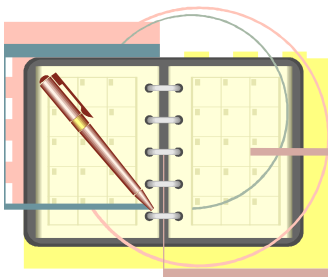




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11. Education Opportunities: Journal Club: Efficacy of Gluten- and casein-free diets in children with Autism Spectrum Disorder; SCAN Symposium
12. Heart and Stroke Survivor Wine and Cheese Reception at statehouse.



Next VDA Board Meeting  
April 8 immediately following  
Strategic Planning Session



## NOTES FROM SYLVIA:

Exciting things have been occurring for Vermont Dietitians. Sylvia has been very busy promoting VDA's strategic service initiatives. On Wednesday February 17, the VT Restaurant and Lodging representatives are speaking with the Health & Welfare Committee about Nutrition Labeling. Sylvia attended the session to provide testimony for those in favor of the Bill. She also attended a session the same day for the VDA role in the Michelle Obama Child Obesity Initiative.

Sylvia also completed the nomination for our esteemed VDA member, Dr. Rachel Johnson, for ADA's most prestigious award: The 2010 Marjorie Hulsizer Copher Award.

We are one of the sponsors at the Jr. Iron Chef Competition. Let us know if you would like to help man the booth at this fun event.:

Strategic Planning session is planned for April 7 and 8. We hope you complete the survey monkey link found in this newsletter to help us in determining the direction you would like VDA to follow.

Save the date for our Annual Conference April 28-29. We have organized some exciting speakers for this event.

### Save the Date:

- Feb. 18: Local Sustainable Food Lecture at UVM
- Feb. 25: Heart & Stroke Survivor Wine & Cheese Reception
- Feb. 27: Sort-a-thon
- March: National Nutrition Month
- March 10: Registered Dietitian Day
- March 11: Legislative Day
- March 22: Public Policy Workshop
- March 27: Jr Iron Chef Competition
- April 7- 8: Strategic Planning
- April 8: VDA Board Meeting
- April 27 Journal Club
- April 28 -29 VDA Annual Conference



## SORT-A-THON

Volunteer at the Vermont Foodbank and earn credit for your local food shelf!

Join us for our upcoming Saturday Sort-a-thon in our Barre Warehouse

Saturday Sort-a-thon:

February 27th

8:30AM until 12:30PM

\*Individuals and groups are welcome.

Volunteers are the heart and soul of the Foodbank!!

Each volunteer earns \$2.00 of credit per hour, on behalf of the Foodbank agency of his or her choice.

Volunteers must be 14 years or older; must be 18 to work in the kitchen. Under 16 years of age must be accompanied by an adult (1 adult must accompany 5 youth) Closed-toed-shoes required

Vermont Foodbank 2010 Sort-A-Thons

Saturdays from 8:30-12:30

February 27th

March 6th, 20th

April 10th, 17th

May 8th, 22nd

June 12th, 26th

July 24th

August 21st

September 11th, 25th

October 9th, 23rd

November 6th, 13th, 20th

December 4th, 18th

Contact Patrick Gilbert at 802-477-4127, or [pgilbert@vtfoodbank.org](mailto:pgilbert@vtfoodbank.org) to reserve your spot. Volunteers must be 14 years of age or older

## Hunger Awareness Day

Vermont Campaign To End Childhood Hunger (VTCECH)

Holds 14th Annual Hunger Awareness Day at the Statehouse

VTCECH held the 14th annual Hunger Awareness Day at the Vermont Statehouse on Thursday, February 11th, 2010. Vermont is now ranked as the 6th hungriest state in the nation. Hunger Awareness Day is an opportunity to remind our elected officials about the continuing problem of hunger in our state and provide resources and information for them to share with their communities. VTCECH presented legislators with their 2010 legislative agenda focusing on improving access to federal nutrition programs for hungry Vermonters. These steps will also contribute to the national goal to end childhood hunger by 2015. The Vermont Foodbank, Vermont FEED, and the Vermont School Nutrition Association also presented.

Keep your representative or senator up to date with Hunger Awareness information.

To find your representative or senator, visit the state legislature website at: <http://www.leg.state.vt.us/legdir/legdir2.htm>.

For more information, please call our office at 802-865-0255.



## State Legislative Day

Thursday, March 11th 2010 is our next legislative day. We are hoping to have a large turnout of members for this event. Please note that with Health Care Reform having passed, it is extremely important that our legislators see who we are, understand the services we provide and know to access our services. Governor Douglas will be signing a proclamation declaring March 10 as Registered Dietitian Day in Vermont.

Contact Amy Tuller of your interest to participate [amyrd@together.net](mailto:amyrd@together.net)  
Kathy Backes [datruthdgrip@aol.com](mailto:datruthdgrip@aol.com) is organizing a car pool.

## ADA Public Policy Workshop

The virtual 2009 ADA Public Policy Workshop was a highly successful event which reached a large number of members and will again be offered electronically starting on March 22, 2010. More details to follow soon. Locations will be at Central Vermont Hospital, Rutland Regional Hospital and Fletcher Allen Health Care. Contact Cathy McIsaac [Catherine.McIsaac@vtmednet.org](mailto:Catherine.McIsaac@vtmednet.org) for more information and to sign up one of these locations.

### Why should you attend the Public Policy Workshop?

We know, in addition to health-care reform initiatives already begun by state governments, should Congress successfully pass a bill and President Obama sign it into law early 2010, RDs across the country must be strategically positioned to ensure various measures are properly implemented.

We also know that Congress will be taking up Child Nutrition and the Older Americans Act Reauthorizations in 2010 and 2011, respectively. All of these federal initiatives have impact at the local and state levels, and that RDs need to be prepared to advocate for access to our services and the nutrition care consumers need.

The challenges presented by the legislative agenda and later by implementation of the law into regulation and by funding opportunities to state and local governments, require an ever more sophisticated grassroots force. ADA believes that PPCs and SPRs are critical to ensuring the grassroots is informed, motivated and mobilized to make the right things happen. But that also requires training in advocacy techniques, knowledge of how government works, communications and leadership.

## Would you like to have an impact on Food and Nutrition policies at local, state and/or federal levels?

VDA is looking for any interested individuals who would like to join our team to help convey our message regarding healthy food options, reducing childhood hunger and obesity. Congress is looking for ideas to draft legislation for a healthy, safe food supply and nutrition education that would promote behavior change. Vermont is being looked upon as a model with the Blueprint for Health and Medical Home Model. This is an exciting time to be a dietitian in Vermont.

If you are interested, ADA is fully funding 2 individuals from Vermont to attend an advocacy training workshop to provide a working knowledge of government at local, state, and federal levels. The workshop will be held May 16-18 at the Marriott Hotel in Crystal City, Va.

If you are available these dates and willing to make a 3 year commitment to joining our team to represent Vermont dietitians at local, state and/or federal levels, contact Sylvia Geiger [Sylviamgeiger@hotmail.com](mailto:Sylviamgeiger@hotmail.com)  
Sylvia needs to submit names by March 4th of whom will be participating from Vermont.



## Evidence Based Practice Strategies

Submitted by Sue Johansen, RD

House of Delegates ratings of top five (5) strategies:

Evidence Based Practice (EBP) was a key issue discussed at the House of Delegates Meeting in October. Strategies for promoting EBP were suggested and then voted on by each delegate. I have selected all the strategies that received support from more than 45% of delegates when each delegate chose 5. They are listed in descending order.

### Strategy

1. Market the EAL. Create perceived need by using marketing principles: Via trained speakers, Tutorials, Webinars, Newsletters (i.e. DPG), Video on ADA website, Utilizing success stories, Affiliate meeting utilizing video, and/or speakers, Advisory panel for EAL, Partnerships with other organizations
2. Create EAL short cuts for immediate access on desktops, PDAs, etc. Create quick links – one stop shopping to EAL and other evidence-based practice sites. Include learning of evidence-based practice as a requirement within everyone's learning plan. Request CDR to require a minimum of one CPE per year on evidence-based practice as part of the PDP. There is evidence to support required ethics training for other professions.
3. Embed in the concept of evidence-based practice into all didactic course work.
4. Require hours for recertification with CDR (i.e. Assess & Learn) related to evidence-based practice. Change the CDR portfolio requirements so that certain items are mandatory education, such as evidence-based practice. Sending in money to CDR and planning all your own education may not be sufficient to keep all RDs up to date.
5. Partner with other relevant organizations to share Evidence-Based Practice guidelines on websites and expand this to extend discounts if you plan to join other professional organizations (reciprocity).
6. Encourage practitioner to use the NCP and codes so the data can be collected, uploaded, analyzed, published and disseminated.
7. Develop and disseminate toolkits for "train the trainer" program implemented at state/regional meetings. Need more personal training beyond tutorials. States and AODA can use them.
8. Develop topic/question specific guide to resources that are evidence-based reliable and easy to use.
9. Conduct more marketing of evidence-based practice and resources. Include what it is and what it is not evidence-based practice and how to use in the Journal.
10. Collaborate with physicians and develop relationships with nurses, pharmacists to create an interdisciplinary practice.
11. Mandate the inclusion of evidence-based practice education as a requirement of CDR's professional

### Job Opportunity

Clinical Dietitian position available at Dartmouth-Hitchcock Medical Center.

Go to: <http://www.eatrightvt.org/jobsearch.cfm> for more information.

UVM Nutrition and Food Service Department Presents

"How Local Can We Go?

"Envisioning a Healthy and Sustainable Food System for New England"

Speaker: Brian Donahue from Brandeis.

When: Feb. 18 2010

Where: Waterman 427A

Time: 4: 15 pm:



## VDA wants to know what you are doing to promote National Nutrition Month!

It's time to start thinking ahead to March and National Nutrition Month®. National Nutrition Month® is the perfect time each year to highlight the important message of good nutrition to the public. The theme for National Nutrition Month Month® 2010 is "Nutrition From the Ground Up."

March 10, 2010 marks the third annual Registered Dietitian Day. Last year Vermont dietitians were honored when Governor Jim Douglas signed a proclamation declaring March 11, 2009, the first Registered Dietitian Day in Vermont. Recognition of Registered Dietitian Day in Vermont is a great accomplishment. We need to take opportunity of RD Day to increase awareness of RDs by promoting the role of the RD and the positive impact of our work to the public and the media.

Don't let NNM or RD Day go unnoticed in your workplace or local community! Whether you are planning healthy food sampling in the supermarket, cafeteria or office, or teaching a series of nutrition classes throughout the month of March, VDA would like to highlight these activities in your local media. VDA is hosting a contest for the most innovative & far reaching National Nutrition Month promotions. Enter your project to win some cool prizes and have your project highlighted at the VDA Annual Meeting & Conference.

For National Nutrition Month® and Registered Dietitian Day event ideas, promotional materials, key messages, nutrition education resources and more, visit [www.eatright.org/nnm](http://www.eatright.org/nnm)

Please submit by March 31, 2010 a detailed summary of your event/activity including any public comments, quotes or photos.

## VDA Strategic Planning Session April 7 and 8

As you may recall last month, VDA was awarded a grant for Strategic Planning which included the all expenses cost for an ADA-selected strategic planning facilitator to work with VDA for an intensive 1-1/2 day strategic planning session. The goal is to assist us in developing strategic plans that are aligned with ADA's and that have clearly defined and measurable outcomes.

We would like your input into your opinion on the current direction of VDA and what you would like us to accomplish in the future. Please click on the link and complete this short survey which should only take about 5 minutes to complete. <http://www.surveymonkey.com/s/THZRD7V>

Marianne Smith Edge, MS, RD, LD, FADA will be our strategic planning facilitator. If you would like to join us for this Strategic Planning Session, email Sylvia Geiger you interest in attending. Location to be announced. A location in Williston is being investigated.

### Journal Club:

#### Efficacy of Gluten- and casein-free diets in children with Autism Spectrum Disorder

The VT-ILEHP TRIPSCY Journal Club is a group of primarily pediatric occupational and physical therapists (although others are always welcomed) who have been meeting a few times a year to review the evidence on a variety of topics. The April's meeting is about nutrition and we wanted to officially welcome all of you to join us. This is a source of CEU's.

WHEN: Journal Club meeting: April 27th 4-5:45pm.

PRESENTER: Tracie Clarke MS, RD, CD, Community Nutrition Consultant

LOCATION: VIT sites (<http://www.vitlink.org/Locations.php>) [usually Williston, Waterbury, WRJ, Rutland and Johnson - Sign-up early to reserve a site close to you we keep 6 sites maximum]

HOW TO SIGN UP: Send an email to [tripsy@uvm.edu](mailto:tripsy@uvm.edu) with your name and preferred location

Articles being reviewed:

Knivsberg, A.-M., Reichelt, K.-L., Høien, T., & Nodland, M. (2003). Effect of a Dietary Intervention on Autistic Behavior. *Focus on Autism and Other Developmental Disabilities*, 18(4), 247-256.

Millward, C., Ferriter, M., Calver, S., & Connell-Jones, G. (2007). Gluten-and casein-free diets for autistic spectrum disorder. *Cochrane Database of Systematic Reviews*(3).

Seung, H., Rogalski, Y., Shankar, M., & Elder, J. (2007). The Gluten-free, Casein Free Diet in Autism: Communication outcomes from a preliminary double-blind clinical trial. *Journal of Medical Speech-Language Pathology*, 15(4), 337-345.

Organized by: Marie-Christine Potvin, PhD Candidate, OTR, ATP  
Center on Disability and Community Inclusion - University of Vermont

### SCAN Symposium

Myths, Mysteries, & Realities of Eating and Metabolism: Research to Practice

March 28-30, 2010; in San Diego

[www.scanpg.org](http://www.scanpg.org) for more information

### Heart and Stroke Survivor Wine and Cheese Reception

Thursday February 25th from 3:30 to 5 pm

American Heart Association / American Stroke Association's second annual State House wears red

Where: Cedar Creek Room at the Vermont State House, 115 State St. Montpelier, VT

Survivor Speakers: Deborah Gurney (Springfield, VT), Julie Gingras (Williston, VT)

Issues: Obesity Prevention-Calorie Labeling Legislation, Budget Cuts to Rehab Therapies for Heart & Stroke Patients, Tobacco Control Program-proposed budget cuts, Stroke Taskforce Update.

If you are interested, we can arrange for you to talk with your legislators so you can let them know why you support these issues.

RSVP:- Nicole Lukas [Nicole.lukas@heart.org](mailto:Nicole.lukas@heart.org) 802-288-8305

Don't forget to wear RED!

**FREE Training Opportunity  
from the Vermont Department of Health**

**Enhancing Worksite Wellness:  
Motivating Employees to Be and Stay Healthy**

**What:**

Are you interested in creating a healthier workplace?

Learn how to use the Vermont Worksite Wellness Resource and Peer Support in Physical Activity Program. Practice using the tools, share your worksite experience, learn from others and leave with a plan for action

The training and training materials are Free.

**Who should attend?**

People who are starting, or wanting to maintain or improve, wellness programs in worksites.

**Presenters:**

Suzanne Kelley, Fit and Healthy Vermonters Physical Activity Coordinator manages Vermont's community based obesity prevention grants and is the lead on the Fit and Healthy Vermonters worksite wellness workgroup. She played an integral role in the development of the Worksite Wellness Resource and Peer Support in Physical Activity Manual.

Robin Edelman, VDH Diabetes Prevention and Control Program Administrator, co-authored the Peer Support in Physical Activity Manual and is a consultant on self-management support for the Vermont Blueprint for Health. She is a Stanford University Self-Management Program Master Trainer, a dietitian, and a certified diabetes educator, committed to harnessing the power of peers for chronic disease prevention and treatment.

**When and Where:**

The *same* training is being offered on:

Wednesday, March 10, in Rutland, VT

Registration 9:00am; Training 9:30-2:30 (lunch provided)

Friday, March 12, in Williston VT

Registration 9:00am; Training, 9:30-2:30 (lunch provided)

**How to attend:**

Complete and submit registration form below by February 19, 2010.

**Questions:**

Contact Suzanne Kelley 802-657-4202 or [Skelley@vdh.state.vt.us](mailto:Skelley@vdh.state.vt.us)

# REGISTRATION FORM

## Enhancing Worksite Wellness: Motivating Employees to Be and Stay Healthy

First Name	Last Name	Title

Organization

Phone Number	Email Address

Address	City	State	Zip

Location I am planning to attend:

Rutland  
Wednesday, March 10, 2010  
Registration: 9:00am; Training 9:30 -2:30pm (lunch included)  
Asa Bloomer State Office Building  
88 Merchants Row, Rutland, VT

**OR**

Williston  
Friday March 12, 2010  
Registration: 9:00am; Training 9:30 -2:30pm (lunch included)  
American Cancer Society  
55 Day Lane, Williston VT

**Please submit form by Friday, February 19th to:**

Email: [Dwhalen@vdh.state.vt.us](mailto:Dwhalen@vdh.state.vt.us) or

Fax: 802-651-1634