



WEST SUBURBAN DIETETIC ASSOCIATION

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WINTER 2008

PRESIDENT'S MESSAGE

Hello, WSDA Members.

We're off and running in 2008, and there's more to come!

Here's a cure for cabin fever! It's time for our Second Annual WSDA March Field Trip. This time WSDA's own Nancy Siler takes us on the road to Wilton Products in Woodridge. Wilton is "the leading food crafting company in the industry, with the number one position in cake decorating and bakeware." Attendees will receive 2.0 continuing education hours for this special event scheduled for Tuesday evening, March 25th.

You'll learn procedures to follow for taping a television food show. Then it's time for a history lesson as you discover the evolution of a bakeware pan from concept

to market. Finally, you'll hone your baking skills by learning how to calculate bakeware dimensions and fill levels. Participants will also have the chance learn how to make a fondant rose and ribbon rose, as well as a marble fondant and covering a cake. **SHOPPER ALERT:** Wilton is offering WSDA members a one-night special 25% discount at the Wilton Retail Store.

Our year-ending April Awards Ceremony & Dinner on April 14th will highlight "The Next Generation of Fats". And thanks to the generous gift from Enova Oil, the cost of dinner will be lowered this year to encourage more members to attend! Watch your e-mails for details.

WSDA is having a huge year. If you take advantage of every

opportunity your membership offers, you will have accumulated a total of 17 continuing education hours for the 2007-08 season! That, along with numerous job postings and various networking occasions, continues the WSDA tradition of leading the way in supporting your professional growth in this expanding field.

See you at the next meeting!

Sincerely,
Pam Whitfield
WSDA President 2007-2008



SPECIAL POINTS OF INTEREST:

- FNCE 2008
- February Seminar - Another WSDA Success!
- First-ever Registered Dietitian Day
- ADA House of Delegates Needs to Hear from YOU!
- Want to Know a Few Frequently Asked Questions to a Fitness Trainer???

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The latest nutrition science information, foodservice trends and access to the top experts will be found at ADA's Food & Nutrition Conference & Expo to be held in Chicago, Illinois October 25-28, 2008.

Educational sessions will cover the hottest topics including obesity, alternative medicine, culinary trends, life-cycle nutrition and medical nutrition therapy.

Don't miss your chance to:

- ◆ Earn CPEs the fun and exciting way by participating in open space discussion sessions, new, last minute hot topic sessions, culinary boutique rooms, healthcare informatics and more.
- ◆ Walk the **Expo floor** and gain a first-hand look at over 400 companies featuring new, innovative products and services for your clients and businesses.
- ◆ Network with colleagues in your specific field by attending functions such as the Dietetic Practice Group Showcase and Product Marketplace.

Stay tuned to www.eatright.org/fnce08 and make plans to attend FNCE 2008!

GOVERNMENT AFFAIRS

Julie Black, RD, LDN

Before the congressional visits, Lisa took part in the legislative and leadership training sessions. Amongst all the presentations she attended, she found the ones by Roberto Salazar, Administrator of USDA's Food and Nutrition Service (FNS), Ron Smith, ADA's director of Government Relations, and U.S. Senator Tom Harkin (D-IA) to be especially enlightening and informative.

After two days of preparation, Lisa joined twenty five other Illinois dietitians, students and interns, and around 475 other ADA members on Capitol Hill to meet with their respective Representatives and Senators. She visited the offices of Rep-

resentative Judy Biggert, Representative Jesse Jackson and Senator Richard Durbin. The ADA priority issues they discussed included the expansion of Medicare Medical Nutrition Therapy Benefit, the coverage of pre-diabetes and strengthening nutrition in the Farm Bill*. Everyone was receptive to their message and contact information was shared for follow up throughout the year.

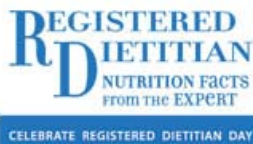
The nation's health care will continue to be a hot topic even after the November elections. Lisa saw first hand how important it is for registered dietitians, the experts in nutrition, to be involved in these discussions. She was encouraged by the number of ADA members who attended, showing that more and more

members are willing to get involved to make a difference. Mark your calendar for next year's PPW on February 9-11, 2009.

Join us for Illinois Dietetic Association Legislative Seminar and Lobby Day 2008 on April 16th. The registration form, due April 7th, is in the IDA Bulletin or available soon on www.eatrightillinois.org. For WSDA area carpooling, contact Julie Black at jablck@comcast.net.

*For updates on this legislation and other public policy news: Subscribe to On the Pulse at www.eatright.org under the "Advocacy & the Profession" tab.

JOIN US FOR THE
2008 ILLINOIS
DIETETIC
ASSOCIATION
LEGISLATIVE
SEMINAR AND
LOBBY DAY ON
APRIL 16TH!

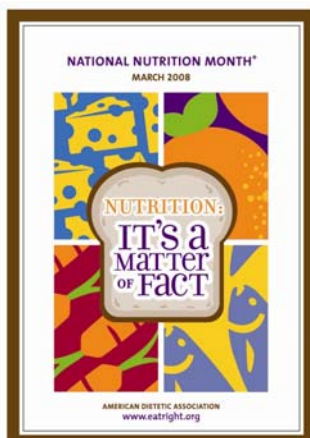


REGISTERED DIETITIAN DAY—MARCH 10, 2008

Teresa Ridolfi, RD, LDN

The American Dietetic Association proudly announced the first-ever Registered Dietitian Day. As the nation's food and nutrition experts, registered dietitians are committed to improving the health of their patients and community. Registered Dietitian Day commemorated the dedication of registered dietitians as advocates for advancing the nutritional status of Americans and people around the world.

Due to the success of the first-ever Registered Dietitian Day, mark your calendars for March 9, 2009 for the next day honoring the nations' food and nutrition experts!



WSDA FEBRUARY SEMINAR WRAP-UP- SATURDAY, FEBRUARY 23RD NOURISHING WOMEN’S HEALTH: WHAT WOMEN NEED TO KNOW

Melissa O’Brien, MS, RD, LDN

The 2008 WSDA February Seminar proved to be successful once again. This year, the seminar provided five continuing education hours focusing on important issues regarding women’s health, a variety of raffle prizes, and interesting exhibits. Attendees generously supported needy women in DuPage County by donating personal toiletries as they registered. Dominican University hosted the seminar titled "Nourishing Women’s Health: What Women Need to Know." About 100 nutrition professionals and students attended the event which included a wide range of topics presented by area experts in the field of women’s health.



Judy Bowman, MD

The morning began with Melissa Dobbins –Buoscio MS, RD, CDE from the Midwest Dairy Council discussing “Probiotics, Whey, and Dairy Nutrition”, followed by Dr. Judy Bowman’s presentation focusing on “Biochemistry from the Womb and After”. Once attendees completed viewing the exhibits and enjoying samples and a mid-morning snack, the day concluded with Terry McCreedy MSN, RN presenting on “Women’s Hormones, Adrenal Fatigue and the Nutrition Connection” and Dr. Anne McCall helping us understand why “Working Together: Meeting Cancer Patient’s Nutritional Needs” is so important.



Melissa Dobbins-Buoscio, MS, RD, CDE



Terry McCreedy, MSN, RN



Anne McCall, MD

A special thank you to the seminar sponsor, **ARAMARK Healthcare**, and **Midwest Dairy Council** for their sponsorship of the morning break and their presentation. Other exhibitors included American Dietetic Association, Dominican University, Nature’s Path, Odwalla, and Pfeiffer Treatment Center.



Nature’s Path Exhibitors



Midwest Dairy Council Exhibitor



Nature’s Path Booth

FROM YOUR DELEGATE

Diane Sowa, MBA, RD, LDN

Greetings from your Illinois Delegate- I would like to update you on several important issues being addressed at the House of Delegates (HOD). Your input on these matters is crucial. Have your voice heard! Send your feedback to me by **April 24, 2008**. This is Your Profession!

Phase 2 Future Practice & Education Task Force:

The Phase 2 Future Practice & Education Task Force Proposed Final Report will be released March 14, 2008 and posted on the ADA Web site. A recording of a webinar that provides an overview of the revised proposed final report and recommendations will be posted on the ADA Web site for all members to access after March 28th. I encourage all of you to review this report. If you need more information, please contact me. I will post all of your input and reactions to this report on the HOD website.

Standards of Practice (SOP):

A draft of the 2008 Standards of Practice (SOP) in Nutrition Care for RDs and DTRs has been released. The BOD would like your comments on these standards. The 2005 RD and DTR standards were very similar, but in the 2008 there is a clear delineation between the SOP for RD and DTRs. One substantial change is in the role of the DTR. In the 2008 standards the DTR role is to support the RD in the provision of care within the nutrition care process. The diet tech can no longer independently perform nutritional assessment, identify nutrition diagnosis nor implement (except within their scope), monitor or evaluate nutrition care as this is the professional responsibility of the dietitian. The revision stresses the important team interaction between the RDs and DTRs so there is shared understanding in practice. There is added emphasis on the importance of compliance with regulatory standards and a definition of supervision is provided. This is important as not having an official definition of supervision within our practice standards may leave individual practitioners, as well as the Association, open to adverse regulatory ramifications. To review the SOP in its entirety go to: www.eatright.org/cps/rde/xchg/ada/hs.xsl/governance_15354_ENU_HTML.htm.

“GET INVOLVED! DO YOU HAVE AN ISSUE THAT YOU WOULD LIKE TO BRING TO ADA?”

Mega Issue:

Big Question: *Family is a powerful resource to influence and optimize health through food and nutrition. Therefore, how will the practice of dietetics need to evolve to remain relevant and effective in improving health given the diverse and changing family structures and eating patterns?*

The Profession of Dietetics at a Critical Juncture: A Report on the 2006 Environmental Scan for the American Dietetic Association reports that American families are changing. Although some aspects of the fast, busy, modern lifestyles may be an advertising-created myth, there are many factors driving the eat-and-run habits of today's families. The shaping factors include:

- ◆ Working families with some adults working more than one job.
- ◆ Less time for families to eat together, and the decline of family meals.
- ◆ Greater availability of takeaway food, fast food, and ready-prepared food.
- ◆ Young adults growing up in households where neither parent cooks.
- ◆ A long-term social change toward urban societies that rely on speed and convenience in food preparation.

FROM YOUR DELEGATE, CONTINUED

The most noticeable long-term trend among American families has been the decline in the traditional family—a married couple with children. By the 1990s, the definition of "family" broadened to include cohabiting adults and single-parent households. Those who chose to live alone reached record numbers and consist of a wide range of people--college students, single business workers, and the elderly.

With the multitude of eating occasions throughout the day and purchasing channels that consumers are utilizing, there is no longer a "normal" pattern of behavior when it comes to buying and consuming foods. Families eating meals together have some very important benefits. Even though family meals are perceived positively; a review of the literature shows that only 42% of meals were eaten together. Eating together can have a positive effect on social development of children and upon nutritional intake of the entire family; develops family traditions; and promotes culinary skills of family members. Research has also shown that parents are a child's first and best role model when it comes to mealtime practices and the quantities and types of foods eaten.



For people who live alone different issues must be considered. Frequently, individuals eating alone see food/meals as a burden or just another daily task done without much thought or planning. Singles often choose foods that are convenient, simple, but nutritionally poor. They may skip meals or graze on snacks all day because no one is present with whom to enjoy a meal.

Food and nutrition professionals must address these trends. Being more creative in motivating patients/clients to make healthful choices may be what RD/DTRs are called to do. Solutions will not come from fighting these trends—RDs and DTRs will have to adapt to, and work with, the fast-food lifestyle as most people's reality.

We Want to Hear from YOU! Please share your thoughts on:

- ◆ What types of family structures (i.e. person living alone, mom-dad-kids and grandma, dad-2kids, etc.) are you encountering in your practice?
- ◆ What are the challenges and opportunities (i.e. dad doesn't cook, special diet needs, fast foods eating, etc.) in working with these family structures?

For more information on this topic and **free CPE for ADA members**, visit "HOD Backgrounder: The Changing US Family and the Practice of Dietetics" using the following link www.eatright.org/HODBackgrounderSpring2008

Please send comments to me by April 24, 2008

Diane Sowa, MBA, RD, LDN
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FREQUENTLY ASKED QUESTIONS TO A SEASONED FITNESS TRAINER

By Frank Masters

Since diet and exercise play an essential role in maintaining good health, I am sharing some information I offer to clients as a personal trainer.

1. How fit can I get? Great question! It's like a wave, with Arnold and Lance Armstrong riding the crest, the rest of us moving hopefully toward it, and some of you crashing into the surf nose down in the sand. In that big middle trough you will have to decide how hard and how long you are willing to train. Train hard and you will see tremendous results that will bring not only health and longevity to your body, but energy and confidence to all areas of your life. You may not be able to leap tall buildings in a single bound, maybe just short ones.

2. Sometimes when I come to the Health Club I have no energy even though I had a good night's sleep, why?

Probably lack of breakfast—and that's not a cup of coffee and a Twinkie. Depleted muscle glycogen causes athletes to hit the wall; depleted liver glycogen causes them to crash. Liver glycogen feeds into the bloodstream to maintain a normal blood sugar level essential for brain food. The average 150 lb. male needs 365 calories per day for brain function, 21 % of resting metabolic rate. Even though muscles can store glucose and burn fat, the brain does neither. That means for the brain to function optimally, you must consume food close enough to strenuous exercise to supply sugar to the blood so that the brain has fuel. A poorly fueled brain limits muscular function and mental drive.

3. What's this lactic acid burn that I feel when I work out? Running fast enough to become out of breath produces a situation in which both the fat burning enzymes and the Krebs cycle enzymes stop working.. When out of breath you're burning only sugar and burning it just half-way. If you continue to exercise at that level, pyruvic acid accumulates in muscle tissue and turns into lactic acid. That's the burn! It's not necessarily a bad thing to be burning sugar only halfway, just a sign that the muscle is exercising anaerobically, burning little, if any fat. Isn't that a surprise hoot! Lactic acid does get flushed out of the muscle by blood rather easily so that the muscle can return to aerobic metabolism. The lactic acid travels to the liver where it is made into glucose.

Even though lactic acid production implies that no fat is being burned, sugar burning exercise is very beneficial in a weight loss program because it promotes muscle formation. People who lose weight through dieting alone usually jiggle a lot even after attaining their desired weight. Muscles must be firmed. Final answer: Lactic acid burns because it is an acid! Severe exercise can bring on a burning sensation tolerable only for two or three minutes.

4. As a woman, will I bulk up by pumping iron? Not hardly. This is the most frequently asked question by women of all ages. Female and male muscle tissue is the same but only men have the true muscle enlarging hormone, testosterone. Unless a woman is

taking muscle enhancing drugs, she is not going to look like Arnold (used to). By rejecting weight bearing exercise in favor of a total aerobic routine, she has the benefit of cardio vascular improvement but may be putting the bones and muscles at risk, as well as other systems. Some women become addicted to the aerobic highs to a point where their bones are being depleted of density. A thought for dedicated runners: Since your legs are the two things that move you forward, consider strengthening them with weights. The stronger they are, the more ready in terms of energy and endurance they will be to stay in the race. Men and women can inhabit a nice comfortable box from which it's hard to escape and consider new ideas. Variety can be the motivating spice of an exercise regimen.

Frank Masters is currently a senior personal trainer at the Lakeshore Athletic Club in Chicago since 1995, and certified by the National Strength and Conditioning Association. His early interest in strength training led him to place first in his weight division at the University of Illinois in the early 1950's and later set an unofficial record in the bench press of 385 pounds. Serving in the United States Navy, he accepted the responsibility of physical fitness coordinator, Naval Readiness Region 13, a position which he fulfilled until retirement from the military in 1994.

MEMBERSHIP UPDATE

Megan Murphy, MPH, RD, LDN

Membership does have its privileges! Becoming a member and attending all of the WSDA meetings this year allows you to potentially accrue 17 hours of Continuing Education Credits. Registered Dietitians need 75 hours every five years to keep registration current. Eighteen hours of Continuing Education Credits gets you almost one-quarter of the way there! Did you know that we are the only dietetic district of the Illinois Dietetic Association that offers our Membership Directory online? The networking potential alone is worth the membership fee. Plus, you should know that your information is password protected and only for our members' eyes to see.

I am happy to report that currently we have 162 members on our roster. Throughout the year, membership applications continue to trickle in. Of our new members, we have about 4 students on our roster. Not too long ago, I was a student member of WSDA. Being a member increased my knowledge of the field of dietetics as well as supplied me valuable leads in my job search through the WSDA listserv. I have chosen to profile one of our new student members, Elisa Massey.



“EARN 17.0
HOURS OF
CPEU'S BY
ATTENDING
WSDA
MEETINGS
AND
EVENTS!”

Elisa Massey is from the western suburbs and attended Fenwick high school in Oak Park. She graduated with a bachelor's degree in Nutrition from the University of Dayton in May of 2007. While in college, Elisa worked as a nutrition assistant for three years at Miami Valley Hospital in Dayton, Ohio. Elisa says she decided to study nutrition because she always has had an interest in nutrition and a healthy lifestyle. She says in college she took a Nutrition and Health class as an elective, she loved it and decided to major in nutrition. With every class she has taken and meetings she has attended, she finds that nutrition is something she really has a passion for. In her spare time, she enjoys cooking and trying new recipes. She was fortunate in college to travel to Italy to study cooking and nutrition habits. Currently she is in a combined Masters Degree/Dietetic Internship program at Northern Illinois University and is a teaching assistant there. When Elisa finishes her internship she hopes to work in community nutrition. Let's give her a warm welcome!

If you would like to contact me regarding membership or know of any students that would like to join the WSDA, please contact me at megcmurphy@hotmail.com.

MEMBERSHIP DIRECTORY UPDATE...

The 2007-2008 membership database is now available in the password protected, members-only section of the WSDA Web site, www.eatrightillinois.org/Districts/wsda.asp.

Please contact Megan at megcmurphy@hotmail.com if you would like your information removed from this directory.

APRIL DINNER MEETING & AWARDS CEREMONY - MARK YOUR CALENDARS!

Everyone is invited to attend the April dinner meeting as it is not just for those receiving recognition. Come join us for a delicious dinner, peer networking and an end-of-year celebration!

THE NEXT GENERATION OF FATS

MONDAY, APRIL 14TH
6:00 P.M. - 9:00 P.M.
BENEDICTINE UNIVERSITY
2ND FLOOR, KRASA CENTER
1.0 CPE AVAILABLE

Speaker: Michele A. Turcotte, MS, RD, LDN - Nutrition Consultant; A Perfect Plate, Inc.

Sponsored by Enova

Additional registration and event information will be sent via email...stay tuned for more details!

(Cost: WSDA Members - \$10; Guests - \$25)



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DIETETIC ASSOCIATION

Reminder

The WSDA Newsletter is electronic only.

The 2007-08 newsletters are now delivered to you via email and will be available on the WSDA Web Site for your convenience.

Contact Megan Murphy if you have a new e-mail address or would like to supply an e-mail address to receive the issues electronically. Megan can be reached at megcmurphy@hotmail.com.

WE'RE ON THE WEB!

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