

Winter 2016 A Message from our President

Upcoming Events:

Legislative Breakfast:

3/24/2016

7 AM– 9 AM:

Senator's Inn–
Augusta

MAND Spring Conference:

4/29/2016:

Maine General
Alfond Center,
Augusta

Winter Greetings MAND Members! I hope your 2016 is off to a great start.

Since our last edition, there have been a flurry of national and local public policy activities that affect our profession. On a national level, we have seen the release of new Dietary Guidelines for Americans, changes to Country of Origin Labeling (COOL), FDA approval of GMO salmon, the passing of the Child Nutrition Reauthorization bill by the Senate agricultural committee and ongoing food labeling updates, just to name a few. In Maine, the Food Recovery Act and Mainers Feeding Mainers have recently been in the news.

Have you thought about how these policies and activities impact your role as a dietetic professional? Have you considered how you and/or your organization can be more involved in addressing these issues, or partnering with others that are actively engaged to help influence the outcomes? I encourage members to make their opinions on nutrition and food-related public policy issues and activities known—to not shy away from controversial comments, such as those expressed towards the new 2015 Dietary Guidelines. Instead, continue to advocate for core principles that promote optimal nutrition and acknowledge evolution of the scientific recommendations.

Our views, as trained nutrition professionals, count, and the public wants to hear what we have to say. Fortunately, one of MAND's functions is to support each dietetic professional in our state in his or her efforts to promote health. [MAND's mission and values](#) illustrate our commitment to our members to engage in a wide range of practices to promulgate healthy outcomes, while adhering to research-based reviews and recommendations.

If you need some public policy inspiration, I invite you to take part in MAND's 2016 Legislative Day, on March 24, 2016, 7 - 9am at the Senator Inn in Augusta. There will be a short presentation, time to mingle and chat with colleagues and legislators and the presentation of our very first MAND Public Policy Leadership Award. Please plan to join us (member invites will be emailed very soon).

In addition, preparations have begun for our 2016 Spring Conference, which will take place on April 29, 2016, at the Maine General Alfond Center in Augusta (tentatively 8 am to noon). More information on this meeting will be coming soon, but as in years past, this event and associated CPEUs, are 100% FREE for current MAND members.

Cheers,

Dave Seddon, MBA RD LD
President, Maine Academy of Nutrition and Dietetics



House Of Delegates (HOD) Update

Hello from your delegate to the Academy's House of Delegates (HOD). I serve as one important way for you to communicate directly to the Academy leadership.

Fall HOD meeting at FNCE:

Maine dietitians are known for letting your voices be heard, so thank you. I represented you at the HOD during FNCE in October where we discussed the mega issue of RDs/RDNs addressing malnutrition in practice settings. Some of you provided feedback on the MAND survey about the issue, and your comments about such things as the need for malnutrition education and training in conducting and evaluating physical assessments were discussed and then incorporated into the policy motion which was voted on and passed. The HOD has made requests for action to different groups, such as our own affiliate, to encourage the identification and promotion of ways to assist RD/RDNs and NDTRs to increase knowledge and develop skills related to malnutrition management. You can find out more by [clicking here](#).



Telehealth is the new mega issue that will be discussed at the next HOD meeting, April 30-May 1, 2016. I will be soliciting input on this issue in the next month. In the meantime, please take a few minutes to cast your votes in the AND elections, which runs February 1-22– vote at the AND's website: www.eatrightpro.org.

Here are some resources that may be of interest to you:

- Media releases to use during National Nutrition Month are [available here](#).
- [Click here](#) for a free webinar on how to integrate RDNs and nutrition counseling into primary care settings.
- A toolkit on integrating RDNs into new models of healthcare is [available here](#).
- Food Security Work Plan: a Task Force from the Committee on Public Health and Community Nutrition (CPHCN) has completed their report on addressing food security. Tools and resources are going to be available within the near future.

I have given you a few resources that the Academy provides for its members. I enjoy serving you through MAND. Let me know how you can be better served.

Adrienne A. White, PhD, RDN

House of Delegates

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Recently I researched and discovered two interesting facts of interest to dietitians who bill for nutrition counseling services.

Does a dietitian in Maine providing medical nutrition therapy need a referral from a physician or mid-level provider?

It depends: There is no licensure requirement for a referral. Medicare and Maine Care each require a referral, but many commercial policies do not. Check to be sure. For commercial insurance policies (for example Anthem, Cigna, or Harvard Pilgrim), the diagnosis code used for billing can make the difference between the claim being covered completely with no cost sharing for the patient, and the bill being applied to the patient's deductible. Here are two nutrition related prevention codes that may be helpful for coverage:



ICD 9: V65.3 Dietary surveillance and counseling ; ICD 10 =Z71.3

ICD 9: V69.1 Inappropriate dietary habits; ICD 10 = Z72.4

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We're looking for a few new faces!

If you're interested in helping with any facet of MAND's work, from conference planning, to public policy work, to serving in one of our many Board positions, please reach out to us! No matter how much time you have to devote to your professional association, we've got something to fit your schedule and match your interests.

For more information, email:

Kristine publicpolicy@eatrightmaine.org

Andrea conference@eatrightmaine.org

Meet MAND's new Consumer Protection Advocate!

Q: Tell us a little about yourself:

A: My name is Kelley Dow and I am a Registered Dietitian in the Waterville, Maine area. I am a University of Maine graduate (Go Black Bears!) and was fortunate to enroll directly out of my undergrad to the Keene State College Dietetic Internship program. My family and I have lived in various areas on the East Coast over the past 12 years including northern Maine (Caribou), South Carolina, Florida and back to central Maine where I currently enjoy a part-time position at Colby College and care for our three little boys.



Q: What are your duties as MAND's Consumer Protection Advocate?

A: This is an appointed position where the individual serves as a non-voting member of the Board of Directors. My role includes:

- ◆ Monitoring activities of the State Board of Licensure of Dietetic Practice and keeping the MAND board and members aware of relevant licensure issues.
- ◆ Responding to MAND members and/or other inquiries about licensure requirements.
- ◆ Serving as liaison between the MAND Policy & Procedures/Bylaws/Ethics Chairman and the Board of Licensure of Dietetic Practice
- ◆ Actively participating in the Public Policy Panel and making recommendations regarding legislative issues that may have an impact on MAND and/or the Board of Licensure of Dietetic Practice.

Q: If someone notices an organization or individuals advertising nutrition counseling that is outside of their scope of practice what should he or she do?

A: Consider taking action. Provision of nutrition therapy to individuals without proper knowledge or training can be very dangerous. Exploitation of a health condition or concern for financial gain is unethical. Practicing outside of professional boundaries is a serious area of concern to Registered Dietitians. The more awareness we spread as professionals, the safer our Maine communities remain. Please contact: licensure@eatrightmaine.org with any questions or concerns you may have about this process. Please visit: <http://www.maine.gov/md/discipline/file-complaint.html> to file a complaint with the State of Maine Licensure Board.

Kelley Dow, RD, LD/N, CNSC

Consumer Protection Advocate

Maine Academy of Nutrition and Dietetics

Get on the Ballot & be more involved with MAND!

The following elected positions will be available May 31, 2016:

- * President elect
- * Secretary
- * DTR Representative
- * Nominating Committee Member
- * Treasurer
- * State Policy Representative
- * Public Policy Coordinator