

NEXT WSDA MEETING

Monday, January 12, 2009

Nutritional Management of
Eating Disorders Patients
and Case Studies

2.0 CPEU

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Presidents' Message

Welcome back WSDA members,

It's hard to believe that fall is finally in full gear and the holiday season is right around the corner. Although it's sad to see the seemingly endless summer days come to end, it's exciting to think about what the upcoming WSDA year has in store for its members!

The WSDA Programming Committee has been hard at work scheduling this year's programs. We've already learned about Wound Care Management and Understanding Hispanic Americans, received an update from our Delegate, and listened to an entertaining presentation on How to Design, Fund, and Publish a Research Project. Plus, there's still more to come! In November we'll find out How to Become a Dietitian in Business and Communications and be able to participate in a panel discussion on non-traditional careers in dietetics.

Aside from our monthly presentations WSDA offers 5 more Continuing Education opportunities at the seminar in February. This year the seminar will focus on Pediatrics, a topic that is always high on the list of requested subjects. Please watch for more information to come soon!

Also, plans are under way for the popular WSDA March Field Trip. Our next stop is the Brookfield Zoo! Details will be available soon.

Last, but certainly not least, the April meeting will feature dinner and awards. All WSDA members are invited to cap off the year with great food and conversation while we recognize the accomplishments of some of our outstanding members. This year's topic will be Go Green on your Plate: Environmental Impacts of the Food Choices We Make. Please plan to attend this great event!

The WSDA Board and Programming Committee hope that you are as excited as we are about this year. We are proud to offer an array of monthly topics, networking opportunities, and tools to assist in the professional goals of our members. As always, we invite your ideas and feedback throughout the year so that our Association remains a valuable part of your development.

Here's to an exciting year,
Melissa

Melissa O'Brien MS RD LDN
2008-2009 President
West Suburban Dietetic Association
missyob2003@yahoo.com



Membership Update

Megan Murphy, MPH, RD, LDN



Utilize all of your resources, that is what I learned this year. For this years membership drive, I was able to tap into some indispensable resources that helped add to our membership numbers. Over the summer, I had access to a list of over 2700 of IDA members in the state. After narrowing that list down with the help of MS Excel, I compiled a list that doubled our membership applications send out from last year. Last year, we sent out around 300 membership applications and this year we sent around 600. At first we were unsure if we could take on this large task and expense, but decided that it was worth a try. It was definitely worth it! We were able to add numbers to our membership with some new faces and also some old friends. Through the membership drive we added 25 new members and a return of 5 members from past years. Next newsletter, I will profile a few of our new members and get feedback on WSDA.

Currently we have 137 members on our roster, which is down about 25 members from last year at this time. However, membership applications continue to arrive in the mail. This years FNCE may have diverted some resources so we hope to gain members later in the year. One surprising development is that some of our members took advantage of the "Refer a Friend" Membership incentive. The incentive is \$15 gift card awarded to a returning member who brings in a new member to WSDA. In the past, the response has been very low, from no response to one per year. This year we had two recipients of a \$15 gift card and with another in the process of referring her friend. This offer can be used at any time so feel free to bring a friend to the next WSDA meeting.

If you would like to contact me regarding membership , please email me at megcmurphy@hotmail.com.

Eat Right!

Susan DuPraw, MPH, RD

The theme for March 2009 National Nutrition Month® is "Eat Right."

National Nutrition Month® is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Registered Dietitian Day, also celebrated on March 11, 2009 increases awareness of registered dietitians as the indispensable providers of food and nutrition services and recognizes RDs for their commitment to helping people enjoy healthy lives. Check out www.eatright.org/nnm for more details.

Mark Your Calendars...

**Registered
Dietitian Day**

Wednesday, March 11

ADA Food & Nutrition Conference & Expo 2008

Diane M. Barrera, MPH, RD

The excitement of hosting the ADA Food & Nutrition Conference & Expo (FNCE) in the city of the ADA Headquarters office, Chicago, Illinois, and the diverse educational program helped create a memorable experience for 10,108 attendees at FNCE 2008.

Once again, there was an overwhelming amount of outstanding reviews for the cutting-edge sessions, state of the art Expo and variety of social events. A total of 141 educational sessions were presented using 295 speakers. Also, 415 abstracts were presented as posters or original contribution sessions. The 402 exhibiting companies were impressed with the attendees' decision making power and keen product interest. Exhibitors donated 18,832 pounds of food and beverage to the Greater Chicago Food Depository after the show. In addition, ADA provided \$5,485 to the local food bank through the generous contributions of attendees.

Be sure to mark your calendar for the 2009 FNCE in Denver, CO, October 17-20, 2009...you won't be disappointed!

Government Affairs

Lisa Eaton-Wright, dietetic intern, Benedictine University

As President-Elect Barack Obama prepares for his transition into the White House in 2009, so too should members of the ADA prepare for a discussion on the reform of our healthcare system and the role that registered dietitians should have in that system.

I attended the ADAPAC Power Breakfast at FNCE for the kickoff of the RD Healthcare Reform Campaign. We heard from keynote speaker Representative Fred Upton (R-MI), winner of ADA's Public Policy Leadership Award in 2000, the highest recognition for legislators. Rep. Upton continues to be an ongoing champion of legislation that would expand Medicare MNT provided by RDs. He shared a favorite quote of his as he reflected on the importance of healthcare reform: "If not us, who? If not now, when?"

Breakfast attendees also heard from Evelyn Crayton, EdD, RD, LD, an ADA Board of Directors member who represented the Association in the lead-up sessions to the presidential debates. Dr. Crayton spoke of the need for legislators to make a paradigm shift in healthcare reform from treatment to prevention.

For more information on Public Policy Issues, visit the ADA Web site at www.eatright.org, and click on the green Advocacy & the Profession tab.

Remember:

**"If not us,
who?"**

**If not now,
when?"**

Greetings from Your Delegate

Diane Sowa, MBA, RD, LDN

The Mega issues that were addressed at the ADA House of Delegates Meeting at the Food & Nutrition Conference & Expo (FNCE) included: **Nutrition Genomics and Nutrition Informatics.**



Nutrition Genomics

Many ideas were generated from round table discussion on how nutrition genomics might impact the dietetic practice and ADA can help to educate members on this topic. Dietitians need to be able to respond to the ever growing consumers questions on genetics and food. I encourage you to update your knowledge by reading the backgrounder.

To read more about nutritional genomics and received 2.0 CPEU for each backgrounder go to www.eatright.org/HODBackgroundersFall2008

Nutrition Informatics

Nutrition informatics is being used in all areas of dietetics. The HOD members created a list of ways dietitians could improve their knowledge and incorporate nutritional informatics further into their areas of practice. Look for ADA to develop more educational opportunities and toolkits in the near future.

To read more about nutrition informatics and received 2.0 CPEU for each backgrounder go to www.eatright.org/HODBackgroundersFall2008.

Mega Issues

I shared your ideas on mega issues with delegates during the HOD meeting. Thanks to all who provided input on mega issues that concerns our dietetic profession. During round table discussions the HOD members produced a long list of mega issues. This list will be given back to the delegates for your input. You will have the opportunity to help prioritize these issues that will help determine the direction of the association. Look for an e-blast on this topic next month. Your input is important!

2009 Code of Ethics Revision Draft

Delegates provided input on the revised code of ethics. Look for a new draft at the beginning of next year.

Treasurers' Report

Julie Davis, MS, RD, LDN

Our WSDA budget for the 2008-2009 year is \$10,900. This represents a reduction of approximately \$1,700 from the previous year. While we have done well with our membership enrollment this fall, we are feeling a "pinch" from members not rejoining, in part due to using the ADA FNCE for their CPEU hours. Because of FNCE we also expect slightly lower attendance at the February Seminar, but we have a great topic, pediatric nutrition, so we are still counting on a good turnout. Our reduced budget reflects this trend. WSDA still hopes to offer a reduced cost for the Spring Networking Dinner in April.

Overall, even with a tough economy, WSDA is financially strong! That is due to our loyal membership base, so thanks to everyone.

WSDA Call for Nominations (09-10)

Diane M. Barrera, MPH, RD

Have you been looking to get involved as a leader in the dietetics community? Now is your chance!

WSDA is looking for candidates interested in the offices of:

- President-elect
- Treasurer
- Nominating committee

Here are just a few of the benefits to serving as a WSDA officer:

- Earn CPEUs as part of your Professional Development Portfolio
- Receive complimentary WSDA membership
- Gain leadership skills to use in your work and private lives

If you are interested, or know a WSDA member who would be a valued candidate, please contact Diane Barrera, Nominating Committee Chair at dbarrera@eatright.org by **December 15th** with the name and contact information for the potential WSDA leader.

We hope to hear from you soon!

Contact

Diane

Barrera by

December

15th!



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WE ARE ON THE WEB!

WWW.EATRIGHTILLINOIS.ORG/DISTRICTS/WSDA.ASP

February Seminar Update!

Paula Milas Sochacki, MPH, RD, LDN

Once again the time will soon be approaching for the WSDA February Pediatric Seminar, which is scheduled for February 21st 2009 from 7:30a.m. – 1:00p.m. The location will be held at the NIU-Naperville Campus 1120 E. Diehl Road, Naperville, IL 60563. We are planning to have many exciting speakers and exhibitors relating to Pediatric Nutrition with sponsorship from the Midwest Dairy Council, Nutricia North America and Nestle HealthCare Nutrition.



In addition, to the February Pediatric Seminar WSDA has chosen a new and exciting topic for the March Field Trip. WSDA members will be given the opportunity to attend a 2 hour educational session at Brookfield Zoo with a focus on animal nutrition. The scheduled field trip will be held on a Saturday, with the opportunity for WSDA members to join their families and friends in exploring the many interesting animals/exhibits available at Brookfield Zoo afterwards.

We hope to see everyone at the upcoming monthly meetings, February Pediatric Seminar and March Field Trip. More detailed information will be made available closer to the events.