



an affiliate of the

Academy of Nutrition and Dietetics

## Summer 2018 Communicator

### Welcome 2018-2019 KSAND Board!

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Amber Howells, Foundation Awards Committee  
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Gretchen Stroberg, Executive Director



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WITHOUT YOU!**

VOLUNTEER OPPORTUNITIES:

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PRESIDENT@EATRIGHTKS.ORG FOR MORE INFORMATION

## 2018 Leadership Retreat and Board Orientation



by Jennifer Morris, President

### **Embrace the Past**

History tells a story and lends structure to the future. Structure in the field of Dietetics was trailblazed by Lenna Frances Cooper and Lulu C. Graves. As co-founders of the American Dietetic Association in 1917, now Academy of Nutrition and Dietetics (Academy), these visionaries recognized the need for standard dietetic practices. Their pursuit of improving the public's nutritional health during World War I forged a path for dietetics professionals.

Along with our founding Academy leaders, Kansas Academy of Nutrition and Dietetics (KSAND) president's commitment to promoting the value of the dietetic profession has continued to establish our evidenced-based practice as experts. With mentorship from previous KSAND Board Members and the afforded opportunity to attend the Academy's President-Elect Training in Chicago, I will strive to continue their work and empower the Board of Directors (BOD) to accomplish the KSAND mission through their various roles.

### **Engage the Present**

KSAND endeavored on a new approach to the Annual Leadership Retreat this year. Following BOD feedback, a more in-depth orientation was planned to foster a foundational understanding of our organization, including mission and vision, how the BOD functions as a unit, and how each of the positions can support KSAND's Annual Plan of Work.

On Saturday June 9<sup>th</sup>, 2018, outgoing and incoming board members gathered at Locked Manhattan, where we tested our communication skills by working together to escape the puzzling locked rooms. Unfortunately, none of the three teams successfully escaped. However, individual abilities and ideas positively contributed to the unique makeup of the teams. Collectively the team was greater because of each of the individual's contributions. The group I was in actively listened when another member had an idea, asked for help by utilizing our resources (3 clues for escape), and expressed positive reinforcement and gratitude when we made headway in our puzzle. Although no groups escaped, I'm confident effective

communication skills, including talking and listening, were enhanced.

Following Locked Manhattan, we walked to AJ's NY Pizzeria for lunch. Next, we walked to Manhattan Public Library to further practice our communication skills in a partner Lego Build Challenge. Partners sat back-to-back, each with a baggie of the same six legos. Partner one built a structure and then instructed partner two to build the same. To finish the day, we conducted our board orientation and used our effective communication to hold our last board meeting of the year.

### **Envision the Future**

On December 26, 2017 I stepped into the role as President early during a change in our leadership. In retrospect, I am grateful for the abrupt transition because it allowed me to prepare for my "official" term as President.

The 2018-2019 KSAND Board of Directors (BOD) is a balance of rich experience and new volunteers who are eager to serve. Work has begun to fulfill KSAND's Strategic Plan. Goals include engaging members through networking and continuing education events, enhance opportunities for members to impact food and nutrition policies through participation in the legislative and regulatory processes at local, state, and federal levels, and elevate a respected dietetic practitioner brand based upon science-based evidence.

The future is what we cultivate it to be! Mine is rich with the opportunity to serve as KSAND President for a second year. I am excited for our future KSAND. Cheers to a fruitful year!

## **Advocacy Update**

**by Breta Alstrom, Public Policy Coordinator**

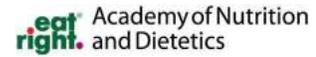
The advocacy team has been working diligently to support dietitians and the community. A letter of support was submitted in regards to the reduction of the sales tax rate on food (SB 444) as it is a barrier to more healthful eating. Additionally, the team requested a few edits that were accepted on nutrition education in the dental hygienist licensure bill (SB 312).

The team has put together webinars that will soon be available on the KSAND website, including the Advocacy 101 webinar to replace the Public Policy Workshop since this year no in-person workshop will be held in Topeka. A new reimbursement webinar uses a case study to walk through insurance billing.

Our Public Policy Coordinator was able to attend the Academy's Farm Bill Legislative Day on April 23, 2018, to represent Kansas in the office of Senator Pat Roberts and Representative Roger Marshall. The main talking points for the day were on preventing the consolidation of SNAP-Ed and EFNEP.

Much policy is currently being made, so be sure to look for action alerts about the Farm Bill and telehealth as part of the process. We recently filled out and collected postcards that were successfully sent to legislators regarding the reduction of food sales tax and suggestions on the Farm Bill.

# House of Delegates Update



## Spring 2018 House of Delegates Meeting Recap: HOD Culture Assessment

The Academy of Nutrition and Dietetics House of Delegates (HOD) held its spring 2018 Virtual Meeting on Saturday, April 21, 2018 where delegates participated in the HOD’s Culture Assessment.

### Meeting Question:

“How do we need to evolve the culture of the HOD to best reinforce the Academy’s success drivers and produce meaningful outcomes supporting the Strategic Plan?”

### Why Culture?

Culture is the foundation of who we are as a House of Delegates. It is a reflection of our organization’s values and everything in it should reinforce what drives our success.

### What are the Academy’s Success Drivers?

Success drivers are the things that will drive an organization forward. These include our [Strategic Plan](#) (the mission and vision statements, guiding principles, and impact goals) as well as our commitment to [diversity](#) and [transparency](#).



### Culture Evolution

Our culture evolution process began by discussing the preliminary results from the WorkPlace Genome® Survey. During the meeting we explored three areas: who we are now, who we should be, and what are we going to do about it.

Preliminary Themes Identified During the Meeting			
Who We Are		Who We Should Be	What Are We Going to Do About It *Preliminary “To-Do List”
<b>Most Evolved Areas</b> <ul style="list-style-type: none"> <li>• Collaboration</li> <li>• Authenticity</li> <li>• Visionary</li> </ul>	<b>Least Evolved Areas</b> <ul style="list-style-type: none"> <li>• Agility</li> <li>• Communication</li> <li>• Conflict resolution</li> <li>• Outcomes management</li> </ul>	<ul style="list-style-type: none"> <li>• More transparent and defined in our processes                             <ul style="list-style-type: none"> <li>○ Mega issue determination</li> <li>○ Mega issue outcomes</li> <li>○ Delegate roles</li> </ul> </li> <li>• Stronger communicators</li> <li>• Strategy drivers</li> </ul>	<ul style="list-style-type: none"> <li>• Enhance communications and training</li> <li>• Increase transparency</li> <li>• Clarify success</li> <li>• Preserve and build on areas where we are most evolved</li> </ul>



- ✓ Over the next year a twelve member HOD Culture Team will be working to analyze and prioritize the information.
  - \*The preliminary “to do list” may change or evolve based on further analysis by the HOD Culture Team.
- ✓ The evaluation process is multifaceted and will continue over several program years. As such, we will continue the next steps in our exploration of how the HOD can best support the Academy’s Strategic Plan during the fall HOD meeting.



### Additional Information

- Meeting materials, including [background](#) and follow-up information are posted on the [Spring 2018 Meeting](#) webpage.
- Review the [Academy President, Treasurer and Foundation Updates](#) and the [Academy Committees and Taskforce Reports](#).
- Contact your [delegate](#).

### Nutrition Education Grant Winner



Angie Lanigan, RDN used money from the Nutrition Education Grant to teach nutrition to 62 children in four preschool classes and one kindergarten class. Angie taught the children about making health snack choices. The children were able to create two different snack roll-ups. Children were provide a coloring book that highlighted all the food groups. Teachers and Administrators were provided a cook book as well.

### National Nutrition Month Grant Winner



Johannah Schrader, RDN, LD received the 2018 NNM mini-grant. She coordinated with her employer's wellness team to host a healthy snacking event for all employees in the form of a trail mix bar. Education was provided on healthy snacking and increasing fruit/vegetables intakes. Additionally, they hosted a contest for Hiawatha Community Hospital's favorite vegetable. The winning vegetable was asparagus, and it was featured on the cafe menu with items such as asparagus-ricotta flat breads, asparagus risotto, and sauteed asparagus with bacon and parsley.

## **Foundation Update**

**by Ariel Marusak, Foundation Co-Chair**

Every little bit counts! As always the funds we raise through the foundation continue to support dietetic students with scholarships and help provide recognition to our outstanding dietetic practitioners. Something the Foundation is very excited about is the addition of another \$1,000 dollar scholarship to go to a KSAND member in graduate or undergraduate school but not necessarily a Kansas school. This is different than other scholarships offered because it opens the award up to students enrolled in out of state schools but are still contributing members to KSAND.

We also want to thank everyone that came to the conference and either bought a raffle ticket, bid on a silent auction item, or went home with one! With all of those generous contributions, we were able to raise over \$1,000 for KSANDE.

This upcoming year has some exciting fundraising ideas in the works. If you are a KSAND member that is looking to play a more active role in this upcoming year we would love to welcome you onboard as a Fundraising Chair! Not only would this be a valuable way to contribute but your ideas and creativity would be appreciated!

Watch this space for some new and exciting ways to give to the Foundation!

### **2017-2018 Foundation Award Winners**

Distinguished Dietitian of the Year

Sarah Marcy, MS, RD, LD

Recognized Young Dietitian of the Year

Jennifer Morris, MS, RD, LD

Johannah O'Malley, RDN, LD

Emerging Dietetic Leader

Gretchen Stroberg, RD, LD, CDE

McCullom Scholarship

Ellen Carp

Vaden Scholarship

Rachel Muzzy

50 Year Member

Peter Beyer

## **Become a Preceptor**

April celebrated Academy of Nutrition and Dietetics Preceptor Month.  
Thank you to all RDN's who continue to host and work with Dietetic Students.

Thank you for all you do to give back!



**#KSAND**  
**#FNdinnerparty**

The Wheel Barrel  
925 N Kansas Ave  
Topeka, KS

June 28th  
5:30 - 7:30pm

RSVP by 6.26.18: [president@eatrightks.org](mailto:president@eatrightks.org)



**#KSAND**  
**#FNdinnerparty**

Taco Republic  
500 County Line Rd  
Kansas City, KS

July 26th  
5:30 - 7:30pm

RSVP by 7.24.18: [president@eatrightks.org](mailto:president@eatrightks.org)

## Updated Code of Ethics

May 1, 2018 CHICAGO – As health care becomes more complex and the areas in which nutrition and dietetics practitioners work become more challenging, the Academy of Nutrition and Dietetics recognizes that codes of ethics governing the profession must evolve as well. Effective June 1, the Academy's new Code of Ethics will go into effect for all Academy members and all practitioners credentialed by the Commission on Dietetic Registration.

"Reviewing and revising the Academy/CDR's Code of Ethics recognizes the changes in nutrition and dietetics practice and is responsive to new trends such as digital health care, social media and the evolving use of other technologies," said registered dietitian nutritionist and Academy President Donna S. Martin.

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals, representing more than 100,000 credentialed practitioners. The revised Code of Ethics applies to all Academy members and all CDR-credentialed practitioners, whether or not they are Academy members.

The primary goal of the revised Code of Ethics is "the protection of the individuals, groups, organizations, communities or populations with whom the practitioner works and interacts." In addition, according to the code:

"When providing services, the nutrition and dietetics practitioner adheres to the core values of customer focus, integrity, innovation, social responsibility and diversity. Science-based decisions, derived from the best available research and evidence, are the underpinnings of ethical conduct and practice."

The Academy's Code of Ethics has been updated numerous times since the 1930 publication of "A Professional Code for the Hospital Dietitian." The most recent revision prior to this year's was published in 2009.

The full text of the Academy's Code of Ethics is available at [www.eatrightpro.org/practice/code-of-ethics/what-is-the-code-of-ethics](http://www.eatrightpro.org/practice/code-of-ethics/what-is-the-code-of-ethics).

###

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of nutrition and dietetics through research, education and advocacy. Visit the Academy at [eatright.org](http://eatright.org).



### Double-Up Food Bucks Now Available in Wichita



**Double Your EBT Dollars at a participating Farmers Market!**

**BUY \$1** SNAP-eligible foods with your EBT card  
**GET \$1** Double Up Food Bucks tokens FREE for fresh fruits and veggies  
 Go to the market info table first

**Kansas Grown! Farmers Market**

7001 W. 21st Street, Wichita  
Saturdays, April 7-Oct. 27  
7 a.m. to noon

**Old Town Farmers Market**

835 E. 1st Street N, Wichita  
Apr. 21-Aug. 25: Saturdays 7 a.m. to noon,  
September and October: Saturdays 8 a.m. to noon

**Kansas Grown! Farmers Market**

512 E. Madison, Derby  
Saturdays May 5-Sept. 29  
7 a.m. to noon

**Common Ground Producers and Growers Mobile Market**

Various locations.  
Visit [www.facebook.com/commongroundpg/](http://www.facebook.com/commongroundpg/)  
for schedules and locations.



**Questions? Call 316-776-8176 or visit [hwcwichita.org/DUFB](http://hwcwichita.org/DUFB)**

For food help, call the Department of Children and Families at 1-888-369-4777.

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## It's Not Too Late, Order Your KSAND T-Shirt



2 grey and 4 purple, size medium KSAND t-shirts remain. Shirts are \$23 each, including shipping. Send all t-shirt order requests to Jennifer, KSAND president, at [president@eatrightks.org](mailto:president@eatrightks.org). Your shirt will be mailed when payment is received. These are the last few shirts available, don't delay!

## Help Support the KSAND Foundation

### Do you shop on Amazon?

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

To enroll,

1. Go to [smile.amazon.com](https://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](https://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.

## **Do you shop at Dillons?**

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

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

To enroll,

1. Members must visit our website at <https://www.dillons.com/account/enrollCommunityRewardsNow>
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 and search – **74692**
5. Select your Organization and click on “*Enroll*”

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# Wise Choices for a Healthy Diet and Lifestyle

## Lean Beef Promotes Weight Loss, Lean Bodies and Heart Health

Higher-protein diets are becoming more and more popular as people seek new ways to achieve weight loss that will also keep them feeling full and satisfied.<sup>i</sup> New research, called the Beef WISE (**W**eight **I**mprovement, **S**atisfaction and **E**nergy) Study shows that lean beef can be as effective as other proteins for weight loss potential.<sup>ii</sup>

**Eating lean beef, as part of a healthy, higher-protein diet, combined with exercise, can help people lose weight and fat mass while maintaining lean muscle and supporting a healthy heart.<sup>iii</sup>**

## Meals That Nourish



Classic Beef Kabobs



Grilled Southwestern Steak

Visit [www.BeefitsWhatsForDinner.com](http://www.BeefitsWhatsForDinner.com) for full recipes.

1

### STRONG, HEALTHY BODIES

Weight loss should result in decreased body weight while preserving lean muscle to achieve a healthy body composition and overall strength. In this new study, lean beef – as part of a healthy, higher-protein diet, combined with exercise – helped people lose fat while preserving lean muscle. In fact, 90-95% of the weight lost came from fat.<sup>i</sup>

2

### SUPPORTING HEART HEALTH

While following a higher-protein diet with lean beef, participants in the same study not only effectively lost weight and improved lean body composition – they also did so without negatively impacting risk factors for heart disease, such as total or LDL cholesterol or blood pressure.<sup>ii</sup>

3

### REALISTIC DIETS

Including a variety of foods people already enjoy can help them embrace and adhere to a healthy diet.<sup>iii</sup> This recent research study demonstrates that lean beef doesn't have to be restricted in a higher-protein, weight loss diet and contributes to the growing body of evidence demonstrating the positive role of lean beef in a healthy diet.<sup>iv,v</sup>

<sup>i</sup> Leidy HJ et al. The role of protein in weight loss and maintenance. *Am J Clin Nutr* 2015;101:1320S-9S.

<sup>ii</sup> Sayer RD, et al. Equivalent reductions in body weight during the Beef WISE Study: Beef's Role in Weight Improvement, Satisfaction, and Energy. *Obes Sci Pract* 2017. Available at: <http://onlinelibrary.wiley.com/doi/10.1002/osp4.118/full>

<sup>iii</sup> Wycherley TP, et al. Self-reported facilitators of, and impediments to maintenance of healthy lifestyle behaviours following a supervised research-based lifestyle intervention programme in patients with type 2 diabetes. *Diabet Med* 2012;29:632-9.

<sup>iv</sup> McNeill SH. Inclusion of red meat in healthful dietary patterns. *Meat Sci* 2014;98:452-60.

<sup>v</sup> Russell MA, et al. Beef in an Optimal Lean Diet study: effects on lipids, lipoproteins, and apolipoproteins. *Am J Clin Nutr* 2012;95:9-16.

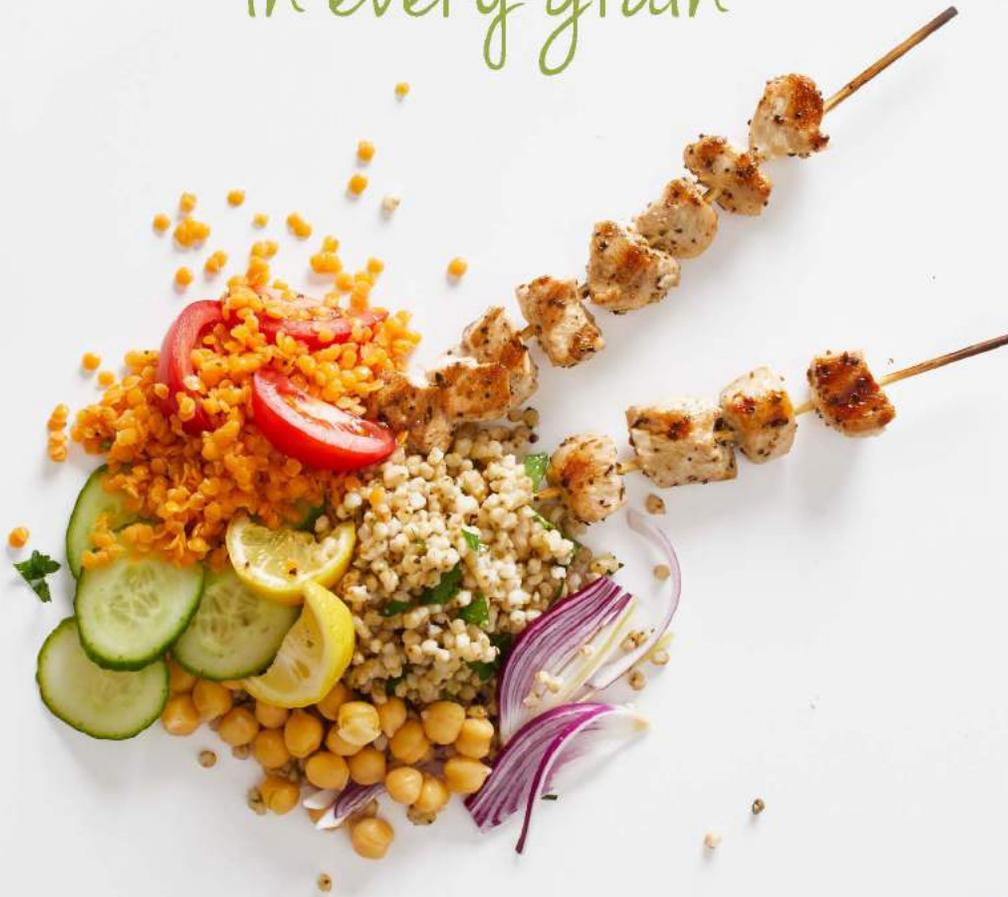
<sup>vi</sup> Russell MA, et al. Effects of a DASH-like diet containing lean beef on vascular health. *J Hum Hypertens* 2014;28:600-5.



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- At 15 cents each, eggs are one of the most affordable sources of high-quality protein
- Eggs are listed as a nutrient-dense food and included within all recommended healthy eating patterns in the Dietary Guidelines

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Egg Nutrition Center



American Egg Board

[eggnutritioncenter.org](http://eggnutritioncenter.org)

ENC is your resource for the latest health and nutrition science information on eggs.



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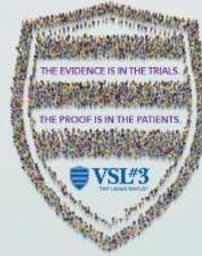
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1. J Clin Gastroenterol. 2010; 44(10):1000-1005. doi: 10.1097/MCG.0b013e3181911111. Epub 2010 Oct 15. PMID: 20951335. 2. J Clin Gastroenterol. 2010; 44(10):1000-1005. doi: 10.1097/MCG.0b013e3181911111. Epub 2010 Oct 15. PMID: 20951335. 3. J Clin Gastroenterol. 2010; 44(10):1000-1005. doi: 10.1097/MCG.0b013e3181911111. Epub 2010 Oct 15. PMID: 20951335. 4. J Clin Gastroenterol. 2010; 44(10):1000-1005. doi: 10.1097/MCG.0b013e3181911111. Epub 2010 Oct 15. PMID: 20951335. 5. J Clin Gastroenterol. 2010; 44(10):1000-1005. doi: 10.1097/MCG.0b013e3181911111. Epub 2010 Oct 15. PMID: 20951335. 6. J Clin Gastroenterol. 2010; 44(10):1000-1005. doi: 10.1097/MCG.0b013e3181911111. Epub 2010 Oct 15. PMID: 20951335. 7. J Clin Gastroenterol. 2010; 44(10):1000-1005. doi: 10.1097/MCG.0b013e3181911111. Epub 2010 Oct 15. PMID: 20951335. 8. J Clin Gastroenterol. 2010; 44(10):1000-1005. doi: 10.1097/MCG.0b013e3181911111. Epub 2010 Oct 15. PMID: 20951335. 9. J Clin Gastroenterol. 2010; 44(10):1000-1005. doi: 10.1097/MCG.0b013e3181911111. Epub 2010 Oct 15. PMID: 20951335. 10. J Clin Gastroenterol. 2010; 44(10):1000-1005. doi: 10.1097/MCG.0b013e3181911111. Epub 2010 Oct 15. PMID: 20951335. 11. J Clin Gastroenterol. 2010; 44(10):1000-1005. doi: 10.1097/MCG.0b013e3181911111. Epub 2010 Oct 15. PMID: 20951335.



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Department of Food, Nutrition,  
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Erika Lindshield, MPH, RDN, LD  
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References: 1. McClave SA, et al. JEN J Parenter Enteral Nutr. Feb 2016;40(2):159-211. 2. Calder PC. Clin Nutr. Feb 2010;29(1):S12. 3. Calder PC. Prostaglandin Levels in Breast Milk. Acta Paediatr. Sep-Nov 2006; 95(7-8):1011-106.

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INTRODUCING

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<sup>1</sup> Verified by University of Nebraska, Lincoln. Includes all ingredients and natural flavors. Food Allergy Research and Discovery Program under U.S. government order 19-0000 (gluten) and food 1.5.

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