

CIDA NEWS

September 2007

President's Message – Laura Collins, MS, RD, LDN

Hello to all fellow CIDA members and welcome to another great CIDA year. It is such a pleasure to be able to serve as your president, and I am very excited about the programs Margery Ruch, President-Elect, has planned for us this year. I also would like to take this opportunity to thank all of the 2007-2008 board members for volunteering to serve our association. In these busy times, your generous donation of your time is greatly appreciated.

I plan this year, to work closely with the board members to develop a transition program to allow for year-end turn over of officers and committee chairs to function smoothly. By accomplishing this project, I hope that assuming leadership positions will not be so overwhelming, and more of our members will be willing to volunteer.

I had the great opportunity to attend the IDA leadership retreat in August and was able to learn a great deal about IDA, and our relationship with them. It was also a great opportunity to network and meet a lot of other Dietitians in Illinois as well. In addition, we were able to have discussions with the Presidents from other districts and learn what works for them and what doesn't. If any of you were able to sign up for the IDA Fall Workshop, it sounds like it is going to be great. If not, Spring Assembly will be here before we know it, and hopefully you will be able to take advantage of what IDA will have to offer.

Again, I would like to thank you all for the opportunity to serve as your President for this year, and I would love to hear from you if you have any ideas, thoughts, concerns or words of wisdom. I look forward to seeing you all at the membership meetings.

Laura Collins MS, RD, LDN
2007-2008 CIDA President



President-Elect – Margery Ruch, RD, LDN

We are so excited about the kickoff meeting for CIDA. The first meeting will be held on **Thursday, September 27 from 6:30-8:30 pm at the Luthy Botanical Gardens** in Glen Oak Park, Peoria. We will be meeting outside and treated to a delightful program and taste testing on "Growing, Preserving, Using and Savoring Herbs" presented by our own Golda Ewalt, MS, RD, LDN and Erin Meyer, RD, LDN. Grab a professional friend and come ready for 2 CEUs, cooking tips, and fun. A short business meeting will begin at 6:00pm. (Directions; From I 74 East take exit 92 B toward IL-40 S/Glen Oak Ave., turn left onto Spalding Ave./IL-40 N., Turn Right onto NE Glen Oak Ave., turn slight left onto N. Prospect Rd., end at Luthy Botanical Garden, 2218 N Prospect Rd, Peoria, IL 61603, phone # 309-686-3362.)

The second meeting of the year will be on **Tuesday, November 13 from 7:00-9:00pm**. It will be entitled "We Serve Education Everyday". The presenters will be Connie Mueller RD, LDN, District 87 Food Service Manager, and Jennifer DeHoog, RD, LDN from the St Louis District Dairy Council. Not only will you learn what's new in school food service and how to encourage healthy food choices at school but, most importantly how you can volunteer in your school to help make needed changes and serve on mandated committees. Connie is a leader in the field of school nutrition, and is often one of the first in our area to try new items and new approaches in the meal program. She serves on the Illinois School Wellness Policy Task Force. It will be held at District 87 Administrative Offices, at 300 East Monroe, Bloomington, Ill. 2 CEUs provided. (Directions; from I 74, take I 55 towards Chicago, take US-51 BR/ N Main St. exit, continue 4.3 miles, turn Left onto W. Locust St./ US-150 S/ IL-9 E., turn right onto N. Prairie St, turn left onto E. Markey St, turn right onto N. Gridley St., turn right onto E. Monroe St, end at 300 E. Monroe St.)

February's meeting will be by Anne Daly, RD, CDE from Springfield. She was published in the August 2007 edition of the ADA Journal with an article about insulin and weight. She will present the newest information on Diabetes and nutrition and touch on glycemic index. This meeting will be sponsored by a pharmaceutical company. The membership will be treated to a dinner meeting. This will be a RSVP. More details will be provided as the arrangements are made.

April's meeting will be "Beyond the Broccoli..." A look at cancer causing agents and nutrition in our everyday lives. Plus an update on cancer and nutritional needs.

We are trying to meet the CEU needs of all our members plus add the punch of fun, friends, food, and networking. Come join us and bring a professional friend to make the most of the benefits of CIDA. We are trying different meeting dates and places since we know you all have busy lives. See you there. Any questions or suggestions please email Margery Ruch at kanga.ruch@verizon.net or call 309-824-6595. Directions to the meeting will be provided as the meeting time approaches. Thank you all for your willingness to serve and to make CIDA your organization.

Membership – Ashley Simper, MS, RD, LDN

Thanks to everyone's who has helped me along as your new membership chair over the past couple of months! The 2007-2008 has officially registered 44 CIDA members!! If you haven't renewed your membership yet, there is still time to contact me at ashsimper@yahoo.com. Membership of \$20.00 includes the perks of networking with your area peers as well as having access to CEU hours at no additional charge. In order to become a CIDA member, you must be a member of the ADA. If you have any membership questions, please contact me via email.

Scholarship Committee – Sarah Deig, RD, LDN

The Scholarship Committee is excited to announce the JANE STRIEN MEMORIAL SCHOLARSHIP Application will again be available on our CIDA Website (Early January 2008) Please encourage all students who qualify to apply. The committee requests a large applicant pool to choose from. Local college and university nutrition directors will receive scholarship packets in the mail early January 2008. Please encourage your students to apply. This year our Jane Strien Memorial Scholarship is worth \$500.00. Please contact Sarah Deig, RD at 309-693-4982 or sarah.deig@insightbb.com or sarah.deig@illinois.gov for any questions.

Treasurer – Deb Miller, RD, LDN

CIDA has four bank accounts. The accounts are the Jane Strein Memorial Scholarship Fund at \$681.88; The Double Eagle savings account is at \$3,671.42; the Fun Run account at \$1253.76 and our general account at \$5762.

After expenses were paid, a check was made to The National Cancer Society for \$4300 from the race in March. We do still have our "seed" money in the account for next year.

I have deposited over \$600 in membership monies over the year. The fiscal ends on October 31 and a new budget will be approved before then. A complete report will be available at our next membership meeting.



Bradley University Dietetics Program – Jeannette Davidson, PhD, RD, LDN, CNS

The Lewis J. Burger Center for Student Leadership and Public Service and the Department of Family and Consumer Science were honored with the William Rainey Harper Award, which was established to recognize a department or support unit that has demonstrated a commitment to excellence and an ever-improving level of performance. The Department of Family and Consumer Science has enjoyed steady growth in the number of students enrolling as majors and minors over the last ten years (enrollment this year is 61, compared to 42 last year and 36 10 years ago). Scholarly productivity of the current faculty has included six refereed journal publications, eight refereed published conference proceedings, 14 refereed research presentations, 11 grants and 12 student-faculty collaborative research projects. Currently, students in this department are working on real-life product development with companies and agencies including the external design of automatic digital insulin pump cases for children, Healthy Gourmet cooking products, and the nutrition of the elderly with the Central Illinois Agency on Aging. Graduates of the department have had 100% placement since 1990 and are employed in numerous industries around the world.

Bradley EXPO Project Nominated for National Award: the undergraduate research project with the Healthy Gourmet Company has been selected for a national award. Molly Hammar and Rachel Rogers, who are recent graduates in Dietetics and collaborated on the project, will present at the Kappa Omicron Nu national conference in Dallas, TX this August. FCS faculty members Dr. Kevin Randall and Dr. Nina Collins served as mentors for the project.

A number of Family and Consumer Sciences students collaborated with faculty and alumni to design insulin pump packs and other related accessories for area children with diabetes. These packs were individually designed to fit each child's specific health needs, and custom-made to fit each child's personality. Made possible by a special emphasis grant, the idea originated with Bradley alumna Nicole Herron. On March 26, 2007, the sixteen children were allowed to show off their exciting new accessories in a fashion show.

Cyclist collaborative project: Molly Hammar, senior in dietetics, completed a series of assessments on a group of cyclists to advise them on appropriate food intake to strengthen their training programs. Measurements included indirect calorimetry for resting energy expenditure, maximal aerobic capacity, blood pressure, hematocrit, fat-free mass, and food intake. She presented her research findings at Bradley Expo, 2007. Dr. Davidson served as FCS faculty mentor.

The dietetic program received its first site visit in fall, 2007, and was granted accreditation for 10 years. Site visitors' comments were very positive and we were excited that they did not list even one area of weakness in the program.



OSF Saint Francis Medical Center Dietetic Internship – Golda Ewalt MS, RD, LDN

There will be a dietetic intern luncheon in September. Kati Fosselius will present Night Eating Syndrome on Sept 11th at 12:00 in the 700 Auditorium, OSF Saint Francis Medical Center. Lunch provided for \$4. Call 655-2054 to register. The lunch is granted 1 continuing education hour for RDs.

The 2007-2008 schedule for luncheons isn't complete yet! The CIDA membership will be notified when the schedule is complete.

Omega-3 Fatty Acid Study Results - Emily Spellman,
Senior Dietetic Intern/Graduate Student, Rush University Medical Center

I would like to take this opportunity to share the results of the omega-3 fatty acid study which was distributed to your association in January of this year. Thank you very much to all who participated in this study. All participants who completed the online questionnaire contributed to the completion of this research. Please see below the summary and conclusions.

REGISTERED DIETITIANS' KNOWLEDGE, BELIEFS, PREMENSTRUAL SYNDROME SYMPTOMS AND OMEGA-3 FATTY ACIDS INTAKE, Emily Spellman, MS RD

This survey research project included IL-based dietetic association members with emails registered with their association who chose to complete the study questionnaire available through an email link to Survey Monkey (www.surveymonkey.com). Recruitment and follow-up emails were distributed to 465 dietetic association members by their president. The questionnaire collected data on dietitians' knowledge, beliefs, recommending practice to patients/clients, premenstrual syndrome symptoms (PMS) and omega-3 (n-3) fatty acids intake.

SPSS Software (Version 15, 2006, SPSS, Inc, Chicago, IL) was used for all statistical analysis. Frequencies and means were calculated for all variables. Omega-3 fatty acid intake was estimated using the quantity of foods consumed in the previous week reported by participants, multiplied by n-3 fatty acid content obtained from the USDA Nutrient Database (<http://www.nal.usda.gov/fnic/foodcomp/cgi-bin/measure.pl>). Correlation analysis was used to examine relationships among the variables of knowledge, beliefs, intake, and recommendation practice. ANOVA was used to compare n-3 fatty acids intake between participants who experienced PMS symptoms with participants who did not experience PMS symptoms.

Responses were collected from 166 dietetic association members (35%); most were female (96%) and RDs (93%). Due to the small student response (4%), students were excluded from the remaining statistical analyses.

Conclusions: Although this study focused on only a small sample of registered dietitians (RDs), findings do provide some important baseline information that might be used in designing future studies. Several conclusions were drawn for the study results:

Conclusion: RDs believe that omega-3 fatty acids are important for health, reduce one's risk of coronary heart disease and impact inflammation in the body. The majority of RDs agreed or strongly agreed that consuming n-3 fatty acids is important for staying healthy (99%) and that consuming n-3 fatty acids on a regular basis reduces one's risk for coronary heart disease (97%). Most (96%) agreed that consuming n-3 fatty acids can decrease inflammation. This suggests that knowledge about n-3 fatty acids and their impact on health is being learned in dietetic programs accredited by the Commission on Accreditation for Dietetics Education (CADE) and/or through continuing education programming.

Conclusion: RDs appear to have the knowledge of, but are not modeling the American Heart Association Guidelines or Dietary Guidelines for American's recommendations for consuming two servings of fish (8 oz) per week, and may not be consuming proposed adequate intake of omega-3 fatty acids. A total of 129 RDs (81%) knew the American Heart Association recommendation for consumption of two servings of fish per week for all people to be true. However, only 23 (14%) were consuming at least 8 ounces of fish per week. Walnuts (47%) and salmon (44%) were the most commonly consumed foods high in n-3 fatty acids, but flaxseed oil (18.9g/wk) and flaxseeds (7g/wk) were the highest sources of n-3 fatty acids. Many RDs (82%) consumed high n-3 fatty acids foods during the past week (mean intake 6.8g) and 30% currently were taking n-3 fatty acids supplements.

Conclusion: RDs appear to have knowledge of omega-3 fatty acids impact on inflammation, but are less familiar with the role omega-3 fatty acids may have on reducing severity of PMS symptoms due to inflammatory issues. Although 60% believed consuming n-3 fatty acids could decrease severity of PMS symptoms, only 31.4% of dietitians indicated knowing that PMS symptoms may be responsive to fatty acids intake. This is not surprising given there is only one current article available (Sampalis et al, 2003) indicating n-3 fatty acids have an effect on PMS symptoms.

Conclusion: RDs who provide nutrition consultation to heart disease patients recommend intake of omega-3 fatty acids for the prevention of heart disease. The protective benefits of n-3 fatty acids in heart disease patients have been known for years. Nearly all (84.5%) of RDs in this study who were counseling heart patients indicated recommending n-3 fatty acids intake to those patients.

Conclusion: RDs reporting no PMS symptoms consume more n-3 fatty acids than those with PMS symptoms. Registered dietitians who reported no PMS symptoms consumed significantly more n-3 fatty acids (7.2g/week), particularly more flaxseed oil (2.5g/week), than did RDs who reported PMS symptoms (4.3g/week and 0.1g/week, respectively). Based on the research by Sampalis et al (2003), individuals who suffered from PMS symptoms and increased n-3 fatty acids in their diet had a decrease in severity of PMS symptoms.

Limitations

This research study only focused on intake of selected high n-3 fatty acids foods and thus results do not provide a complete record of total n-3 fatty acids intake. Additionally, information was not available on the n-3 fatty acids content of supplements being consumed. This study was conducted in a Midwest location, thus generalizability of study findings to RDs from other geographic areas is not known. Also, this study did not achieve a response rate similar to other online surveys of RDs.

Reference: Sampalis F, Bunea R, Pelland MF, Kowalski O, Duguet N, Dupuis S. Evaluation of the effects of Neptune krill oil on the management of premenstrual syndrome and dysmenorrhea. *Alternative Medicine Review*. 2003;8(2):171-179.

