

Welcome to the Maryland Academy of Nutrition and Dietetics (MAND):

Chesapeake Lines

SUMMER EDITION 2017



Meet Our New Executive Director: Annette Hottenstein, MS, RDN, LDN



Annette Hottenstein, MS, RDN, LDN recently started as MAND's new executive director on June 1, 2017. She brings to the table plenty of board experience as she recently served as MAND's Secretary and Communications Chair. While she was Secretary, she oversaw the refresh of MAND's website: www.eatwellmd.org. Annette has a BS in Nutrition from The Pennsylvania State University and a MS in Food Science & Technology from Texas A&M University. She completed her dietetic internship at Scott and White Memorial Hospital and the Olin E. Teague Veterans' Medical Center.

In her previous career, Annette worked for 15 years as a scientist specializing in the sensory properties of foods and beverages. A sought-after speaker, she has presented at the Society of Sensory Professionals and various Academy of Nutrition and Dietetics affiliate organizations (including twice at MAND). Her [publications](#) appear in leading professional journals such as *Appetite*, *Food Quality and Preference*, the *American Journal of Clinical Nutrition*, and the *Journal of Sensory Studies*. She has also blogged for EatRight.org and does pro bono work as a technical writer.

Here are the top 3 things Annette is really excited about in her new position as Executive Director:

1. Working closely with the annual meeting planning committee to find a larger venue to accommodate our growing number of attendees.
2. Becoming fully involved in MAND's advocacy efforts. She used to think that advocacy was a drag until she attended MAND's SLIW (State Legislative Interactive Workshop) and AND's PPW (Public Policy Workshop). Now, she firmly believes that advocacy is fun. (For Annette, the following Plato quote rings true: "One of the penalties for refusing to participate in politics is that you end up being governed by your inferiors").
3. Help coordinate and attend all of our wonderful MAND sponsored events and getting to meet as many MAND members as possible!

Some fun facts about Annette:

- She lives in Sparks, MD (Northern Baltimore County)
- She has 2 children, ages 9 and 11
- She is very 'green' and drives an electric car and has solar panels on her roof
- She loves to play the piano, cook and snuggle with her cats

Annette is here as a resource for all MAND members. You can reach her at execdirector@eatwellmd.org or 410-929-0764.

President's Message: A New Year for MAND

I am excited to continue as the Maryland Academy of Nutrition and Dietetics President for the 2017-2018 year. Serving all of you as President since October 2016 gives me a unique perspective of our organization, specifically our strengths and challenges.

Last fiscal year we had a very successful Annual Meeting lead by Caitlin Krekel and assisted by Katie Meade. The dedication, organizational skills, and attention to detail made it in the words of an attendee "the best I have been to in a while." We had the largest attendance of members, sponsors and exhibitors. Our keynote speaker had this to say of Caitlin: "I have dealt with many conference planners over the years but Caitlin was by far the best. She was always thorough, sent detailed instructions by email and followed up." This year Katie Meade hopes to run another successful Annual Meeting, which, based on the attendee survey responses, will be held on a different day and location.

The hard work of our Public Policy Panel paid off this past year as well. Jessica Kiel will now represent MAND on the State Health Advisory Committee. This year we are looking to collaborate with other member healthcare organizations to position RDNs as the nutrition expert in the new models of healthcare delivery.

Because the MAND board is committed to providing member networking and education there will be a member reception at FNCE (location/date to be announced in e-blast).

Lastly, I encourage each of our members to be engaged and to volunteer with MAND. Whether you have a few hours a week or just a few hours a year, MAND needs you! We currently have a few open positions on the board, so if you are interested please email me at president@eatwellmd.org.

Looking forward to a fabulous year! -Livleen Gill MBA, RD, LDN, President of MAND

In this edition:

[P1: Executive Director and President's Message](#)

[P2: 2017 Annual Meeting Overview](#)

[P3: 2017 Annual Meeting Thank You's](#)

[P4: Public Relations and Reimbursement Updates](#)

[P5: 2017 Public Policy Workshop Highlights](#)

[P6: Healthier Snacks for the Summer from Giant RDNs](#)

[P7-12: 2017 Annual Meeting Sponsors](#)

MAND Members Welcome the 2nd Century of Dietetics at the 2017 Annual Meeting

Over 260 nutrition professionals gathered to network, share ideas, and attend cutting edge presentations at the Maryland Academy of Nutrition and Dietetics' 2017 Annual Meeting. The meeting celebrated the centennial of the Academy of Nutrition and Dietetics (AND) while focusing on "Dietetics into the Second Century". Forward thinking sessions addressed cutting edge topics from nutrigenomics to private practice in the evolving healthcare landscape and the environmental impacts of our diets.

MAND was honored to have AND President, Lucille Beseler, attend our meeting and share an update on AND's Second Century Initiative. Lucille Beseler presented the MAND and MAND Foundation awards and scholarships recognizing the achievements of outstanding MAND students, dietetic technicians, and dietitians.

The Maritime Conference Center was abuzz with conversations as new connections were made and old colleagues reunited. The event brought together our diverse membership enabling rich discussion and thoughtful engagement with speakers that demonstrated the breadth and depth of nutrition expertise in our community. Members of the Maryland Academy of Nutrition and Dietetics are ready to define the second century of dietetics.

The Annual Meeting is the culmination of year-long efforts of our board members and volunteers. Thank you to all who contributed to the Annual Meeting! A big thank you to all our members for a fantastic attendance that filled the conference center to capacity!



Above: Lucille Beseler, AND President 2016 - 2017, with MAND President, Livleen Gill

Below: (clockwise from top left) 1) Kelly Ort and Lucille Beseler present the Outstanding Dietetic Student award to Brooke Patton 2) Cynthia Moore connects Mind-Body Skills and Medical Nutrition Therapy 3) LaChell Miller and Althea Zancoosky of the American Dairy Association Northeast 4) Susan Allen presents on nutrigenomics 5) Spry exhibitor, Nancy Stannert 6) Attendees visit sponsor exhibits and student posters



THANK YOU FOR ATTENDING MAND'S 2017 ANNUAL MEETING!



THE GRASS IS GREENER ON THE OTHER SIDE: DIETETICS INTO THE 2ND CENTURY

(From left to right) | Row One: 1) Barbara Marx Brocato and Dan Shattuck present highlights from MAND's policy and advocacy work during the lobbyist update 2) Lucille Beseler, AND Preseident 2016-2017, presents Arnetta Fletcher the Emerging Dietetic Leader Award 3) Chere Bork delivers the keynote talk, "Motivating You" | Row Two: Attendees network in the exhibition hall 3) MAND President, Livleen Gill, and Keynote speaker, Chere Bork 3) A student stand with their poster | Row Three: 1) The crowd fills the auditorium 2) Dr. Scott Kahan address weight stigma and bias in healthcare 3) Chrissy Carroll leads an interactive social media workshop

THE VITAL ROLE OF DIETITIANS IN THE MEDIA



Public Relations for MAND

By Courtney Ferreira,
MS, RD, LDN
MAND Public Relations
Chair

We consume media virtually non-stop. Between social media, radio, and television, the slew of information is constant. It is no wonder nutrition myths persist and fad diets gain unbelievable popularity. As dietitians, it is our job to cut through the noise and bring scientifically backed information and real life, sustainable nutrition advice to the public. Working with clients and patients gives you a chance to impact someone's health, but nothing has quite the same reach as media. How to work with the media is not something we are taught in our dietetics training, but it is clearly important.

You see more and more dietitians getting themselves out there, being on television, having an online blog presence, writing books, and more. We need to tap into and embrace these skills. Amazing dietitians, such as Melissa Joy Dobbins, offer media training geared towards dietitians. If you are reading this and thinking "Oh, I will never do that," you may be surprised. In October of 2015 an email went

out to the nutrition staff at my job requesting someone to speak on local television about new nutrition guidelines that had been released. Without really thinking - at all - I replied saying I would be happy to fill in if no one stepped up. Much to my surprise, no one else on our 20+ staff was interested, so it fell on me. I was a nervous wreck but ended up having fun and now I have done over a dozen television segments, both through work and brand partnerships.

These scenarios that accidentally land you in the spotlight, whether it is on camera or contributing to an article, may help you discover a passion you didn't now you had. More importantly, it will send your message to many more ears than you would otherwise reach.

As the Public Relations Chair of MAND, I am far from an expert on media. But, I am extremely passionate about the role we NEED to play in spreading sound nutrition information. I have an incredible team of state media representatives: Charlotte Martin, Sumi Toohan, and Aminta Bullard (find their bios and pictures on the [MAND website](#)). We have big goals for this year. We will be completing much sought after media training with Melissa Joy

Dobbins this summer and crafting media pitches to our local television stations. We also will be planning events to bring more of you all together in order to foster networking. I want us to learn from each other and showcase our successes.

As a MAND member, here are some things *you* can do to get involved:

- If you have any media features (online, print, radio, television, social media feature, podcast feature) send it to prchair@eatwellmd.org. We hope to showcase a new dietitian at *least* monthly on the MAND social pages.
- If you have any questions or concerns regarding a media opportunity, don't hesitate to reach out! A state media rep or myself will answer your questions and help you prepare.

We need to support each other and build each other up. If we aren't taking opportunities and getting out there, then who is? Chances are they won't have credentials after their name. *We* have the power to increase the visibility of dietitians and increase the public's trust of our vital message. I look forward to getting to know even more members in the coming months and can't wait to hear from you!

Reimbursement Update

By Anna Bondy, MPH, RD, LDN, MAND Reimbursement Representative

According to the March 2017 MNT Provider, "As part of a multi-level outreach effort led by the Centers for Medicare & Medicaid Services (CMS), a new telephone and email helpline for providers seeking assistance with the Quality Payment Program (QPP) has been launched. Providers may contact the QPP by calling 1-866-288-8292 from 8AM – 8PM EST or emailing qpp@cms.hhs.gov. Providers may also learn more about the QPP and subscribe to receive the latest QPP email updates at: <https://qpp.cms.gov>."¹

So what is QPP and why should you participate in it if you are a Medicare provider?

"The Medicare Access and CHIP Reauthorization Act of 2015 (MACRA) ended the Sustainable Growth Rate formula. [Dietitians are eligible to participate in the Advanced Payment Models QPP Track.] If you decide to participate in an Advanced APM through Medicare Part B you may earn an incentive payment for participating in an innovative payment model.

If you're not ready on January 1, you can choose to start anytime between January 1 and October 2, 2017. Whenever you choose to start, you'll need to send in your performance data by March 31, 2018. You can also begin participating in an Advanced APM. The first payment adjustments based on performance go into effect on January 1, 2019."²

It's not too late to participate! For more information, check out the CMS website, contact CMS directly, or reach out to your reimbursement representative at reimburse@eatwellmd.org.

Sources:

1. <http://www.eatrightpro.org/~media/eatrightpro%20files/news%20center/in%20practice/mntprovider/032-17.ashx>
2. <https://qpp.cms.gov/>

2017 PUBLIC POLICY WORKSHOP HIGHLIGHTS

By ANDREA TROUTNER RD, LD, LDN, CDE, MAND STATE POLICY REPRESENTATIVE

Attendees registered: *Livleen Gill, Jessica Kiel, Andrea Troutner, Glenda Lindsey, Liz Sanchez, Megan Larson, Annette Hottenstein, Jennifer Hall, Diana Suguchi, Rachel Brown (student), Margaret Udagahora, Aderonke Adegbite (student), Nadine Braunstein*

Academy members play critical roles in public and community health, engaging in work ranging from improving community access to healthy food to developing and implementing statewide interventions to prevent obesity, diabetes and other chronic diseases. Public health and community nutrition registered dietitian nutritionists are leaders at federal, state and community agencies, successfully implementing complex food and nutrition programs that improve the health of individuals and communities. Our members play a key role in shaping the public's food choices, improving people's nutritional status and preventing and treating chronic disease.

The Academy maintains five key tenets for analyzing any legislation to reform health care:

1. The health of all Americans should improve as a result of our health policy choices. Sufficient resources must be made available to ensure optimal health.
2. Access to quality health care is a right that must be extended to all Americans.
3. Nutrition services, from pre-conception through end of life, are an essential component of comprehensive health care.
4. Stable, sufficient and reliable funding is necessary for our health care system to provide everyone access to a core package of benefits.
5. Health care must be patient-centered.

During our hill visits we had three main objectives during our legislative appointments as follows:

Congressional Support for the Academy's Centennial H.Res.161, the Congressional Resolution Commemorating the Academy's Centennial

Value of Nutrition Services in Prevention and Treatment

The Ask:

- Urge Congress to maintain bipartisan investment in the Prevention Fund.
- Urge Congress to allow coverage of cost-effective MNT provided by RDNs for all nutrition-related chronic diseases.

Nutrition Education Programs and the Farm Bill

The Ask:

- Since the inception of nutrition assistance programs, Congress and the USDA have recognized the critical role of federal investment in nutrition education and promotion that help the most nutritionally vulnerable populations make healthy food choices.
 - "Please reauthorize and fully fund SNAP-Ed and EFNEP in the Farm Bill."

[CLICK HERE](#) for SNAP Ed documents pertaining to the state of Maryland that may be of interest.

Some good Maryland stats from 2016 include:

- 26,398 individuals (22,117 youths and almost 3,000 adults) in Maryland received direct SNAP education
- 47% more teachers report that their students speak positively about fruits and vegetables after SNAP-Ed programming
- At the end of the school year, over 75% of teachers report that their students are willing to try new fruits and vegetables are compared to only 50% at beginning (after receiving SNAP-Ed)
- Almost 70% of teachers in FSNE schools report role modeling healthy eating in front of their students (an increase of 17% from the beginning of the school year)

Highlights from the 2017 Public Policy Workshop - see below for MAND and Board members advocating for our profession!



Healthier Snacks for the Summer from Giant Retail Dietitians

Welcome to summer! As retail dietitians, summer is our favorite time of year. That's because we know produce is at the peak of freshness and arriving in-store from our local Maryland farmers. Promoting half a plate of fruits and vegetables is always easier when you know they are at their best and on sale due to abundance – right? The other thing in abundance this time of year? Marylander's eagerness to get moving and incorporate healthier lifestyles. In the stores we are seeing more and more customers who are looking for fast and easy ways to take healthy snacks on the road. While we always recommend fruit, veg, nuts and seeds for the road, sometimes you just need a little crunch. So here's a peek at 5 of our favorite healthier snack items that are super portable that you can recommend to your patients.

1. **Biena Chickpeas:** These are dried chickpeas that come in five sweet and savory flavors. Per 1/4 cup (1 ounce) serving, they are only 120 calories, offer 5 to 6 grams of protein and 6 grams of fiber. They are also dairy-free / non-dairy, egg-free, gluten-free, nut-free, peanut-free, soy-free, plant-based, and vegetarian. Most varieties are vegan, but one flavor uses honey.
2. **Super Seedz:** These are dry roasted pumpkin seeds that come in nine sweet and savory flavors. Lots of plant based protein, zinc, iron, magnesium, and more. The calorie count ranges from 140 to 170 and the protein ranges from 7 to 9 grams per 1/2 cup (1 ounce) serving. A top 8 allergen-free snack, and are vegan too.
3. **Harvest Snaps:** Puff-based baked snacks are made from green peas, lentils or black beans and available in eight savory varieties. Per 1/2 cup serving (22 pieces) they are 110-120 calories and offer 3-5 grams of protein. They do not contain gluten and are nut-free.
4. **Health Warrior Chia Bars:** These plant-based portable bars are only 110 calories with 4 grams of fiber and 3 grams of protein. Plus they offer 1100 mg of Omega 3. They are available in 5 different flavors and are kid-approved (seriously, kids love these).
5. **Somersaults Sunflower Seed Snack Bites:** A crunchy nut free snack that is perfectly balanced with protein, carbohydrates and fats. They're 150 calories and offer 5-6 grams of protein, and have healthy fats. They come in 4 flavors and are also vegan.

So there you go, a few picks from the aisles at Giant. For any questions on products or availability, just give us a call. You can find our contact info at www.giantfood.com/nutrition.



A Message to MAND Members...

A big THANK YOU to all MAND members for contributing to, supporting and attending MAND initiatives and events. In order to stay up to date on current MAND events, past newsletters and future meetings, visit the [MAND website](http://www.mand.org). Also be sure to "like" us on [Facebook](https://www.facebook.com/mand.org)! If you want to get more involved, reach out to our Executive Director, Annette Hottenstein MS, RD, LDN at execdirector@eatwellmd.org. Contact the Chesapeake Lines Editor, Jana Wolff by e-mailing ChesapeakeEditor@eatwellmd.org.

Chesapeake Lines

PO Box 571
Sparks, MD 21152
Phone: 410-929-0764

Maryland Academy of Nutrition and Dietetics' (MAND) mission is to empower members to be Maryland's food and nutrition leaders. Our vision is to optimize the health and well-being of Marylanders through food and nutrition.

MANY, MANY THANKS TO OUR 2017 ANNUAL MEETING SPONSORS!

*BREAKFAST &
PLATINUM
level sponsor...*



IMPROVE CHILDREN'S DIETS
with Nutrient-rich **MILK**



- **Low-fat and fat-free milk are a good or excellent source of nine essential nutrients.**
- **Milk is the #1 food source** of three of the four nutrients the 2015 Dietary Guidelines for Americans (DGA) identify as falling short in the diets of both children and adults – calcium, potassium and vitamin D.
- **The DGA recommends** low-fat or fat-free milk and milk products daily
 - 3 cups for 9 years or older
 - 2½ cups for 4-8 year olds
 - 2 cups for 2-3 year olds
- **Milk is an integral part of school nutrition programs.** Offering white or flavored milk with each school meal:
 - Provides important nutritional benefits to all, especially to the at-risk and food-insecure and
 - Helps students meet nutrition recommendations

On average, by the age of 6 children do not consume the recommended number of servings from the Dairy Group

Visit nationaldairycouncil.org and dairygood.org

These health and wellness organizations recognize low-fat and fat-free milk as an integral part of child nutrition programs.

MILK: NUTRIENT POWERHOUSE

Milk's nine essential nutrients can help kids and teens grow healthy and strong.

Potassium as one small banana



Protein as 1½ medium eggs



Riboflavin as ½ cup of whole almonds



Niacin as 20 cherry tomatoes



Vitamin A as ¾ cup of broccoli



Calcium as 10 cups of raw spinach



Vitamin D as ¾ ounce of cooked salmon



Phosphorus as 1 cup of canned kidney beans



AN 8-OUNCE SERVING OF MILK, FLAVORED OR NOT, GIVES KIDS AS MUCH..

Vitamin B-12 as 4 ounces of cooked turkey



THE 9 ESSENTIAL NUTRIENTS



2017 ANNUAL MEETING SPONSORS

PLATINUM level sponsor...



Abbott Nutrition



PatchMD™

MAND 2017

www.PatchMD.com

Using Today's Science for Tomorrow's Health

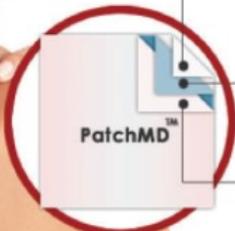
The latest in topical patch technology Lactose, Gluten and Latex-free for Today's Lifestyle

The Nutrient Delivery System of the Future is Here!

PatchMD can help you achieve your desired health goals - better sleep, more energy, strong bones, clearer skin, and more.







3 PATCHMD FEATURES CUTTING EDGE - Layer Patch Technology

- 1. CONTACT LAYER FOR CONVENIENT APPLICATION**
The Layer's exclusive, all natural adhesive allows the patch to be worn anywhere on the body.
- 2. MULTI-NUTRIENT LAYER FOR ALL DAY (OR NIGHT) USE**
These layers are designed to release nutrients throughout the day and night (up to 8 hours).
- 3. BACKING LAYER FOR LASTING ACTION**
The backing layer is uniquely designed to effectively provide structural support for the patch to be worn all day or night, even with high activity.



Get 40% off through July 31st
With offer code: **mand2017**

Share with Family and Friends

2017 ANNUAL MEETING SPONSORS

PLATINUM level sponsor...



fruit street

ROBIN GENTRY MCGEE'S
functional formularies®
let food be thy medicine

REVOLUTIONIZING CLINICAL NUTRITION
Organic whole food feeding tube formulas and meal replacements

"Don't eat anything your great-grandmother wouldn't recognize as food."
~ Michael Pollan

functionalformularies.com

#HealthRevolution #FFliquidhope #FFnourish

2017 ANNUAL MEETING SPONSORS

GOLD level sponsors...



And our SILVER level sponsors...



2017 ANNUAL MEETING SPONSORS

SILVER level sponsors...



Additional thanks to our swag bag donors...



And to



and



for donating the great raffle prizes!