



President's Summer Greetings

It is my pleasure to extend a warm greeting to all members of the Philadelphia Dietetic Association. I am honored to have the opportunity to serve this year as the president of PDA, the very first of six affiliate districts of Pennsylvania to be established in 1917 -- the very year that the now Academy of Nutrition and Dietetics was established. In fact, this membership year will encompass the 100th year anniversary of both of our founding. I look forward to helping to lead our organization, with the momentum of such a rich and impressive history, into its next century of service for dedicated members like you.

On behalf of the entire association, I would first like to offer congratulations to Dara Blomain and the entire 2015-2016 PDA Board on a tremendous membership year of successful events. We are very grateful for your hard work and unwavering dedication to "making it all happen" for each member of PDA.

This year we are fortunate to have yet another exceptional PDA Board comprised of volunteers who are equally talented and enthusiastic about serving our members and the dietetics profession at large. Together we are diligently planning for our upcoming calendar of events for you based on the following guiding objectives:

First and foremost, we will focus on providing ever-increasing membership benefits to you. PDA is excited to be offering a free kick-off membership event for our members who sign up or renew their membership at the start of this membership year in early August. Our Council on Practice Committee is also working hard towards providing continuing education via an online platform (i.e. webinars) to you this year. Our vision will be two-fold: to increase accessibility of and to provide lower-cost and cutting-edge continuing education benefits to all members of our own district.

Second, it is our hope to inspire and educate our membership base on the importance of and becoming involved in public policy. Very simply, there are many ways that dietetics professionals in the state of Pennsylvania are affected by public policy. Likewise, there are many opportunities to participate in the legislative process, starting with our local and state representatives. To this end, there are two things that you can do to help make our collective voices heard: 1) Participate in the "Action Alert" emails that you receive from the Academy -- the process takes only minutes of your time and allows you to



contact your local government representatives regarding current state and federal issues. 2) Sign up for our district's first ever Public Policy Ambassador Program which will be led by our Public Policy Committee and will kick-off with a Public Policy Workshop this coming fall.

Third, we will continue to renew our efforts in the areas of student outreach, public service and charity. Just as in years past, we will maintain our previous partnerships with several non-profit organizations in the area, including local colleges, universities, food pantries and food banks. We are on the lookout for additional opportunities for our members, not only to give-back to our students and the community, but to help increase the visibility of our profession as a whole. If this interests you, we welcome your participation

and/or any feedback regarding potential future partnerships for PDA.

Finally, I am proud to announce that our state's Annual Meeting and Exhibition (AME) in 2017 will be held right here in the Philadelphia district on April 21-23 in King of Prussia. The planning for this event has been many months in the making and our dedicated AME 2017 Planning Committee continues to work hard and is excited to provide you with an exciting year-end event for this membership year.

Please stay tuned for more details as we unroll our calendar of events to come. As PDA's mission is to support our valued members, I welcome and encourage any of you to please contact me or any Board members with your ideas, inquiries or concerns regarding how PDA can best serve you in this upcoming year and beyond.

In good health and to a fruitful year,

Jennifer Lai

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SAVE THE DATE

PDA invites you to join Villanova University College of Nursing's MacDonald Center for Obesity Prevention and Education for a morning seminar and networking event:

***RD Breakfast Series
Sharing Secrets and Successes:
Best Practices in Weight Management***

Feeling “stuck”? Looking for ways to boost your effectiveness in working with clients and patients on weight management issues? Need some new ideas to incorporate into your practice? During this breakfast program hear from a panel of registered dietitians who have made inroads into the obesity fight by using a variety of approaches and evidence-based practices. Panelists will elaborate on their clinical perspectives and successful strategies in helping clients and patients achieve lasting lifestyle changes. An exchange of ideas, problem-solving strategies and tips will round out the program. Join in the dialogue. Discover a few new ideas —and share a couple of yours!

Breakfast provided compliments of SNAP Kitchen™



When: Wednesday September 14, 7:30AM-10:30AM

Early bird registration (before August 15th): \$45

Registration fee: \$50

Where: Villanova University, Driscoll Hall

Panelists

Sharon Howard MS, RD, LDN, CDE, FAND

Owner, Nutrition for Living Counseling and Coaching Services

Brenda Lazin MS, RD

Pediatric Nutritionist

Philadelphia Department of Public Health City Health Centers

Ashvini Mashru MA, RD, LDN

Owner, Wellness Nutrition Concepts, LLC

Author, *Small Steps to Slim*

John Rickards RD, LDN

Managing Partner, The Charge Group
Corporate/Individual Health Solution Management

Colleen Tewksbury RD, MPH, LDN

Bariatric Program Manager

Penn Medicine/University of Pennsylvania Health System

2 CPEUs for RDN/DTR registrants

Click here to register: <http://www1.villanova.edu/villanova/nursing/centers/obesity/conferences.html>

We hope to see you there!

Delegate Report

Susan E. Adams MS, RD, LDN, FAND, Chair of Delegates, representing Philadelphia and the Lehigh Valley

The fall HOD Meeting will be held at the Boston Convention and Exhibition Center on October 14 and 15, 2016. (Right before FNCE).

Day 1 will be an all - day training

Why are we doing this training? Appreciative inquiry is a method for transforming organizations by focusing on what works. It is being used by our Second Century initiative and the HLT believes it will also work within our Knowledge Based Strategic Governance model, to help delegates improve the engagement of our members and build on our strengths as an Academy and profession. We hope that you will each leave the training session with ways to immediately apply the theory in practice and in your communications with members. In the future, if this process is successful, we hope to continue to build our skills in this model, train future delegates, and expand our engagement with members.

Day 2: The second day will be the official opening of our HOD meeting and the topic will be the mega issue of **wellness**. Please stay tuned to updates on this all important (to all of us) issue. As soon as the backgrounder and executive summary is posted, I will let you all know. I am looking forward to discussing this mega-issue and bringing information back to you, the members of PDA and LVDA.

Information about the spring 2016 HOD meeting:

The 95th meeting of the House of Delegates (HOD) took place virtually on April 30 and May 1, 2016. The topics for discussion were Envisioning Our Second Century (day 1) and Technological Innovations that Impact Food and Nutrition (day 2). On Day 1, delegates discussed how we can transform our practice to revolutionize nutrition and dietetics for our Second Century. Delegates dialogued about the critical historical events that have impacted the profession; envisioned the profession in the next 100 years; and considered actions that can be taken to engage members in the Second Century. Day 2 focused on technological innovations that impact food and nutrition. Delegates discussed how we can transform all areas of dietetics practice and move the profession forward in a world where rapid advances in technology continually change the way we learn, work and live. Delegates used the Council on Future Practice's technology change driver as the basis for this dialogue. At their virtual tables, delegates considered two of the four trends within the change driver and proposed strategies to help members

shift to higher skills and services that cannot be automated or programmed into technological systems.

Delegates generated ideas of technological innovations that RDNs and NDTRs can spearhead, and discussed ways to empower members to transform practice through technology.

In addition, Academy members who are using technology to advance and innovate their practice were highlighted ahead of the meeting. The members' recorded videos can be found at:

www.eatrightpro.org/resources/leadership/house-of-delegates/about-hod-meetings >Spring 2016 Meeting Materials.

As a result of the dialogue, one motion was discussed and **passed** by the HOD. The following activities have been requested:

HOD Motion #1:

- A. The Nutrition Informatics Committee review the input from the Spring 2016 HOD Meeting dialogue, create an action plan and recommendations to address the dialogue objectives, and communicate the plan to the HOD by the Fall 2016 HOD Meeting.
- B. All Academy organizational units identify and promote best practices related to technology and integrate technological innovations that impact food and nutrition into their program of work.
- C. The Academy create a hub on the Academy website where technology resources related to food and nutrition are shared.
- D. The Academy consider highlighting technology in an annual awareness campaign.
- E. The Academy's Second Century Team review the input from the House of Delegates 2016 dialogue and support incorporation of technological advancements into the opportunity areas for the September 2016 Summit and forthcoming innovations projects.



Reflections on PAND AME 2016

Laura Frank PhD, RD, LDN

This year's AME in Pittsburgh offered a tremendous range and depth of information and ideas in the ever-widening field of dietetics. After several decades in the profession, I'm able to think back to a time when most dietetics practice was focused in hospitals and other institutions, and relatively limited in scope. Just a quick scan of the titles of the presentations offered this year shows how much the profession has expanded its spheres of knowledge and practice. The keynote address by Kathie M. Swift, MS, RDN, LDN, FAND on "Transforming the Practice of Nutrition: An Integrative Approach" both broadened my perspective as a professional and caused me to examine the health impact of my personal food choices.

Kathie Swift's presentation, and her book which I was inspired to read, describe gut function as more of an ecosystem than a mechanistic process of converting food into nutrients and waste products. Noting that the organisms of our microbiota outnumber human cells more than 10:1, Swift suggests that providing an environment that nurtures an appropriate balance of "friendly" bacteria is crucial to the health of the gut, and by extension to the physical, mental, and emotional health of the individual. Of course, restoring balance to the gut ecosystem requires healthy food choices. The integrative approach Swift proposes also includes attention to other healthy lifestyle practices such as physical activity, sleep, contact with the natural world and stress management—seeing beyond the gut to the whole person in the context of their environment.

As an outgrowth of my learning from this presentation, I decided to experience for myself the effects of following an elimination diet then gradually re-introducing potential problem foods: high-FODMAP, dairy, and gluten-containing foods. One valuable lesson from this exercise was insight into the impact on our clients when we recommend that they make major dietary changes! Additionally, while becoming more aware of connections between ingesting certain foods and the reactions of my body, I did discover beneficial changes I could make in my food choices.

A few years ago, I authored a book chapter entitled "Counseling the Whole Person", advocating a client-centered counseling approach that would work with the person in the context of their preferences, culture, lifestyle, socioeconomic status, desire to change, and resources. With a nod to Kathie Swift, I would now add the inner person--their microbiome—to the "whole person" I seek to counsel. I can see great benefit in using all of the tools available to restore balance within and without through an integrative approach to nutrition practice.

Membership Survey Raffle

Thank you to everyone who participated in our 2016 Member Survey! We truly appreciate your feedback and will use all of it to continue to improve our organization. All of the individuals who participated in the survey were entered into a raffle for a \$25 Amazon gift card. Congratulations to the raffle winner, Robin Nuse, RDN, LDN!



Interested in Joining the 2016-2017 PDA Board?

PDA is currently looking for someone who is tech-savvy to join us as our Social Media Representative for this membership year. If you are interested in this position, please contact our Nominating Chair, Liz Smith at Elizabeth.smith5@uphs.upenn.edu.

Public Policy Workshop 2016

Shawna Bayerman MS, LDN, Public Policy Coordinator

The Academy of Nutrition and Dietetics' Public Policy Workshop (PPW) is an annual advocacy training in Washington D.C. that occurred June 23-24th of this year. The Academy welcomes nearly 500 RDNs, DTRs and students from all over the country. Prior to the event, all attendees are given access to an online Community of Interest which allows participants to engage in a number of readings and webinars to help them prepare to become the voice of nutrition that Congress trusts! At the end of PPW, participants put their knowledge into action when they visit Capitol Hill and meet with members of Congress.

The state of Pennsylvania had one of the largest delegations with attendees from all over the state. This year the Philadelphia Dietetics Association was able to send myself (Shawna Bayerman) as the Public Policy Chair and my counterpart Samantha Calderone, Public Policy Chair-Elect. The delegation as a whole was able to meet with the legislative staff of both Senators Toomey and Casey as well as legislative assistants of a number of House Representatives. One of the highlights for us was being able to meet with Representative Ryan Costello who represents the 6th District of Pennsylvania. Representative Costello was not only a pleasure to speak with but is an advocate and friend of the dietetics profession.

This year the topics of focus were as follows:

The Treat and Reduce Obesity Act H.R. 2404, S. 1509

At this time Medicare only covers intensive behavioral therapy (IBT) for weight loss when provided by a primary care provider in the primary care setting. This excludes coverage for IBT provided nutrition professionals, bariatricians, endocrinologists, psychiatrists, and clinical psychologists in other settings. This is a bipartisan bill which would amend the Social Security Act to enable the Center for Medicare and Medicaid Services to enhance beneficiary access to the most qualified existing Medicare providers of intensive behavioral therapy for obesity.

The Preventing Diabetes in Medicare Act (H.R. 1686/S.3082)

As of now Medicare covers Medical Nutrition Therapy (MNT) provided by an RDN for Diabetes and Kidney Disease. This Act would amend the Social Security Act to extend Medicare coverage for Medical MNT services for individuals with prediabetes and risk factors for



Pennsylvania Delegation

developing Type 2 diabetes. We have made an exciting advancement as of June 22nd of this year with the introduction of this act in the senate. The bill has been sponsored by Senator Gary Peters (MI).

Child Nutrition Program Reauthorization (CNR)

CNR is a broad piece of legislation that includes School Meals, WIC, Farm to School, Child and Adult Care Food Program, Fresh Fruit and Vegetable Program and the Summer Food Service Program. Our focus for the Senate was to encourage the continued support of the bipartisan Senate Child Nutrition Reauthorization bill, Improving Child Nutrition Integrity and Access Act of 2016, and encourage the chairman to move it to the Floor. Unfortunately there are revisions in the house bill that would be detrimental to existing Child Nutrition Programs. These revisions include moving the threshold for community eligibility from 40% to 60%, instituting a block grant pilot for school meals programs, eliminating evidence-based nutrition standards for children's meals and eliminating the word "fresh" from the fresh fruit and vegetable program. We asked House Representatives to oppose provisions within H.R. 5003, Improving Child Nutrition and Education Act.

The Public Policy Workshop is an educational and inspiring event that I would encourage any RDN, DTR and student to attend. If you are interested in learning more about any of the above topics reach out to the PDA's Public Policy team or become a member of our brand new Public Policy Ambassador Program! For more information you can e-mail me at shawna.bayerman@gmail.com and, as always, keep an eye out for action alerts from the Academy!

Gardening Tips

Michele Dicristofaro, Student Board Representative

There is nothing more rewarding than planting your own vegetable garden. The benefits are endless! Think about it- you are eating the freshest veggies possible (which gives true meaning to “farm to fork”; however in this case, “garden to fork”!), no processing or transportation required (which reduces our carbon footprint), it’s very inexpensive, it provides a sense of accomplishment, it can whisk away your worries and stress, and it’s great exercise. But above all this, the taste is just so different than vegetables you buy at the grocery store. For example, our arugula is unbelievable! If you enjoy the bitter greens, the bite to these tender leaves is like no other!

My husband and I started a garden when we first moved into our home about 13 years ago. It started with a basic 12x12 section and we planted just tomatoes and peppers. Each year was a learning process to discover what worked and what did not. For example, planting mint in the garden as opposed to a pot has resulted in bushes and bushes of mint each year! So learn from us, it’s best to plant herbs in pots so it doesn’t take over. But things like that have made the process fun. So from there we expanded the area of the garden, tried new vegetables such as squash, cucumber, green beans, basil, snow peas, rosemary, cilantro, parsley, onion, different lettuces, pumpkin, watermelon, corn, sunflowers, and rosemary and added a variety of containers for vegetables and herbs that we do not want taking over the garden.

So have I convinced you that planting a garden is the greatest hobby? It can be intimidating, but with all the websites and articles on vegetable gardening, there are so many tips to building and planting your own garden. My advice would be to start small. Experiment using pots and containers and see how it goes. Then do some research on building a beautiful garden. For example, choose what type of boarder you want for the garden or learn about tilling the soil for the best results. And even though we are almost at mid-summer, it isn’t too late to plant a few favorites. Beans, carrots, broccoli, corn, cucumbers, and kale can still be planted in July.

Come to think of it, I am going to go have a kale, arugula, yellow chard, and red leaf lettuce salad!





PDA ANNUAL SUMMER MEMBERSHIP EVENT

Where: Independence Seaport Museum

When: Thursday, August 11th, 5pm to 7 pm

More Details to Follow

PAND AME 2017

Crowne Plaza, King of Prussia, PA, Friday, April 21st – Sunday, April 23rd 2017

For additional information or questions, please contact one of the 2017 AME Co-chairs:

Shawna Bayerman shawnbayerman@gmail.com

Patricia Davidson pdavidson@wcupa.edu

Brigid Neary btneary@gmail.com


Painting with a Twist Spring Membership Event

Colleen Tewksbury MPH, RD, LDN, President-elect




On April 20th, PDA hosted a fun evening of adult-beverage-fueled artistic expression at Painting with a Twist in Jenkintown. PDA members who attended were treated to an evening of snacks, and networking led by Painting with a Twist's charismatic and energetic teachers. True to dietitians' fruit and food science roots, the members painted a bowl of lemons with a glass of lemonade. Along with having an enjoyable and entertaining night, each RD was able to bring home their own masterpieces and a few new local colleague contacts.






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