



News from the...

New York State

Academy of Nutrition and Dietetics

The NYSAND e-newsletter serves to inform members of current news related to food & nutrition, and NYSAND activities.

President's Message

We Are All Connected!

The New York State Academy of Nutrition and Dietetics (NYSAND) is an affiliate of the Academy of Nutrition and Dietetics (AND). When you join AND, you select your affiliate state- thank you for choosing New York!! Additionally, NYSAND has 10 District associations across New York State. I encourage you to join your District to stay involved on a local level and collaborate with nutrition professionals right in your backyard! Check out more information on our Districts at <http://www.eatrightny.org/nysand-districts>.

Each fall, AND hosts a national conference, the Food and Nutrition Expo (FNCE). It was held in the "Windy City" of Chicago this past October and celebrated 100 years! Not only was it a fabulous city to explore, the conference had top notch education sessions, an outstanding expo, and plenty of networking opportunities to connect with nutrition experts all around the country and world. Experts from all areas of nutrition shared research and personal experience that is invaluable to advancing our profession. Vendors showcased new products and materials to better assist us in helping out clients and audiences. Many nutrition professionals I spoke with said that the networking opportunities at FNCE is the top reason they attend this national conference every year. Where else are you going to collaborate with 12,000+ nutrition professionals?!

While there were many special events that occurred at FNCE this year, one highlight is that our member Rita Batheja, MS, RDN, CDN, FAND received the Medallion Award. This award honors AND members who had shown dedication to the high standards of the nutrition and dietetics profession through active participation, leadership, and devotion to serving others in nutrition and dietetics, as well as allied health fields. Congratulations Rita!

If you ever have the opportunity to attend FNCE, take it! You never know who you will meet and what opportunity will evolve from a new collaboration!

As always, be sure to mark your calendars for our Annual Meeting & Expo in Niagara Falls, New York May 20-22, 2018. There is no better place than to "Discover The Wonder" as we innovate, empower, and collaborate! You will also have the opportunity to meet our remarkable leaders!

If you any suggestions for our association, feel free to reach out to our Central Office at NYSAND@caphill.com.

Julie M Raway, MPH, RDN, CDN, SNS - NYSAND President



NYSAND News

District Histories Revealed: The Mid-Hudson Academy of Nutrition and Dietetics (MHAND)

October 7, 1941, was the date of the first meeting of the Mid-Hudson Dietetic Association, organized by Grace Thompson, Agnes Teske, Doris Gearhart, Winifred Earl, and Elizabeth Martin. With eleven members present, officers elected were: President--Agnes Teske, Vice -President--Minnie Cleaver, Secretary--Marjorie Lewis, and Treasurer--Winifred Earl. They set annual dues at \$1.00. The members agreed to meet at 8 p.m. on the first Monday of each month at a place designated at the prior meeting. Each member was to take a turn at hosting a meeting.

Mid-Hudson Academy of Nutrition and Dietetics

Chapter Founded 1941

Agnes Teske – Jean Harvey
Doris Gearhart - Winifred Earl – Elizabeth Martin

COUNTIES:
Dutchess
Putnam
Orange
Sullivan
and Ulster

www.eatrightmhda.org

Later that year, members decided to apply for affiliation with the New York State Dietetic Association. In February, 1947, a Constitution, prepared by Agnes and Marjorie, was approved by members and sent to NYSDA with application for affiliation. In 1947-48, membership expanded to 13. To increase membership, they contacted Kingston and Rhinebeck Hospitals.

Early concerns included reaching the public with sound nutrition information. In March, 1950, MHDA held a public meeting, offering a panel on nutrition. Kay Marx served as moderator. This was followed by Open-House programs to interest high school students in dietetic careers. MHDA also participated, for several years, in Diabetes Detection Week.

In fall of 1962, the association offered "Facts & Fads in Family Feeding" through Arlington Adult Education. On April 9, 1965, MHDA sponsored a workshop, "Tools for Effective Management", at the Poughkeepsie Inn, with more than 100 participants.

Other programs offered in the following years included "You Can Live with Diabetes", "Nutrition topics of Current Concern", "Uremia & Chronic Kidney Disorders", a Protein Symposium, "Interpretation of the Glucose Tolerance Curve", "Hospital Malnutrition", and "Funding for Nutrition Programs".

1961-62 marked the first year a program was planned a year in advance. MHDA's Constitution was revised in 1964 & in 1967 to comply with NYSDA. MHDA also hosted two NYSDA annual meetings. One was held at the Nevele Resort in Ellenville; the second at the Mohonk House in New Paltz. Both were nutrition and financial successes. By 1966, MHDA had 44 members plus 8 dietetic interns. In early 1970, Kay Marx started MHDA's first newsletter, named "Mid-Hudson Memo", and was its first editor.

Today, MHAND boasts several active members and has participated in [Dial-A-Dietitian Night at the Poughkeepsie Journal](#) office, community health fairs, and is planning a [Walkway Over the Hudson](#) walkathon.

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Nutrition and Dietetics Technician, Registered: New York State Certification (CDN) Available!

Attention NDTRs: If you have been practicing in Dietetics for 8+ years, you can apply for your New York State Certified Dietitian-Nutritionist license (CDN). 4 required qualifications include:

- 1. EDUCATION and EXPERIENCE:** Ten full-time equivalent years of education and supervised experience within the fifteen years preceding your application for certification. (If your education was completed within the last fifteen years, two years of credit are granted for an AAS in Nutrition and Dietetics from an ACEND accredited institution)

A full-time equivalent year of work experience is 1,600 hours and must include nutrition assessment, planning the provision of food for nutrition needs and nutrition education under the supervision of a New York State Certified Dietitian-Nutritionist or Registered Dietitian Nutritionist.

- 2. ENDORSEMENT:** Three letters of endorsement from CDNs or RDNs.
- 3. EXAMINATION:** Two examinations satisfy the requirement and include the Registered Dietitian (RD) exam administered by the Commission on Dietetic Registration (www.cdrnet.org) and the Certified Nutrition Specialist exam administered by the Certification Board for Nutrition Specialists (www.cbns.org).

If you do not meet the admission requirements for either of these examinations, call the Office of the Professions' Dietetics-Nutrition Unit at 518-474-3817 ext. 270 for information on being admitted to the registered dietitian examination as a New York certification candidate.

- 4. APPLICATION and FEE:** \$294.

This information and more can be found on the [NYSED page for the CDN license](#). Forms required for submission (Form 1, 2, 3E, 4, 4B, 4C, and 4E) can be found [HERE](#).

Questions?

Contact your NDTR Cabinet Representative, Nicole Klem, MS, RDN at KLEMN@trocaire.edu.

Contact the State Board for Dietetics and Nutrition at dietbd@nysed.gov or by calling 518-474-3817 ext. 560



Call for Award Nominations!

Receiving recognition is rare and reserved for people who have achieved excellence or have made a significant change or accomplishment.

This is the time to nominate a colleague, coworker or employee for a deserving award. You may also self-nominate.

Members can find Award categories and criteria [HERE](#). Please be aware of the due dates – they are not all the same.

There are AND AWARDS for all the state affiliates, and then we have NYSAND specific awards. These are awarded at the NYSAND Annual Meeting and Exposition in Niagara Falls, NY which is held between May 20-22, 2018.

Please take the time to nominate one or more colleagues who are contributing members of society and the profession...

Any questions pertaining to awards can be directed to Immediate Past President Diana Monaco, RDN, CDN, FAND at dianamonaconysand@yahoo.com or 716-228-2749

AND State Affiliate Awards

Applications for the below awards are due by February 1, 2018 and should be sent to both dianamonaconysand@yahoo.com and nysand@caphill.com.

- Recognized Young Dietitian of the Year (RYDY)
- Recognized Dietetic Technician of the Year (RDTY)
- Emerging Leader (EDL)
- Outstanding Dietetics Student (ODSA)
 - Coordinated Program in Dietetics
 - Dietetic Internship
 - Didactic Program in Dietetics
 - Dietetic Technician Program

NYSAND Specific Awards

Applications for the below awards are due by February 1, 2018 and should be sent to dianamonaconysand@yahoo.com. Criteria for these awards are included within each application.

- Jack Bellick Award
- Isabelle Hallahan Award
- Media Excellence Award
- Excellence in Legislative Advocacy Award
- Distinguished Dietitian Award



Public & Health Care Policy News

NYSDOH Releases Pre-Diabetes Report

Did you know, the New York State Department of Health (NYS DOH) conducts Center for Disease Control and Prevention (CDC) surveillance surveys that capture behavioral risk factors impacting the health of New Yorkers across the state? The most recent data released for 2015, [Prevalence of Prediabetes and Testing for High Blood Sugar](#), shows some trends that are significant to RDNs in clinical and community practice.

This [Behavioral Risk Factor Surveillance System](#) (BRFSS) survey for prediabetes shows the number of New Yorkers diagnosed with prediabetes is 8.2%. Many efforts are under way to ramp up [Diabetes Prevention Programs](#) and improve diabetes risk and self-management, but more are needed. RDNs can use the BRFSS data to develop strategies for business, community and clinical care.

RDNs can initiate, lead, and participate as educators or educator trainers in Diabetes Prevention Programs. Programs that meet the CDC DPP requirements will be eligible for reimbursement through [Medicare](#) and other payers. RDNs can also [learn more](#) about the NYS DOH Prevention Agenda and understand goals driving change in New York communities and health care that will be significant to RDN practice and employment.

RDNs can advocate for improving clinical outpatient and inpatient RDN care resources to improve capacity as need rises for MNT and clinical care. Data for local populations can assist with building the business case for change.


BRFSS data for New York adults shows average intake is far below recommendations outlined in the Dietary Guidelines for Americans. RDNs can use this data to develop benchmarks for produce intake and education, and support community advocacy for improving produce access and intake. The BRFSS for adult activity levels also shows opportunities for improvement that RDNs can support in individual counseling and support of improving community resources, such as Complete Streets implementation and shared use agreements that increase access to safe spaces (like school buildings) to walk in winter.

How will having this data assist you in your practice or planning? Let us know on our FB page! #BRFSS



Department of Health

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NYS Department of Agriculture and Markets Announces Farm Food Safety Training Resources

Agriculture Commissioner Richard A. Ball has announced that the [NYS Department of Agriculture and Markets](#) is holding several training sessions for farms implementing new food safety standards under the Food and Drug Administration's (FDA) [Food Safety Modernization Act](#) (FSMA). FSMA is the most sweeping reform of the country's food safety laws, signed into law by President Obama on January 4, 2011. It aims to shift the United States' policies on food safety from a reactive to a proactive, preventative approach. Commissioner Ball said, "As the Department begins to implement the regulatory requirements put forth by the FSMA rules, we are working with our partners to foster awareness and compliance among our farmers through guidance, education, and technical assistance. We know that these new regulations will be a change in the way many of our growers do business and we want the agricultural community to have the tools, training and resources they need to make this transition."

The Department adopted two of the FSMA rules earlier this summer. These two regulations set new food safety requirements for facilities that process, package or store food for people and for farms growing, harvesting, packing, and holding produce. The regulations require that food facilities and farms implement preventive, science-based strategies to prevent foodborne illnesses.

To help increase awareness of the new produce regulations and encourage compliance from the businesses and farms impacted by FSMA, the Department has been hosting multiple outreach training events in partnership with Cornell Cooperative Extension, Farm Bureau, various grower associations and retailers.

Read the full press release [HERE](#).



Member Spotlight

MHAND Celebrates RD's Lifelong Service

Lorraine Mondrick Campilli was recently celebrated at MHAND's 75th birthday celebration for contributing to the district affiliate, the profession, and her community for six decades!



Lorraine graduated from Penn. State University; completed a dietetic internship at Walter Reed Army Hospital as an officer in the Army Medical Specialists Corp.; and was Chief Therapeutic Dietitian at Fort Sill, Okla. She also was employed by Stouffers Corp. at its restaurant in Detroit, Michigan, serving 3000 meals per day; Johns Hopkins Hospital, Baltimore, MD; Progressive Cafeterias as manager of the E.I. DuPont plant cafeteria, Richmond, Va; and Assistant Chief Dietitian, Vassar Brothers Hospital, Poughkeepsie.

In 1971, she received the New York State Continuing Education Association award for starting and teaching the "You Can Live with Diabetes" class through Arlington Adult Education.

In 1981, she started a nutrition analysis business on a 64K RAM Apple computer. She wrote the review for "Food Processor", a nutrition analysis software, for the Journal of Nutrition Education. In 1985, she started conducting classes in behavioral weight for those more than 50 pounds overweight. She also sold real estate for 16 years.

NYSAND Member Awarded AND Grant

NYSAND member and student Jill Chodak is the recipient of the 2017-2018 Ann Selkowitz Litt Memorial Scholarship from the Academy of Nutrition and Dietetics Foundation. Chodak is currently completing her Dietetic Internship and Master's Degree in Nutrition at the University at Buffalo. Following completion of her program in December of 2018 and obtaining her RD credentials, she hopes to work in the field of pediatrics and maternal health.

In May of this year, she also graduated with a Bachelor's of Science in Nutrition Management from the Rochester Institute of Technology (RIT) and presented at the NYSAND Annual Meeting and Expo in Lake Placid about the nutritional content of eight national meal delivery services. The presentation provided insight into the benefits and drawbacks of this growing food trend.



Chodak also has a Bachelor of Arts in Broadcast Journalism from Ithaca College and served as a TV News Producer for five years before switching careers. She started her career in nutrition as the Healthy Eating Specialist and Cooking School Manager at Whole Foods Market in Fort Collins, Colorado, prior to returning home to New York. Chodak lives with her husband Adam, 5-year-old son Isaac, two dogs, and four chickens at her home in Rochester.

If you have District, RD, DTR, or student stories to share with NYSAND, please send them to Communications Editor Drew Hemler for review.

Continuing Education

WRDA-Provided Webinar

On Behalf of Westchester Rockland Dietetic Association, you are invited to an upcoming informative webinar which provides 1 CPEU at low to no cost!

Title: Dietary Supplements: Scope of Practice for the RDN

Speaker: [Mary Beth Augustine, RDN, CDN, FAND](#)

Date: November 6, 2017

Time: 6:30 - 7:30 pm EST

Register [HERE](#)

Learning Objectives: Identify key legal, regulatory, bioethical and scope of practice issues that guide and inform dietary supplement use in practice; Develop a nutrition care process clinical decision-making framework for dietary supplement use in practice; Develop a framework for assessing quality, purity, and identity of dietary supplements; Identify core communication practices for clients for informed shared decision making for dietary supplement use.

Registration Fee (Check or PayPal):

- Members: Free
- Non-Members: \$15
- Affiliate: Free
- Students: Free

Questions should be directed to:
wrdaboard@gmail.com.



AIND-Provided CPEU Opportunity

Asian Indians in Nutrition and Dietetics Member Interest Group (AIND MIG) is pleased to invite you to attend another great webinar offering 1.5 CPEUs for free!

Title: Berberine Containing Plants - A Bitter-Sweet Alkaloid Story

Speaker: [Ellen Kamhi, PhD, RN, AHG, AHN-BC](#)

Date: December 12, 2017

Time: 1:00 pm EST

Register [HERE](#)

Learning Objectives: Participants will list 3 Alkaloid containing plants; Participants will identify 5 specific medicinal attributes of Berberine; Participants will define 2 metabolic cellular actions involved in development of resistant bacterial strains

Learning Need Codes: 2010, 3100, 5420


Webinar will be recorded and posted to the AIND website for later viewing. Slides and webinar recording will be sent to all registrants.

Questions should be directed to:

[Parul Kharod, MS, RD, LDN](#)
Community Leader, AIND MIG

[Aarti Batavia, MS, RDN, CLT, CFSP, IFMCP](#)
Communications Coordinator, AIND MIG

[Rita K Batheja, MS, RDN, CDN, FAND, AFMCP](#)
Policy/Advocacy Leader/Reimbursement Rep

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AND Continuing Education Resources

The Academy supports your educational goals while providing continuing education credits necessary for dietetic registration status. Continuing education and professional development opportunities are as follows:

- Read [Academy Practice Papers](#) and complete a quiz to earn 1 free CPEU
- [Webinar Series](#) that are available for individual or group use
- [Presentations](#), including MNT, smart business practice and management, and past FNCE seminars
- [Recordings](#) of previously presented webinars on a variety of food-, nutrition- and healthcare-related topics
- [Face-to-Face Learning](#), including expos, workshops, and training programs
- [Certificates of Training](#) and [Online Courses](#)
- [Advanced Degrees](#) are offered at various universities throughout New York State

Looking to host a continuing education program? Check out the Academy's [Professional Education Program Development Toolkit](#) for guidance in organization and planning.

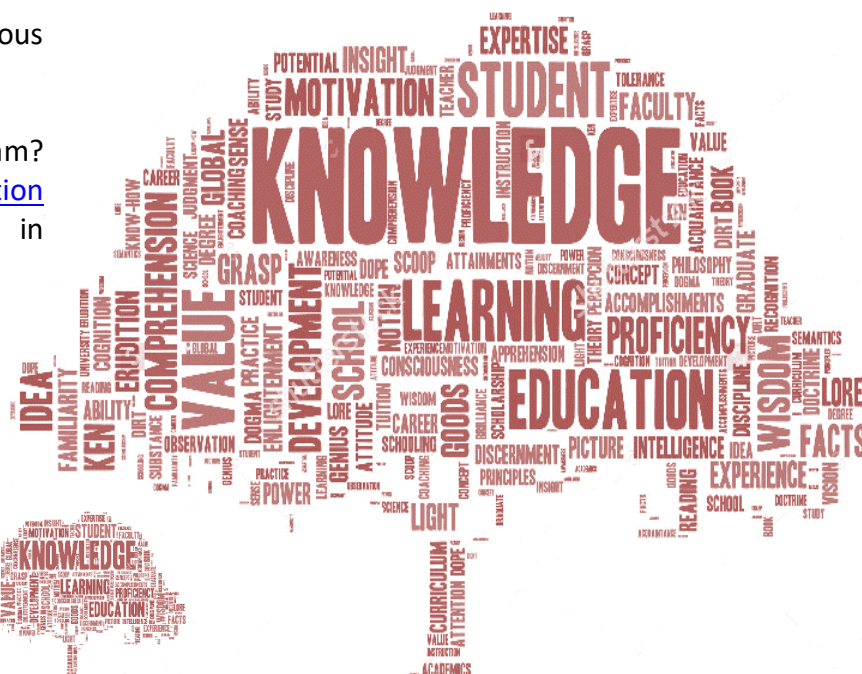


NYSAND Seeking Affiliate/Member News

NYSAND would like to pay recognition to dietetic associations within New York State & NYSAND members who work hard, are dedicated to the profession, and make a difference in the world by highlighting their contributions in the NYSAND monthly newsletters. NYSAND is accepting submissions, along with photos, that:

- Feature NYSAND members (RD, DTR, Student) who have been recognized (locally, statewide, or nationally) for their work, whether it's an event, a publication, an award, or anything that showcases their excellence & commitment
- Recognize dietetic associations within New York State that are making a difference to their surrounding communities, their members, or to their own organization, including fun events, scholarships, volunteer and community service, or anything else that demonstrates devotion

Submissions can be e-mailed to Communications Editor [Drew Hemler](#) for review.



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