

July 2011



News Briefs

This monthly news bulletin is designed to keep Maine Dietetic Association members informed about issues affecting our profession. We hope you find this resource helpful in staying up-to-date and in touch. Please send comments to [MDA Communications Coordinator](#).

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MDA's a Winner!

The Maine Dietetic Association is a winner in the Kids Eat Right Affiliate Challenge sponsored by the American Dietetic Association Foundation (ADAF), its Board of Directors, and Kids Eat Right. Maine is among the five states with the highest percentage of Kids Eat Right Campaign Volunteers, joined by Iowa, Kansas, Vermont, and West Virginia.

As one of the Kids Eat Right Affiliate Challenge winners, MDA will be receiving a \$1,000 award from the ADAF to be used to further promote Kids Eat Right in our state. Suggested uses for the award include:

- Stipends to members to complete Kids Eat Right actions;
- Hosting a Kids Eat Right member recruitment drive;
- Sponsoring a Kids Eat Right presentation and booth at your next affiliate meeting; or
- Promoting awareness of the Kids Eat Right website for the public (www.kidseatright.org) to health, wellness, healthcare, and public health professionals in your state

ADAF commends MDA for our early support of Kids Eat Right in its first year and wants to spotlight our affiliate and the members who are and have been involved in Kids Eat Right actions at the local level in Maine. ADAF staff will be following up with MDA to begin this process soon.

Thank you, MDA members, and way to go!

Healthy Breakfast Toolkit and Mini-Grant Announcement

Kids Eat Right will have a new toolkit promoting Healthy Breakfasts available to all Campaign Volunteers this fall! The toolkit consists of ready-made presentations, activities and handouts for 4 different audiences: 1) elementary students, 2) middle school students, 3) high school students, and 4) school/community stakeholders.

To support the toolkit use, **40 RD mini-grants of \$200** are available. Recipients of the mini-grants agree to give two presentations from the toolkit between September and November. Please see full application for details at: <http://www.eatright.org/Foundation/content.aspx?id=6442464289> Applications are due August 12, 2011.

The Healthy Breakfast Toolkit was made available by an educational grant from The Kellogg Company. Members from the Pediatric, Weight Management, School Nutrition, and Food and Culinary Professionals Dietetic Practice Groups participated in the development of the toolkit.

Katherine Musgrave — Medallion Award Honoree

The American Dietetic Association will present its prestigious 2011 Medallion Awards to MDA's Katherine Musgrave and seven other ADA members from throughout the country at an Honors Breakfast on Sunday, September 25, during ADA's Food & Nutrition Conference & Expo, September 24-27 in San Diego. Medallion Awards have been given each year since 1976 to members in recognition of outstanding service and leadership to ADA and the dietetics profession. Here's Katherine's citation:



Katherine O. Musgrave, MS, RD, LD, DSc, Orono, Maine: A professor emerita of food and nutrition at the University of Maine, Musgrave is a renowned leader in the dietetics profession. A member of ADA since 1942, she continues to teach an online introductory nutrition course and mentors students and practitioners throughout their careers, 25 years after her official retirement. Musgrave has published and presented dozens of scientific papers and served twice as president of the Maine Dietetic Association: in 1973-1974 and 2006-2007. Musgrave received an honorary doctorate from the University of Maine in 2006 and was named to the Maine Women's Hall of Fame in 2011. The Maine Nutrition Council established an award in her name to recognize outstanding food and nutrition practitioners and professionals. Musgrave is a graduate of Maryville College and Vanderbilt University and received a master's degree from Oklahoma State University.

The other Medallion Award honorees are: Ellen J. Coleman, Riverside, Calif., a practicing sports dietitian and exercise physiologist; Linda M. Delahanty, Boston, Mass., an authority on diabetes management and prevention; Karen P. Lacey, Green Bay, Wis., a recognized authority on dietetics education; Beth Leonberg, Pipersville, Pa., widely known for her work in pediatric nutrition; Penny E. McConnell, Vienna, Va., a pioneer in the field of child nutrition; Janet J. Skates, Kingsport, Tenn., a nutrition consultant providing services primarily to businesses and industry; and Linda Van Horn, Chicago, Ill., a professor of preventive medicine and associate dean for faculty development at Northwestern University's Feinberg School of Medicine.

Congratulations to all. Katherine, MDA is proud of you!

See You in San Diego

Invite a Friend to attend FNCE 2011 and have a chance to win a complimentary registration to the 2012 ADA Food & Nutrition Conference & Expo for you and your invitee! You will be entered into a drawing for each person you invite if they register for the 2011 meeting in San Diego.



After you complete registration, be sure to select the "Invite a Friend" tab from your personal FNCE Registration Dashboard. If you have already registered, you can always access your dashboard online to review and edit your registration information.

FNCE is quickly approaching. Don't miss this once-a-year opportunity to impact careers by earning CPEUs, hearing from the experts, being exposed to ground-breaking trends and research and making meaningful business connections.

Five Reasons to Register:

1. Savings: Register by August 12 to enjoy early registration savings.
2. CPE: Earn at least 20 CPEUs by choosing from over 140 sessions on a variety of cutting-edge topics are available.
3. Networking: The one place to connect with over 6,000 professionals in the industry.
4. Trends: Poster Sessions, the Expo, the Research Symposium and Hot Topic Sessions will unveil new trends and research.
5. San Diego: The beautiful city of San Diego is known for its idyllic climate, 70 miles of pristine beaches and a dazzling array of world-class family attractions.

And a 6th reason: Join us in celebrating Katherine Musgrave's Medallion Award!

Registration is open for the 2011 ADA Food & Nutrition Conference & Expo. Register before August 12 and save on fees. There are three easy ways for attendees to register — online, by fax or by mail. Visit the [registration page](#) for more information, including schedule and rates.

Diabetes Advocacy in Congress

ADA, with its 14 partners in the Diabetes Advocacy Alliance, presented the 2011 Congressional Briefing on the dangers of diabetes in May. The turnout was outstanding – standing room only – and the result is excellent Congressional bipartisan support for sign on letters from members of Congress sent to the Administration citing the need for funding. Being a member of the Diabetes Advocacy Action has leveraged our efforts tenfold. We have many others now carrying our message of the importance of MNT and nutrition interventions and we are very appreciative of their efforts.

In addition, Representative Diana DeGette of Colorado will be introducing a bill next month for prediabetes and MNT coverage. That will provide not only for patients access to nutrition services but for our members expanded opportunities.

For more information on the briefing, see the front page of MDA's web site at www.eatrightmaine.org

Help Wanted

Many exciting MDA initiatives are taking shape for next year. The conference planning committee, the public relations and fundraising chair could use your help. Contact MDA President Kitty Broihier nutricomminc@mac.com if you want to get involved.

Free Webinar

The National Dairy Council is excited to share two new resources related to lactose intolerance: (1) a FREE August webinar that will offer credit for several types of health, nutrition and medical professionals, and (2) a new science-based white paper on the unintended consequences of dairy avoidance.

Please find more details below and stay tuned as we have a number of additional user-friendly updates and tools coming soon on this topic. In the meantime, visit the [Lactose Intolerance Health Education Kit](#) for resources, research and more. For additional information and questions about the webinar, please visit the [registration page](#).

The free webinar, "Understanding Lactose Intolerance: The Latest on Dietary Recommendations and Smart Solutions to Prevent Unintended Consequences" will be offered on **August 2** from **noon-1 pm ET**. [Click here](#) to register.

Jointly sponsored by National Dairy Council and Creighton University Health Sciences Continuing Education, the webinar will feature lactose intolerance experts Roberta Duyff, MS, RD, and Robert Heaney, MD, as they share the latest research, insights and solutions for lactose intolerance management. **This program has been approved by the Commission on Dietetic Registration for 1 CPEU.**

Reserve a spot now, as space is limited! For those who are unable to attend the webinar, an on-demand recording will be offered afterward that will provide the same continuing education credit. Stay tuned!

New White Paper: "Unintended Consequences of Dairy Avoidance"

This science-based [white paper](#) highlights negative consequences that can result from dairy food avoidance and how to prevent them. It also provides a summary of what leading authoritative organizations advise for dietary management of lactose intolerance, as well as practical food-first management solutions for individuals with lactose intolerance that help readers turn the science into action.

Support our Students

Don't forget to click the Amazon link at the top of the MDA web site when shopping on-line. As an Amazon affiliate, MDA receives a percentage of purchases made through the link, which is used to fund scholarships for dietetics students attending ADA's Public Policy Workshop. Thanks for your support!