

SEPTEMBER/
OCTOBER!

MAND



Maine
Academy
of Nutrition
and Dietetics

PORTIONS

A Message from our President

Focusing on Challenges, Envisioning the Future

The title of the Maine Academy of Nutrition and Dietetics conference and annual meeting speaks to me. With so many things happening in my personal and professional life that require attention, I know these presentations will have an immediate and long term impact.

I know that getting to Bangor from Eliot will not be easy. I will have to find a friend who can watch my kids overnight and bring them to school. I will have to spend 6 hours in the car and get a hotel room. I will have spent time and money attending FNCE in Houston just weeks before. Yet, I know that effort spent on attending the annual meeting and conference will be beneficial not only in terms of gaining knowledge and continuing education credits, but also in terms of supporting our affiliate, as well as the Academy as a whole.

The President of the Academy, Dr. Glenna McCollum, MPH, RDN will be attending our meeting. Yes, you read that correctly! We are lucky to have the AND president joining us—it's truly an honor. I look forward to interacting with her and showing her the great things that we are accomplishing as nutritional professionals in Maine.

Please join me November 1st at the Wells Conference Center at the University of Maine in Orono to refocus our personal efforts on our careers and the future of medical nutrition therapy in Maine.

Sincerely,



Amy J. McClellan, MS, RD, LD
The Friendly Dietitian, LLC
President, Maine Academy of
Nutrition and Dietetics
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NEWS BITES



Upcoming Events

MAND Educational Conference

November 1, 2013

Orono, Maine

Calling all Vendors!

If you or your company would like to sponsor or exhibit your products or services at the MAND Fall Conference on Nov. 1 please contact conference@eatrightmaine.org

Attend the MAND Conference at UMaine! [Register NOW!](#)

Come listen, learn, and explore your profession with some of Maine's most experienced registered dietitians, dietetic technicians and professionals!

This is a great, close-to-home opportunity for everyone to meet and make connections with a variety of registered dietitians, academic professionals, and entrepreneurial specialists who are currently practicing and gathering together to share new ideas.

Special guest: Glenna McCollum, president of the Academy of Nutrition and Dietetics - the world's largest organization of food and nutrition professionals.

Better know a MAND member!

Pat Watson, MS, RD, LD, CDE

President-Elect, MAND

How has your MAND membership impacted you professionally?

My MAND membership led me to become involved with the Board, and that is something that I am so thankful for. I think the simple answer would be that being involved with MAND and volunteering for activities within our professional organization has challenged me to develop new skills and confidences. I had to move out of my comfort zone; stepping up several times for activities that I might never have imagined myself doing. That is pretty darn exciting! I firmly believe that I have become a stronger and more confident advocate for the work that we do. I discovered the amazing network that supports us both within MAND and at the Academy level.

As an active MAND member I have had the opportunity to network with dietitians far beyond my workplace and far beyond our state. I have made close professional and personal friends, which are relationships I cherish. I started on the Board after receiving a call from Katherine Musgrave—who could turn Katherine down? I am so glad I did not. I'm not originally from Maine, but I can truly say now that I know dietitians in every corner of our state.

I started on the Board in the policy and procedure arena and then moved to public policy. The position of Public Policy Coordinator has changed over the years through the expanded role and training provided to us by The Academy. As Public Policy Coordinator you receive training that prepares you to work with congressional offices. My MAND work has further expanded my professional circle. It is on behalf of MAND that later this month I will sit on a panel at a Maine Public Health

Association meeting and share what it is like to prepare and give testimony for the first time at a legislative hearing. This year, working on writing an updated strategic plan and planning for our Fall conference further stretched my skills. In a nutshell, my MAND membership and leadership roles have allowed me to grow professionally and find a stronger voice for our causes.

Tell us about some of your career highlights, as well as some of your MAND highlights.

I became a registered dietitian in 1977. I am fortunate to say that I have had a chance to work in so many areas (geographically and career wise). I have worked in public health at the local and state level, have taught college (online and in the classroom), worked in clinical nutrition and production services in hospitals and universities, and worked in long term care. Your question, though, asks me about career highlights and MAND highlights.

Let's start with friendships. I have made friends everywhere. They mean a great deal to me. I cannot stress that enough. Career highlights: If you had asked me in the 1970s and '80s it would have been working in public health, in the 1980 and '90s teaching college, in the '90s and until today the highlights are expanding my skills in offering webinars, working as a CDE, managing a food and nutrition department, and continuing to teach college and connect with people in every venue. This past year I have been involved with MaineHealth in the Partnership for a Healthier America's Hospital Healthy Food Initiative. I am extremely proud of our work.

My MAND highlights are attending PPW and traveling to the Hill. Also, I am deeply honored now to be President-Elect. In 2010 I was thrilled to receive the Outstanding Dietitian of the Year Award for Maine. I am in such great company as one of the recipients of this award!

What causes in the field of nutrition are the most important to you?

Had you asked me this question last year or the year before I would have easily replied disease prevention. I am stepping out of my comfort zone again and hope that you will all hold me to what I am about to say. I worked on our Strategic plan for 2013- 2018. One goal is that "MAND members improve the nutritional status and health of Maine residents". I have learned through the legislative process at the local, state and federal level that we must be engaged in order to make a difference. MAND's strategic plan will move us further into work in the area of hunger and food insecurity. I volunteered to help establish and maintain an active MAND Food and Nutrition Insecurity Committee that participates in activities to reduce food insecurity in Maine. Setting up committees is something I'm very familiar with and enjoy, though the area of food insecurity is new for me. It is my hope that members will step forward to provide expertise or simply offer whatever time you can share to further the work of this committee. For the first time we will also reach out to include non-MAND members. We will be inviting those who are working in the field. Please ask me this question again in another year. I am excited to see how I answer.

Be sure to check out our brand new website!

www.eatrightmaine.org

We hope you enjoy this fresh new look! Granted, we are still tweaking and fine tuning, but we do hope that everyone gets a chance to explore and visit it soon!

Also be sure to follow us on [facebook](#) and [twitter](#)!

Reimbursement Reflections



Ten studies were reviewed to evaluate the cost-effectiveness, cost benefit and economic savings of outpatient Medical Nutrition Therapy (MNT), involving in-depth individualized nutrition assessment and a duration and frequency of care using the Nutrition Care Process to manage disease. Using a variety of cost-effectiveness analyses, the studies affirm that MNT resulted in improved clinical outcomes and reduced costs related to physician time, medication use and/or hospital admissions for people with obesity, diabetes and disorders of lipid metabolism, as well as other chronic diseases. Further research is needed on the cost-effectiveness, cost benefit and economic savings of outpatient MNT in other disease states. 2008

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Getting paid appropriately for what we do as nutrition professionals is considered such an important issue that the Academy of Nutrition and Dietetics has made it a Mega-Issue in the House of Delegates this year. You can check out the House of Delegates (HOD) fact sheet on "Nutrition Services Delivery and Payment: The Business of Every Academy Member." for background information on this topic at eatright.org.

A question asked in the Evidence Analysis Library related to this topic recently was this:

What is the evidence to support the cost-effectiveness, cost benefit or economic savings of outpatient MNT services provided by an RD?

Better know a student!

Meagen Harriman, RD Student UMO and Student Representative to the MAND Board

What nutrition or MAND-related issues are important to you and your peers?

Learning what we can from MAND involvement and leadership is important. We want to soak up whatever we can and bring it back to our school and communities to better ourselves and our educational experience.

What are your career goals or plans?

I hope to get a dietetic internship this upcoming year and to one day own and operate my own nutrition and wellness company!

How do you spend your free time?

I enjoy exercising in my free time, whether it be a run outside, biking, playing sports with friends, or just going to the gym! I also enjoy playing board and card games!

How do you plan to communicate about MAND to your peers?

We hold monthly Nutrition Club meetings where I am the current Vice President. I will be updating my peers monthly at these meetings!



MAND Members Out and About in Our Community



On left: Audrey Morgan and Cole Nadeau pose at SMCC after speaking to our newest class of DT students on the importance of being involved and networking!

On right: Kit passes the torch to our newest affiliate president, Amy McClellan!

Please send us pictures of your MAND activities!