

**LETTER FROM OUR PRESIDENT**

Happy New Year! I hope your 2018 is off to a wonderful start.

Last October I got the opportunity to represent MAND at the AND’s Food and Nutrition Conference & Expo in Chicago– what an honor! I got to meet and network with other affiliate presidents and president-elect’s and even bumped into our national president, Donna S. Martin, EdS, RDN, LD, SNS, FAND and was able to get a picture with her.



Meeting and sharing information and ideas with other affiliate leaders left me feeling proud of MAND. Our group is a great one: we have goals for serving our membership, we strive to meet members’ needs, we aim to serve the citizens of our state to the best of our abilities, and we support each other professionally and personally. We should all feel good about our organization and what we accomplish. We may be small in number, but we are mighty!

Here’s what’s on our “to do” list right now– the Legislative breakfast will be held March 8th at the Senator Inn in March from 7-9 AM. It’s early but it has to be in order to meet the needs of the legislators we invite. So mark those calendars and set those alarm clock and we’ll see you there! More information about RSVP’ing for this FREE event will be emailed soon. Also, our spring MAND educational conference is coming up. This year our conference will be held at Colby college in Waterville on Friday, April 27th. The conference committee is putting together a program that includes a variety of topics recommended by you– our members– in response to the survey we sent out last fall. Watch for more information on registration and plan to attend for CPE credits and networking.

I wish you all the best in 2018 and hope to see you soon at one of our events!

Sincerely,

Ali Caron, MS, RD, LD

MAND President, 2017-2018

**UPCOMING EVENTS:**

**Legislative Breakfast:**  
Thursday, 3/8/2018: 7-9 AM:  
Senator Inn: 284 Western Ave.  
Augusta, ME

**MAND Spring Conference:**  
Friday, 4/27/2018 at Colby  
College in Waterville, ME–  
more details to come!

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## <sup>2</sup> **IDENTIFYING FOOD INSECURITY IN THE CLINICAL SETTING: OUR EXPERIENCE AT NEW ENGLAND REHABILITATION HOSPITAL**

What do you do when your patient's say they eat one meal a day because it's what they can afford, or that they haven't eaten in a few days because they ran out of food? What do you do when your patient is food insecure? We saw this time and time again at our hospital and decided it was time to find our patients the help they needed. We are so grateful to be a participant in the Good Shepherd Food Bank Community Health and Hunger Pilot Program which provides patients who screen positive for food insecurity with a bag of shelf stable nutrient dense food items – enough for several days of meals.

Working in collaboration with our case management team, Good Shepherd Food Bank provided training using the validated 2- item food security screening tool. These two questions identify patients as food secure or insecure. Once a patient has been identified as food insecure, the clinical nutrition team provides the bag of food items prior to discharge along with a resource packet containing a list of local food pantries and additional programs for which the patient may be eligible. An example of an included program is the Commodity Supplemental Food Program (CSFP). The CSFP provides patients 60+ years old with a 30-pound box of mostly shelf-stable food, sourced monthly from local food pantries.

The program has been incredibly successful at New England Rehabilitation Hospital and has represented a great example of the nonprofit and healthcare communities working together to provide excellent patient care. The clinical nutrition team has been tracking the metrics of patients seen, screened and identified. Since starting the program in July, 10% of our patients have identified as food insecure and appropriate patients have been provided resources.

*For each statement, please tell me whether the statement was “often true, sometimes true, or never true” for your household:*

**A. “Within the past 12 months we worried whether our food would run out before we got money to buy more.”**

Often true       Sometimes true       Never true       Don't know, or refused

**B. “Within the past 12 months the food we bought just didn't last and we didn't have money to get more.”**

Often true       Sometimes true       Never true       Don't know, or refused

As clinical nutritionists, we know that lacking access to a reliable source of food can exacerbate chronic medical conditions, including diabetes. Simply identifying patients as food secure or insecure has increased awareness across the board to make sure that something is being done, whether it's bags of food, a list of resources or providing them with 211 to call when the patient is ready to accept help. Above is the two question screen asked of all of our patients – I encourage you to work with your case management team to ask these questions and work with your facility to best identify how to provide assistance to better meet the needs of your patients.

*Cole Nadeau Ferm, DTR/L*

*New England Rehabilitation Hospital Email: [nferm@mmc.org](mailto:nferm@mmc.org)*

### **Food Insecurity in the United States**

It is the position of the Academy of Nutrition and Dietetics that systematic and sustained action is needed to achieve food and nutrition security in the United States.

The Journal has published a position paper “Food Insecurity in the United States” position paper in the December issue of the Journal. Access the paper by [clicking here](#).

## DELEGATE REPORT

### Increasing Member Leadership Roles in Public Health

Over the past year, delegates have been exploring practitioners' roles in public health. The Academy leadership would like to see more nutrition professionals in leadership roles in public health nutrition.

The delegates 1) interviewed leaders in our home states about public health positions and 2) held discussions during the House of Delegates meeting in the fall. Based on our work, the House Leadership Team identified the following ten themes that would help nutrition professionals gain positions and become leaders in public health nutrition.

- \* Advocacy and policy experiences
- \* Boots on the ground
- \* Mentoring
- \* Collaborations
- \* Outcomes and data management
- \* Communication skills
- \* Volunteer Experience
- \* Technology
- \* Complementary skill development

Are you someone who would like to grow professionally in a public health role? Or, perhaps you are already in a high-level public health job. Do some of these themes resonate with you as you think about being a leader in public health nutrition? As you look to gain experience and find professional development opportunities, you may get ideas from these themes. Also, MAND conference planners can consider offering topics around these themes to support MAND members and the work of the Academy.

### Code of Ethics Case Study Development

The delegates' other task during the House meeting was to develop case studies on the Code of Ethics to communicate with stakeholders. The Code of Ethics is composed of principles and standards about the practitioner's integrity and competence personally and professionally. The current Code of Ethics, published in 2009, is being revised.

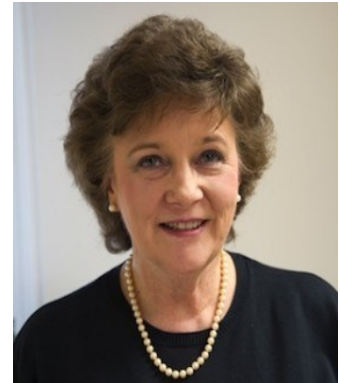
To set the stage for developing case studies, delegates addressed what we would do if we found some money on the ground. What would you do? I found out nutrition professionals respond very differently to that question, and it confirmed why a Code of Ethics for the profession is so important. It is critical that we have a standard of conduct to guide our behavior. The delegates tried to develop challenging case studies where the answers were not straightforward. If you have any examples of situations that would make good case studies, let me know.

View the revised Code of Ethics draft by [clicking here](#). The new Code of Ethics will be approved by the Commission on Dietetic Registration and the Board of Directors. The next meeting of the Board is in February.

Adrienne A. White, PhD, RDN, FAND

MAND Delegate

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## WELCOME NEW MAND BOARD MEMBERS!

*Meet our new MAND student/intern representatives!*



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Daniel J. Kovacs – Southern Maine  
Community College

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Katelyn DeRaps—University of Maine

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Check Your e-mail!



The Southern Maine Community College Dietetic Technology Program will be surveying dietetic employers throughout the State of Maine to gather important workforce data for educational planning purposes. We value your thoughts and opinions and hope that you will take a few moments to complete the survey monkey that you will find in your email within a few weeks.

- Deborah Brooks, MS, RDN, LD– SMCC Dietetic Technology Program

## WHAT'S NEW: THE ACADEMY

### Revised 2017 Scope and Standards of Practice for RDNs

The Revised 2017 Scope of Practice for the RDN, and the Revised 2017 Standards of Practice (SOP) in Nutrition Care and Standards of Professional Performance (SOPP) for RDNs, are now available in the Journal as 'Articles in Press'. The RDN documents reflect changes impacting practice such as:

- **CMS regulations**- hospital ordering privileges and delegated orders in long-term care
- **Improving Medicare Post-Acute Care Transformation (IMPACT) Act of 2014** – discharge planning and transition of care
- National efforts to address malnutrition

Learn more about the Scope and Standards of Practice by [clicking here](#); you can also access the articles at the following website: <http://jandonline.org/inpress>.

### National Nutrition Month 2018

Be sure to revisit the Academy's National Nutrition Month's website during the upcoming months for new and updated resources to help make both NNM and RDN Day infinite successes!

As in years past, there will be a dedicated website for National Nutrition Month®, ([www.eatright.org/nnm](http://www.eatright.org/nnm)), and it will offer key messages and a number of resources to help promote next year's theme, "*Go Further with Food.*"

The National Nutrition Month's Celebration Toolkit has been updated to include several new event ideas to help support next year's theme. A few new Nutrition Tip sheets will be available, as well as activity handouts for both kids and adults.– you can visit the toolkit by [clicking here](#).

### Get on the Ballot for MAND!

There are a number of MAND Board positions that will be vacant beginning in June (2018-2019 term). If interested, reach out to MAND's Nomination Chair via the [eatrightmaine.org](http://eatrightmaine.org) website. Here are some of the positions that will be open for next year:

- |                               |                     |
|-------------------------------|---------------------|
| * President-Elect             | * Membership Chair  |
| * Delegate-Elect              | * Fundraising Chair |
| * Policies & Procedures Chair | * Reimbursement Rep |