

The Communicator Winter 2018



REPORT FROM THE NEW PRESIDENT



"When one door of happiness closes, another opens..." - Helen Keller

I would like to recognize Abby Heidari for her exceptional guidance over the past 4 years as KSAND's Executive Director. Her genuine personality and unending support proved to be instrumental to our organization.

THANK YOU, Abby!

Looking forward, I would like to welcome Gretchen Stroberg as KSAND's ED. She is known to many Kansas Dietitians through her active role within the KSAND Board, most recently stepping down from the President position. I am fortunate to have had the opportunity to travel and interact with her during FNCE 2017. She has enthusiasm for our profession and is not afraid to ask questions or take action. Gretchen's prior KSAND board experience will prove invaluable during our 2018 Annual Conference planning and drive KSAND to continue moving forward.

With that said, my year of President-Elect was shortened as I have transitioned into the role of KSAND President. I am EXCITED! I have learned

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am enthusiastic for KSAND's bright future. In March, I will attend Affiliate President's Training in Chicago and look forward to engaging with affiliate representatives, learning best practice tips and other innovative ideas that will enhance our current operations.

I look forward to meeting and visiting with as many members as possible at our 2018 Annual Conference. I hope you will join us for what I anticipate to be an exceptional educational and networking opportunity!

Your KSAND Board is continuing discussions around increasing visibility of our profession and public policy. MORE to come! Please do not hesitate to reach out to me at anytime to express your concerns and interests. I want to hear from you!



Jennifer Morris, MS, RD, LD

KSAND President

President@eatrightks.org

PUBLIC POLICY WORKSHOP 2018



The 2018 Public Policy Workshop...is going VIRTUAL!

Rather than an in-person workshop at the Capitol, KSAND Advocacy Team has begun planning two webinars: *Advocacy 101* and *Reimbursement*. They will be made available to Registered Dietitian Nutritionist's and students by mid-March. As details are finalized, we will keep you informed.

FALL HOD RECAP

Submitted by Staci Cardenas, KSAND Delegate

For easier viewing, click [HERE](#) to download PDF



Fall 2017 House of Delegates Meeting Recap

- **Championing Nutrition and Dietetics Practitioners in Roles of Leadership in Public Health**
- **Draft Code of Ethics: Education and Communication Strategies**

House of Delegates

The Academy of Nutrition and Dietetics House of Delegates (HOD) discussed two topics using Appreciative Inquiry (AI) during the fall 2017 HOD Meeting on October 20-21, 2017 in Chicago, IL:

- Championing Nutrition and Dietetics Practitioners in Roles of Leadership in Public Health
- Draft Code of Ethics: Education and Communication Strategies

Championing Nutrition and Dietetics Practitioners in Roles of Leadership in Public Health
Mega Issue Question:
How can nutrition and dietetics practitioners secure influential public health positions in institutions, organizations, and government bodies?

Objectives:

1. Understand the relevance of public health leadership roles to the profession.
2. Recognize themes or significant trends among leaders that facilitated their rise to public health leadership.
3. Stimulate discussions on what systems, structures, and collaborations must be in place to help nutrition and dietetics practitioners pursue this high level of leadership.
4. Identify key action steps nutrition and dietetics practitioners can take to:
 - a. prepare for and pursue public health leadership positions
 - b. advocate for current and future opportunities.

Prior to the HOD meeting, delegates [interviewed](#) current high level/executive leaders in public health. The information from the interviews, [backgrounder/fact sheet](#), presentations, and dialogue discussions were used to complete the AI stages, discover and dream, during the HOD meeting.

Ten theme areas in Public Health Nutrition emerged:



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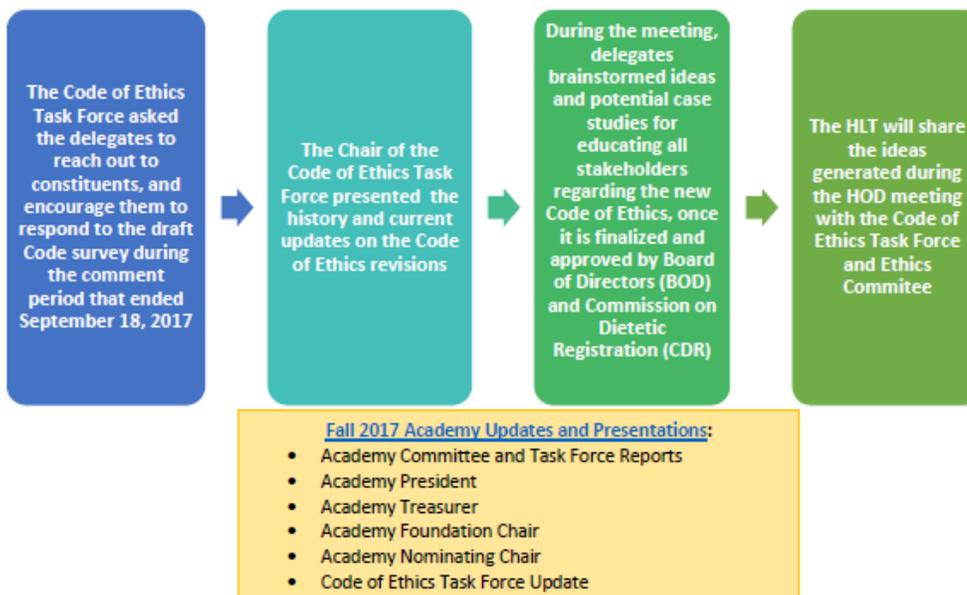
- Open Space Sessions were held on Friday afternoon. All meeting participants brainstormed ideas for advancing leadership roles in public health and answered the following questions:
 - What action steps or changes are needed to make your theme a reality, in order to prepare us to pursue public health leadership positions?
 - What would represent a "breakthrough achievement" for your theme area?
- Meeting participants advanced to the design phase of AI where groups further built upon the themes and ideas, including the steps needed to move roles of leadership in public health forward.
- Currently, the House Leadership Team (HLT) is reviewing the HOD workbooks from the dialogue and will be discussing the next steps for the deploy phase of AI.



Draft Code of Ethics: Education and Communication Strategies
 Dialogue Question:
 How can we communicate and educate relevant stakeholders on the finalized and approved Code of Ethics?

Objectives:

1. Identify effective communication and education strategies for the final revised and approved Code of Ethics.
2. Assist in identifying case examples/scenarios related to the proposed principles in the draft Code of Ethics.



Additional Information

All meeting materials and follow-up information will be posted on the [HOD pages](#) of the Academy website (Eat Right Pro> Leadership> House of Delegates> About HOD Meetings> Fall 2017 HOD Meeting Materials).

Find your delegate at: www.eatrightpro.org/leadershipdirectory

KSAND & MOAND JOINT CONFERENCE



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The Kansas Academy of Nutrition and Dietetics (KSAND) and Missouri Academy of Nutrition and Dietetics (MOAND) will be hosting the 2018 Joint Conference on April 5-7th at the Marriott Kansas City in Overland Park, KS.

Conference Theme --- Blended Borders: Mixing Nutrition and Life

KSAND & MOAND have over 2100 members, which include registered dietitians, dietetic technician's registered, retired, and student members. Members represent a wide range of practice areas and interests that include: clinical nutrition, food service management, public health, sports nutrition, diabetes, heart and kidney disease, weight management, education, research, and a variety of other nutrition areas.

This year's conference will feature 14.5 CPEU (approval pending) hours from a variety of speakers and topics,
Including:

- Personal Branding
- Am I Full? Discussion of the Research around Satiety, Appetite, and Reward-Driven Eating
- Handling Difficult Questions (from consumers, clients and the media)
- Eating Disorder Associated with Sports Performance
- Food Safety for Vulnerable Populations
- Research Update - Association of Maternal & Infant Body Composition
- The Ups & Downs of Weight Loss Counseling: Moving Beyond Basics
- Barriers of Telemedicine
- and MUCH MORE!

Also, you won't want to miss out on the interactive networking event to take place on the evening of Thursday, April 5, 2018. As always, it is a highlight leading up to the conference and will be an evening of activity, delicious food and mingling with colleagues.

For up-to-date information, visit the KSAND Conference Webpage at: <http://www.eatrightks.org/annual-conference/>

2018 ELECTIONS

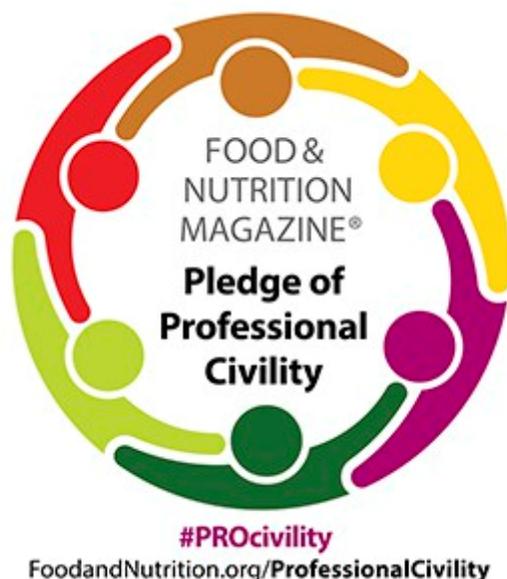
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The KSAND Board ballot will arrive in your inboxes soon and you can view the Academy Board ballot

at: <http://www.eatrightpro.org/resources/leadership/nominations-and-elections>

During the 2017 Academy Elections, KSAND fell into 2nd place with 33.63% of our membership voting. Nebraska won with 41.64% participation. Let's see if we can topple NE in 2018! Information on voting will be emailed, soon.

PLEDGE OF PROFESSIONAL CIVILITY



Written by Bethany Frazier, KSAND Marketing Chair

The Academy's [Food & Nutrition Magazine](#) has launched an initiative to help foster community and constructive engagement among peers: The Pledge of Professional Civility.

The Pledge of Professional Civility

- I pledge to demonstrate respect to my colleagues and all others.
- I pledge to support constructive dialogue and positive engagement.
- I pledge to discourage the public belittling of my colleagues, even when we do not agree.
- I pledge to model professional conduct in all my public communications and actions.

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NOMINATE TODAY - KSAND AWARDS

Submitted by Angie Lanigan, KSAND Awards Chair

Help us celebrate Kansas Dietitians! It's that time of the year when we ask for nominations for Kansas Academy of Nutrition and Dietetics Foundation Awards and Scholarships. Each year, KSANDF presents up to four awards, Recognized Young Dietitian of the Year, Emerging Dietetic Leader, Recognized Dietetic Technician of the Year, and Distinguished Dietitian of the Year. Nominate a deserving colleague by January 23, 2018. *The deadline for all application materials is February 23, 2018.*

KSANDF also awards the McCollum Scholarship to an undergraduate student in Dietetics and the Vaden Scholarship to a graduate student or intern.

Application packets are available on the [KSAND website](#) or by contacting Angie Lanigan, at awardschair@eatrightks.org. *Again, the deadline for all application materials is February 23, 2018.*

Recognized Young Dietitian of the Year Award

The purpose of the Recognized Young Dietitian of the Year program is to recognize the competence and activities of younger dietitians in the Kansas Academy of Nutrition and Dietetics (Academy) and to encourage their continued participation in association affairs.

This group will be an additional resource from which the leadership of the Association will develop both at the district, state, and national levels.

Criteria for Selection

Emerging Dietetic Leader Award

The Emerging Dietetic Leader Award recognizes the competence and activities of dietitians, regardless of their age, who have made distinctive contributions early in their dietetics careers to the Academy of Nutrition and Dietetics.

Criteria for Selection:

1. Member of the Academy of Nutrition and Dietetics and Kansas designated affiliate
2. Initial practice experience not less than 5 years and not greater than 10 years.
Interrupted careers or time

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- Kansas designated affiliate
2. Age limit as of May 1 deadline: 35 years or younger.
 3. Active participation in the national, state, or district association.
 4. Is a Registered Dietitian or Registered Dietitian Nutritionist
 5. Not previously selected as an RYDY.
 6. Demonstrated concern for the promotion of optimal health and nutritional status of the population.
 7. Demonstrated leadership, e.g., in legislation, research, education, management, etc., either in the Association or employment.

- into the 5-10 years of professional practice experience.
3. Active participation in the national, state, or district association for at least 5 years.
 4. Is a Registered Dietitian, Registered Dietitian Nutritionist or Dietetic Technician, Registered.
 5. Not previously selected as an RYDY or RDTY.
 6. Demonstrated concern for the promotion of optimal health and nutritional status of the population.
 7. Demonstrated leadership, e.g., in legislation, research, education, management, etc., in the Association, community or employment.

Distinguished Dietitian of the Year (DDY)

The recipient should demonstrate involvement at the local, state, and national levels of the Academy, show leadership, and advancement in the field of dietetics. For AND, this award is called the Outstanding Dietitian of the Year (ODA). The form will be emailed upon request.

Criteria for selection

1. Demonstrated leadership, e.g., in legislation, research, education, management, etc.,

Recognized Dietetic Technician of the Year

The purpose of the RDTY Award is to recognize the professional contributions of dietetic technicians in the Academy and to encourage their continued participation in association affairs.

Criteria for selection:

1. Member of the Academy of Nutrition and Dietetics and Kansas designated affiliate

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2. Member of the Academy of Nutrition and Dietetics and Kansas designated affiliate.
3. Active participation in the national, state, or district association
4. Is a Registered Dietitian or Registered Dietitian Nutritionist.
5. Not previously selected as DDY.
3. Active participation in national, affiliate, or district association.
4. Not previously selected for this award.
5. Demonstrated concern for the promotion of optimal health and nutritional status of the population.
6. Demonstrated leadership, e.g., legislation, research, education, clinical dietetics, foodservice management, public relations, career guidance, etc., in the association or employment.

MEMBER SPOTLIGHT - MONTHLY SERIES

KANSAS ACADEMY OF NUTRITION AND DIETETICS

WE NEED YOU!

Every month, we will shine the spotlight on one different KSAND member. We want to know you!

Submit your name and info OR give us the name and contact info for someone who you think should be in the spotlight and we'll do the rest!

HERE ARE THE OPTIONS...

#1



A new member shout-out!
Share some personal information on your practice. Think "meet-and-greet".



#2



A current RDN, NDTR, or student who has benefited from KSAND membership.



#3



A member who has done something fun or innovative in the field of nutrition.



HOW TO SUBMIT



Submit either your name and info, or give us the name and contact info for someone who you think needs to be seen!

Email to **Membership@eatrightks.org**



CALLING ALL RDNs WITH ORDER WRITTING

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Please contact Jennifer Morris, KSAND President, at president@eatrightks.org to answer a few questions from our Advocacy Team. Your time and participation is greatly appreciated!

FROM AROUND THE STATE...

Collaborations and Connections

Submitted by Kirsten Angell, RD, LD, CDE, WKDA Past President

On Thursday, October 5, 2017, the Western Kansas Dietetic Association (WKDA) **collaborated** with Kansas Farm Bureau and Scott and Wichita County Farm Bureau to host the "Empower and Encourage" event at Bellwether Barn north of Scott City, KS. Men, women, farmers, ranchers, dietitians, veterinarians, eastern Kansans, western Kansans, and many more **connected** while enjoying a delicious main course and dessert prepared by "fired up" Chef Alli Winter and her "enthusiastic cattle rancher friend", Debbie Lyons-Blythe. The 7th Annual WKDA Convention **collaborations and connections** continued on Friday, October 6, 2017. The day began with dietitians **connecting** for a tour of Heartland Mill & Country Oven Bakery at Marienthal, KS. After traveling back to the Bellwether Barn, participants listened to Dr. Elisha Yaghmai, President and co-owner of Vigilias, present "Telemedicine: A Subtle Outbreak of Democracy". After this presentation, participants now understand technological solutions available to **connect** with patients via telemedicine. Next came the annual business meeting and a beef lunch catered by John Ross & Co. & sponsored by the Kansas Beef Council. Another **collaboration**, this time between the WKDA and the Wichita County A.I.M. Coalition, **connected** dietitians, other healthcare professionals, and community leaders during the Poverty Simulation conducted by Elaine Johannes, KSU Professor and Extension Specialist, and Courtney Young, local community leader (see additional article for more details on the Poverty Simulation). Throughout the day, Simone Elder, manager of rural entrepreneurship for Network Kansas, taught participants how to activate meetings and make **connections** while experiencing the benefits of walking meetings. Finally, closing remarks and door prizes rounded out the event. Stay tuned to the KSAND listserv for details and make plans to **connect** with fellow dietitians next year at the 2018 Annual WKDA Convention!

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Poverty workshop hopes to prompt discussion on the role of communities

by Rod Haxton, Scott County Record Editor

It can be easy to talk about poverty and its victims.

Communities will often try to assist with food drives for the local Breadbasket or similar charity.

Some organizations may even sponsor an individual or a family during the holidays.

But none of those gestures give anyone an idea of what it's like to survive day to day or month to month when there's never enough money for food, utilities, rent and medical bills.

"Until you've been in that situation you can't truly know what it's like. It doesn't matter how much empathy you feel that you have," says Elaine Johannes, an associate professor and Kansas State University Extension specialist.

Johannes gave about 40 women a glimpse into what it's like stretching a paycheck until the end of the month during a poverty simulation held in Scott County. Many of those attending were members of the Western Kansas Dietetic Association, along with others from around the area who represent agencies which provide services to low-income individuals.

During the hour-long exercise, participants lived the life of a family in poverty. Can one begin to replicate the anxiety and frustration that a real-life family experiences when trying to survive on limited resources?

"It's more about helping us to identify if a community has a particular plan of

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people who are struggling financially - transportation, health care and housing.” The simulation involved five family units consisting of 4-5 persons who assumed roles of adults and children, each with real-life roles assigned to them. Around the perimeter of the room were tables with representatives representing employers, social service es, schools, law enforcement, a pawn shop, health care services, utility companies and child care service.

Each 15 minute segment represented a week and during the course of the hour (month) the family members had to seek help from social services, pay bills, attend school, etc.

Johannes has conducted about six simulations, like the one in Scott County, with the information updated annually by the National Community Action Agency. The simulations change according to the latest poverty levels, configurations of families and the type of agencies available in most communities.

“They have to be strategic with their time and determine their family priorities,” Johannes says. “At the end of the hour there can be a lot of frustration, just as in real life.”

And, just as in real life, family units tend to help each other. During the first couple of weeks in the exercise families tend to fend for themselves “because that’s how we do things in the Midwest,” Johannes notes. “By week three you start to see families communicating with each other because everyone is doing the same things to survive.”

People Don’t Know

Stephanie Becker, Pratt, was in the role of a partially disabled family member who was asked to care for another family’s baby until they could earn enough money to pay for child care.

“I don’t think a lot of people see the struggles that a lot of people are going through just to survive,” says Becker, who serves on the Hope Center board in Pratt, an agency which assists people in poverty in the community. “Middle class people don’t realize what people are struggling with every day.”

Becker is also a dietitian and sees the struggles with people coming to the hospital for care and even among employees at the nursing home.

“There are a lot of single moms working at the nursing home and I hear their stories,” she relates. “They are just trying to find a way to get by.”

And she feels that number is continuing to grow because wages aren’t keeping pace with the cost of living.

“You are constantly seeing your phone bill, or your utility bill, the cost of

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One participant, in the role of a college student, said she had to give up attending her classes in order to help support the family.

As a dietitian, Joan Stadler says the exercise increases awareness of food insecurity.

It was noted by one of the family groups that in order to pay other bills they had to do without groceries.

“The poverty simulation helped me to better empathize with individuals who are struggling,” says Stadler, who is a clinical nutrition manager for the VA hospital in Wichita.

Even during the exercise, she could see how the adult family members in a real life situation can be distracted in their jobs because they are worried about things at home, whether it’s medical care for a child or the possibility of their electricity being cut off.

Where to Turn?

Stadler feels that some people in need have no idea where to turn until they are in a “moment of crisis.” During the simulation, most participants weren’t aware of assistance from some agencies.

During the review period that followed the exercise, another participant said that they were so preoccupied with trying to survive they didn’t have time to learn what assistance might be available through various agencies.

Amber Miller, who is a member of the AIM coalition in Wichita County, agrees that information is lacking about services available and she put some of that responsibility on the agencies themselves.

“Through my work in special ed, you see people who really need help, but they don’t know where to go and they don’t know what assistance is available,” she said. “I didn’t know what help was available until I began asking questions.”

Miller feels that too much is expected of schools and their staff members to “address every need that walks through the doors.”

“I’ve seen teachers do a lot of great things for kids. They go way beyond what’s expected and what the community is aware of, but there’s only so much they can do,” she says.

Miller wishes more people could take part in the poverty simulation and gain a little more awareness of the situation facing so many families.

“A couple of years ago a school psychologist went to church groups and told them the things that people in their community were needing and the response was, ‘We’ll pray for them,’” Miller says.

“That doesn’t help the single mother whose child doesn’t have someplace to go

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extended family within a community.

“It’s easy to say, ‘Why don’t they get a job’ or ‘Why don’t they get a better job,’” Miller says. “That’s easy to say when you have a college education or you can get a good job because you’ve been part of a community for most of your life.” There’s also a perception that if people are in need they can get necessary assistance from the federal, state and local units of government.

“The fact is, they are often overwhelmed,” points out Johannes. “Unless communities pick up the slack - including private businesses, churches and others - it will be impossible for many of these people to climb out of the hole they find themselves in.”

It’s not just giving assistance, but offering the right kind of assistance, that can be a challenge for agencies reaching out to those in need.

“It’s not enough just to hand out money to pay for something,” said Suzanne Griffith, Scott City. “You have to ask what is truly helping them? How do you help them to make the right decisions?”

Community Engagement

Johannes praised the efforts of individuals within Scott County who are helping provide temporary shelter through “Stepping Up.” The organization purchased a motel on the north end of Scott City and have designated several of the rooms for individuals and families needing a safe and secure place to live.

“What a wonderful example of community engagement, empowerment and care,” said Johannes. “The common good in Scott City saw an opportunity with the motel and was thinking about how it could be utilized to benefit others.”

The Extension specialist said through Stepping Up and other agencies within a community, the goal should be able to help people maintain their dignity and self-esteem while also keeping the family unit intact.

Communication is also a priority in order for a community to solve these issues, Johannes says. Too often, because they are overwhelmed, agencies tend to “hunker down and say they are limited by their rules and policies.”

“I think we see through this simulation, and especially in real life, how easy it is to judge people. We tend to demonize people who are just trying to make it through the month or the day,” says Johannes. “If our energy is devoted to blaming and judging then that energy is not being used for the common good.

“I hope that an event such as this gives people the desire to go forward and make a difference in our communities.”

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Heidi Stevens (left) of Scott City and Stephanie Becker, Pratt, were among more than 40 participants in a poverty workshop held in Scott County.

Halloween Smoothies

By Cheryl Wiley, KU Housing and Dining

Halloween Smoothies” were featured on October 31, 2017 in the KU Residential Dining units: Ekdahl Dining, North College Café, and our new South Dining. Students and staff enjoyed the pumpkin smoothies as well as the black fruit smoothies-both prepared with orange and apple juice bases. The idea was developed after sharing the April KSAND Conference 2017 story about the session: “Smoothie Transistion: Blending Experiential and Traditional Learning with Nutrition Education”. A few nutrition facts were placed @ the smoothie station to promote information from the Produce for Better Health Foundation 2017 webinars. All in all KU Dining hosted a fun event!

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