Shelly Summar, MEd, RD, LD



Nominating Committee:

Heidi Wells, RD, LD



2016 KSAND Leadership Retreat





The outgoing and incoming Kansas Academy of Nutrition and Dietetics met for the Annual Leadership Retreat and Board Meeting at The Culinary Center of Kansas City on June 4, 2016. Thanks to sponsors, Midwest Dairy Council and Kansas Farm Food Connection, the Board prepared beef fajita casseroles for the Sunflower House through the All Hands for Hunger program. The Sunflower House is a non-residential children's advocacy and abuse prevention center in Kansas.

Five Kansas farmers were able to join us for the meal-making team building activity and a delicious lunch. Board members learned about issues facing producers and asked pressing questions about agriculture that RDNs hear from our patients and clients. Many questions that we hear involve antibiotic use in agriculture. Farmers emphasized that antibiotic use is essential for them to maintain the health and well-being of animals in their herds. Antibiotics are used according to established guidelines and animals will not have antibiotic residue at slaughter because strict washout periods are followed. Overall, the chance to meet and discuss issues facing modern farmers was an invaluable opportunity to understand how food policies, agriculture practices, and the customer demand affect our food supply.

Following the All Hands for Hunger team building activity, the incoming and outgoing KSAND board members attended a board orientation and meeting. Attendees were also

able to raise funds for the KSAND Foundation by taking part in a donation drive through Savers. The KSANDF Board wants to thank all of the board members who donated household items and clothing for the fundraiser!

Angie Lanigan
2016-2017 KSAND President

Marketing Team Update – *KSAND Awarded \$9,500 CDR Marketing Grant to promote the profession and credential*



The KSAND Marketing Team has been busy! As you may be aware KSAND was awarded a \$9,500 Marketing Grant from the Commission of Dietetic Registration (CDR) this year for the purpose of promoting the RDN credential. Last summer the team met regularly to develop a sound application and plan to promote its members, and it's all finally coming together. So, what exactly are we doing with all the funds? Check it out:

Our main goals with this grant are to increase awareness of the profession and credential by targeting family physicians, increasing referrals to RDNs, and increasing RDN jobs within medical offices, clinics, rehabilitation agencies, etc.

To stay competitive in the medical field as new health care models emerge, we wanted to position Kansas RDNs as key members of the health care team who serve patients through the Patient Centered Medical Home (PCMH). We aim to build relationships with medical societies who are leading the way in this

patient care model. Here in Kansas, the Kansas Academy of Family Physicians (KAFP) is spearheading the Kansas Centered Medical Home initiative, helping family practices and medical centers achieve PCMH status in both urban and rural communities. KAFP is also the largest medical specialty society in the state with a total of 1,630 members. All of this said, the marketing team was successful in developing more relationships with KAFP members by hosting a booth at their annual conference to be held in June in Kansas City. Having this booth helped us build relationships with KAFP and its members, and also advocate for our profession by educating family physicians about our expertise and credentials and the roles RDNs are qualified for in health care delivery.

To increase our impact, the team developed a referral guide and referral form tear-pads that will be provided to family physicians at the conference. We gathered KSAND and KSAND District Members' contacts for this referral guide at both our annual conference in April and through the membership list-serve. With the other funds, we were able to work with a marketing firm to develop a marketing campaign. This includes a vertical exhibitor banner and KSAND marketing brochure. An ad was placed pre-conference to promote our presence, and our logo was featured on the conference bags provided to all attendees. We look forward to keeping you, our membership, up-to-date on our other marketing endeavors.



A COLLABORATIVE APPROACH TO IMPROVING PATIENT OUTCOMES AND REDUCING READMISSIONS THROUGH NUTRITION INTERVENTIONS

By Suela Sulo, M.Sc., Ph.D. | 160742/April 2016

Health Economics and Outcomes Research, Abbott Nutrition, Columbus OH

Increased collaboration between health care organizations and life-sciences companies can highlight the importance of nutrition related interventions in hospitals to improve patient outcomes and reduce readmissions.

Up to 50 percent of patients are either malnourished or at risk for malnutrition when admitted to a hospital¹ and many will experience a decline in their nutrition status during their stay.² Several studies report that effective treatment of malnutrition in hospitals could

QIP Generates Scientific Evidence Supporting Nutrition Interventions

The QIP enrolled 1269 patients (500 in QIP+ hospitals and 769 in QIP hospitals) between October 2014 and April 2015 and followed patients in real time from admission through 30 days after discharge. This QIP is one of the largest QIPs in the United States that assesses the effectiveness of nutrition related interventions that model the Alliance to Advance Patient Nutrition principles to improve their nutrition

result in fewer overall medical complications³ and reduction in non-elective hospital readmissions.⁴ Although hospitals would be expected to be the first institutions to embrace nutrition interventions given value-based penalties, only recently, hospitals are seeing such interventions as a way to reduce non-elective hospital readmissions and health care costs.

Whereas different hospitals decide to tackle nutritional needs of hospitalized patients independently, Advocate Health Care – one of the nation’s leading health systems, and Abbott Nutrition - a global healthcare company with a portfolio of leading, science-based offerings in nutritionals – embarked on a journey of collaboratively investigating the effect of implementing a quality improvement program (QIP) on reducing non-elective 30 day readmissions and health care costs for hospitalized patients identified as malnourished. “Although, it took several years for clinicians to come to an agreement to define malnutrition in hospitalized patients, Advocate, in partnership with Abbott, has rapidly implemented system-wide changes to identify and treat such patients. The benefits to patients and implications for healthcare economics are phenomenal. I am happy to be part of these initiatives”, says Krishnan Sriram, M.D., Principal Investigator and Attending Physician at Advocate Health Care, and a long-time proponent of Parenteral and Enteral Nutrition.

QIP Enforcing Nutrition Interventions in Hospitals

The QIP consisted primarily of integrating nutrition risk screening by nursing staff at the time of patient admission using a validated malnutrition screening tool (Malnutrition Screening Tool [MST]) in the electronic medical record system, together with developing and enforcing a sustained clinical environment of oral nutritional supplementation (ONS) consumption within the malnourished inpatient population. “By implementing this important initiative at our hospitals, oral nutrition supplements get ordered soon after admission and are not dependent upon a dietitian visit”, said Gretchen VanDerBosch, R.D., Lead Dietician and Chair of Nutrition Council of Advocate Health Care. “Therefore, dietitians can

care process⁵ in a real-world setting.

Between the two QIP groups, the demographic, clinical characteristics, and length of stay were comparable. Both groups achieved a statistically significant reduction in 30-day readmission compared to historical controls (pre-QIP). More specifically, in the QIP+ hospitals, the post-QIP readmission rate (15.6%) in the QIP+ hospitals decreased by 22% when compared to pre-QIP. Similarly, an 18% reduction in readmission rates was reported in the QIP hospitals (post-QIP readmission rate = 16.4%) when compared to pre-QIP.

A cost-benefit analysis of the QIP was performed to assess its impact on healthcare costs from avoided readmissions, as well as hospital and patient savings. Significant cost savings from avoided readmissions were noted in both QIPs. In the QIP+ hospitals, a total of 22 readmissions were prevented for the 500 total patients enrolled. Utilizing an average readmission cost of \$18,500⁶ resulted in \$407,000 hospital cost savings. The hospital cost savings in the QIP hospitals from 28 avoided readmissions for the 769 total patients enrolled were estimated as \$518,000. When subtracting the \$49,564 program costs, a \$714 per patient net savings was achieved in the QIP+ hospitals. Likewise, when subtracting the \$40,142 QIP program costs, a \$613 per patient net savings was noted in the QIP hospitals.

The authors concluded that 30-day non-elective hospital readmissions and healthcare costs from avoided readmissions can be significantly decreased, while hospital and patient savings can be improved among the malnourished inpatient population through a rapid, comprehensive QIP. “Our goal for this study goes far beyond demonstrating what Advocate Health Care can do to improve the quality of care for our patients,” said Tom Summerfelt, Ph.D., Vice President, Research and Innovation, Advocate Health Care. “As the largest accountable care organization in the country and one of the largest health systems in the Midwest, we have the broad patient population to provide real-world evidence related to demonstrating

provide critical follow-up with at risk or malnourished patients to explain how ONS consumption could help them preserve strength, prevent complications, and promote better health.”

The objectives of QIP were to investigate the effect it could have on non-elective 30-day readmission rates as compared to pre-QIP historical rate of 20%, and assess whether it will result in improved patient and hospital savings. The historical readmission rate was compared to 30-day readmission rates of two prospective cohorts (“QIP” and “QIP+”) in four Advocate hospitals. In the two QIP hospitals (a teaching hospital and a community hospital) MST became part of the screening process at admission. In the two QIP+ hospitals (same mix of hospitals as QIP), in addition to the initiatives in QIP, aggressive nutrition-related procedures (faster administration of ONS, specific discharge instructions, coupons for purchase of ONS, and 4 follow-up/compliance telephone calls) were implemented. More important, in these hospitals, additional educational activities for nurses and dietitians were initiated, reinforcing patient and caregiver education about the importance of ONS.

the value of interventions in improving patient outcomes, lowering costs and reducing readmission rates. No matter what the location or size of the hospital, these findings should have relevance because they demonstrate what is possible and can be implemented quickly in the often neglected area of nutrition.”

For more questions about this article, please contact suela.sulo@abbott.com

References

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- 2 Braunschweig C, et al. J Am Diet Assoc 2000; 100 (11): 1316-1322.
- 3 Milne AC, et al. Cochrane Database Syst Rev. 2009(2):CD003288.
- 4 Gariballa S, et al. Am J Med. 2006;119(8):693-699.
- ⁵ Tappenden K, et al. JPEN J Parenter Enteral Nutr. 2013;37:482-497.
- ⁶ Philipson T, et al. Am J Managed Care. 2013. 19(2):121-128.





The KSANDF Fundraising and Networking Event on Thursday, April 14th included the opportunity for participants to view the shortened version of the movie *Farmland*, take part in an expert panel discussion and network with colleagues. 1.5 hours of CPEUs were provided. The KSANDF Raffle held during the event raised \$256.37 for the KSAND Foundation. Thank you to everyone who attended!



Thank you to everyone who participated in the KSAND Foundation Silent Auction held on April 15th. With your support, the Silent Auction raised \$1492.55 for the KSAND Foundation! As you may already know, the KSAND Foundation exists as the philanthropic arm of the KSAND. The KSAND Foundation supports scholarships, educational materials and practitioner resources, as well as, recognizes dietetic practitioners for their outstanding

contributions to the profession of dietetics. This work is made possible by contributions made by KSAND districts, organizations and individuals like you. Thank you again for investing in the future of the dietetics profession!



2016 Award Recipients

Recognized Young Dietitian of the Year - Kathleen Benson, RDN, LD

Emerging Dietetic Leader - Tammi M. Krier, MS, RD, LD

Distinguished Dietitian of the Year - Lisa J. Martin, MPH, RD, LD

50-year Member - Maria Boudreaux, RDN, LD

50-year Member - Angela Ostermann, OSB

50-year Member - Janice E. Harris, PhD

Vaden Scholarship - Dayna Pachta

McCollum Scholarship - Rachel Juenemann

Antibiotic Stewardship is Not New to Cattle Ranchers



During the KSAND pre-conference screening of the documentary Farmland, and the panel discussion by farmers and scientists, the topic of antibiotic resistance was brought up. This is a hot topic for dietitians, so we at the Kansas Food Farm Connection wanted to provide some more information about how cattle ranchers use antibiotics.

Farmers and ranchers take antibiotic use in livestock very seriously and continuously evaluate the way they use antibiotics based on the best possible science. In fact, for nearly 30 years, there have been quality assurance programs in place to help make sure farmers and ranchers are continuously improving the way they raise beef, including the way they use antibiotics, in order to protect human health, as well as animal health. This is often referred to as “antibiotic stewardship.”

Quality assurance throughout the beef community

A foundation for antibiotic stewardship in the beef community is the Beef Quality Assurance (BQA) program. Started in the 1980's, BQA is a nationally-coordinated, voluntary, program that provides guidelines for raising beef. The BQA program is guided by an Advisory Board composed of veterinarians, animal scientists, meat scientists, state BQA coordinators, cattlemen and dairymen from across the United States.

Antibiotic stewardship and BQA go hand in hand

A significant part of the BQA program involves antibiotic stewardship training about the appropriate use and administration of pharmaceutical products including following withdrawal times, the prevention of environmental contamination, the need for good record keeping, and the importance of a valid veterinarian-client-patient relationship. In fact, one of the guidelines put forth in the BQA program, A Beef Producer's Guide for the Judicious Use of Antimicrobials in Cattle highlights 14 use guidelines for antibiotics, including:

- Avoid using antibiotics that are important in human medicine
- Use a narrow spectrum of antimicrobials whenever possible

- Treat the fewest number of animals possible
- Antibiotics used should be limited to treat, prevent or control disease

Antibiotics are just one tool

The BQA program also teaches that antibiotics are just one tool to ensure healthy animals and there are many others, including good management practices, vaccines, cattle nutrition programs, veterinary care, proper housing and low-stress handling that are critical components to ensuring healthy animals as well. If cattle become ill, it is critical to identify the right illness for proper treatment and producers may consult a veterinarian for assistance in diagnosis of the illness. If an antibiotic is needed to treat the illness, the right antibiotic is administered for the right amount of time by following the FDA-approved label instructions, Beef Quality Assurance (BQA) guidelines and veterinary guidance.

Continuously improving

Today, Beef Quality Assurance influences management practices of more than 80-90 percent of U.S. cattle and farmers and ranchers work hard every day to continue to increase the number of producers who are BQA certified. The beef community continues to invest in research to better understand how to effectively and appropriately use antibiotics to best protect animal and public health. For example, the beef community has organized a research advisory group composed of a wide range of university researchers within the agricultural community to direct the planning for future antibiotic use and antimicrobial resistance research activities.



✓ 2016 KSAND Annual Conference

DYK?



of 2016 Attendees:
168



of hours the volunteer Conference Planning Committee spent on conference calls prior to the conference:

21 hours



of Silent Auction Donations:
42...Thank You!



of emails sent by the Conference Planning Committee members in preparation for the conference:

Countless



Date & Location of the 2017 KSAND Annual Conference & Exhibits:

April 27th & 28th, 2017
DoubleTree by Hilton
Overland Park, KS



Have a great idea for next year's conference? Want to be a part of the 2016-2017 Conference Planning Committee?

Email:
director@eatrightks.org



KU Dining Services hosted several nutrition focused events on campus at retail and residential dining locations. Students & staff enjoyed educational, fun interactive games for a chance to win Academy of Nutrition and Dietetics logoed items, prizes and food treats.

- “Nutrition Game Night” in Ekdahl Dining Center on March 2 was the largest event with over 275 students/staff participating!
- “Nutrition Game Day” in the Memorial Union Market Food Court on March 4 – included:
 - Spinning the “Savor the Flavor” Wheel answering questions about herbs, spices, healthier oils, and umami foods to win a thyme or oregano seed swatch or food prize.
 - Dropping the puck into the “All Things Healthy” NUTRITION PLINKO game and answering questions about common food substitutions, snacks, fluids, diet & exercise.
 - “Guess the Grains” table

- o “Heads Up” with a second participant trying to guess the food or nutrition words being displayed on the IPAD – so fun!
 - o “Dining Darts” answering questions about KU Dining Services
- “Nutrition Game Day” in 2 other retail cafes and “Nutrition Game Night” in 2 other residential dining centers featured a scaled down array of interactive games with take-away prizes and a chance to enter the grand prize drawings.
 - o Participants entered in the grand prize drawing for a Fitbit & Water Bottle and/or a KU Sports Duffle Bag, T-shirt and snacks.
- The whole grains promotion continued into National Nutrition Month™ and featured whole-wheat menu items for dinner in the residential dining locations:
 - o *Sesame Chicken Pasta*
 - o *Provolone Apple and Smoked Turkey Panini*
 - o *Sunflower (instead of peanut) Noodles with Mango*
 - o *Bulgur Tabouli*
 - o *Whole Wheat Cinnamon Rolls*

Overall participation increased from previous years - students, faculty, and staff all enjoyed the foods, games, prizes & activities.

Thank you to everyone who took time to provide their feedback via the **KSAND Membership Survey**, May 1st - May 21st.

A winner was randomly selected for Academy membership dues reimbursement from those who participated!



*Congratulations to KSAND Member, Taunya Williams,
for winning the 1-Year of Free Academy Membership drawing!*

**Support KSANDF with the
AmazonSmile Program**

Do you shop on Amazon?

Since KSAND Foundation is a 501(c)3 non-profit organization, you can support us with

**Support KSANDF with
Dillons Community Rewards**

Dillons Community Rewards makes fund-raising easy for the KSAND Foundation. All you have to do is shop at Dillons and swipe your Dillons Plus Shoppers Card!

every purchase you make by signing up for the AmazonSmile Program!

Once you list the Kansas Academy of Nutrition and Dietetics Foundation as your AmazonSmile recipient, Amazon will donate a portion of the purchase price to KSAND Foundation anytime you shop!



1. Go to **smile.amazon.com**
2. Type the "Kansas Academy of Nutrition and Dietetics Foundation" in the search bar.
3. Amazon will remember your selection, and every eligible purchase you make at **smile.amazon.com** will result in a donation.
4. Before you go shopping, make sure you are always on the SMILE site and make sure it says "Supporting the "Kansas Academy of Nutrition and Dietetics Foundation" under the search bar.

A customer must have 3 things to register and begin supporting the KANSAS ACADEMY OF NUTRITION AND DIETETICS FOUNDATION:

- A Plus card, which is available at any store by asking an associate
- A valid email address, which can be obtained from any free online service and can be anonymous
- A personalized account at our website, which again can be anonymous



ENROLL IN THE COMMUNITY REWARDS PROGRAM:

1. Members must visit the website:
www.dillons.com/communityrewards
2. Sign in OR Create an account (see below on creating an online account at our website)
3. Click on "Enroll Now"
4. Enter the 5-digit NPO (74692) and search
5. Select your Organization and click on "Enroll"

District Updates:

Wichita Dietetic Association (WDA) Updates:

My name is Gretchen Strathe, the president of the Wichita Dietetic Association from 2015-2016. Over the last year, Wichita dietitians have been focused on better meeting the needs of not only members of the Association, but also, those of the community. Three main objectives for this year were determined through a survey sent to dietitians in the area over the summer of 2015. These objectives included the following: increased opportunities for continuing education, improved networking among dietitians, and promoting the profession by building relationships in the community.

First, WDA has transitioned from 1 hour CEU's in the evenings to two 4 hour CEU sessions, one in the spring and one in the fall. Each meeting began at noon with a catered lunch and opportunity to network with other dietitians. CEU topics were determined by the board and members were encouraged to share his or her expertise. This has improved not only the number of CEU opportunities offered throughout the year, but also, the number of dietitians present. More than 30 Wichita-area dietitians were present at each meeting!

Second, dietitians met regularly for socials, in addition to the networking time before meetings. These socials were held at local establishments in Wichita. WDA provided appetizers to share among the group, and members were responsible for purchasing food or drinks. These gatherings, along with requests from the Wichita Eagle, triggered the reinstatement of the Positive Plate Award.

Lastly, WDA was awarded a grant (shout out to Tammi Krier, president-elect!) from the Health and Wellness Coalition of Wichita to support dietitians in the community. These funds are being allocated among various areas, including the Positive Plate

Western Kansas Dietetic Association News:

Mark your calendars! The Western Kansas Dietetic Association will be holding their annual networking event & education meeting in Hays, KS on:

- Thursday evening, September 29, 2016
- Friday, September 30, 2016

A preview of topics includes parenteral nutrition & telehealth. Watch your inbox for more topics & details to be revealed at a later time. We welcome dietitians, DTR's, & CDM's from all over the state to join us. Hope to see you in September in Hays for fun, food, & fellowship!

Kansas City Dietetics Association (KCDA)

We are pleased to share some of our accomplishments as our membership year comes to a close:

- **Continued building of our website** – eatrightkcda.org
- **Development of our first Instagram account** - @eatrightkcda
- **Continuing Education:** 8 CEU's offered to members throughout the past year
- **Fall Membership Social** – Food, Drinks, & Networking, as well as, a guest appearance by the local ReNewed Food Pantry with the Food Equality Initiative to promote Kansas City's allergy friendly food pantry
- **Annual Sevie Nelson Awards and Scholarship Banquet** - Spring 2016
- **Community Engagement** – Volunteering for a local 5K race by passing out water to runners. The Great Santa Run

Award and stipends for dietitians new to the Academy of Nutrition and Dietetics. As we build more relationships among the community, it is my hope that we can better assist the KSAND public policy team in advocating for the profession.

It has been a pleasure working with the Wichita Dietetic Association over the last year. Your support and determination are greatly appreciated, and I am forever grateful for your active participation within the Association. I couldn't feel more confident than I am now in leaving the Association in the hands of Tammi Krier, the WDA president for 2016-2017, and I look forward to serving as the KSAND president-elect.

5K benefits Operation Breakthrough; Teaming up with local fitness studios (FitFormula, CorePower Yoga, The Bar Method) to promote National Nutrition Month.



“The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet, and in the cause and prevention of disease.” – Thomas A Edison

I value a more holistic approach to nutrition. Sure, calories in must equal calories out to manage weight, and yes, controlling carbohydrate intake is very important for a person with diabetes.

However, I don't believe that to be the whole story.

You may have a family. You may have a job. You may have friends. You may have a house. You may have stress. You may have a celebration. You may have a budget. I don't think any of that can be taken out of consideration when discussing nutritional needs. There is a reason why you eat the way you do. The options are endless!

Next time you take a bite of food, any sort of food, consider asking yourself not just “why” you are eating, but also what can that food do for you. Oh, you struggle with acid reflux regularly, have a busy schedule that doesn't allow you to cook at home, and are trying to pay off multiple loans while providing for a family? We can make food work for you.

The point is, try not to dumb-down nutrition to simply calories in and out. Rather, approach

nutrition as food for the whole body – mentally, physically and spiritually. Food can do so much for the body. I encourage you to be curious about what food can do for you!

Blog post by Gretchen Strathe, RD, LD on [Little Red Nutrition](#)



KSAND Member Benefits

As the 2016-2017 Membership Year begins, I encourage you to familiarize yourself with all of the benefits of Academy and KSAND membership. Here are just a few of the benefits:

- Subscription to *Food & Nutrition Magazine* which offers 2 CPE units per issue for free. Subscription to the *Journal* with 48 or more free CPE credits annually. Subscription to the *KSAND Communicator* (\$1,694 in value)
- Early-bird FNCE registration rates (\$320 in savings)
- Testing preparation for the registration exam via Student Exam Prep (StEP)
- Free download of the 2015 Compensation and Benefits Survey of the Dietetics Profession (\$250 in value)
- Evidence Analysis Library access (\$400 in value)
- Find an RDN Academy referral service listings and the Kansas Dietitian Referral Directory (\$249 in value)
- Discounted subscription to the Nutrition Care Manual (\$180 in savings)
- National and State Public Policy Workshops that give members access to webinars, talking points and resources on cutting-edge public policy issues related to food, nutrition and health.
- *MNT Provider* newsletter with essential resources on topics such as billing, coding and coverage, practice and business management, health care reform, Medicare, Medicaid and private insurance reimbursement.
- *Student Scoop* e-newsletter enlightens students on what other students are doing to gain nutrition and dietetics experience, preparing for internships and what member

benefits are available to you.

- Honors, Awards and Grants from the Academy and KSAND
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