

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

Chesapeake Lines

FALL EDITION 2017



PRESIDENT'S MESSAGE FROM LIVLEEN GILL, MBA, RD, LDN



Your board has been hard at work since the summer. In addition to their day jobs, they volunteer countless hours to make sure our organization stays relevant and continues to support our members. The public policy team has been working to provide comments on regulation, prepare two webinars for our members, write grant proposals,

and more. Our communications team is looking at revamping messages to our members and the public. The Annual meeting planning committee has been working twice as hard to prepare for our meeting in March—National Nutrition Month!

Additionally, there are two things that I want to highlight which the board has made a commitment to improve this year—member networking and the strategic plan.

Member networking: Since this spring, we have had three networking events. Two of the events were local and one was at FNCE. Our spring and FNCE events were free to

We hope to have one in November and another, which will be a member reception at our annual meeting. Due to space and cost restrictions, we may limit the number of attendees, but that does not imply exclusivity. We did our best to design a fair and open registration process, communicated via the e-blast. If you have any comments regarding how to improve the process, please email me, Livleen Gill, at president@eatwellmd.org.

Strategic plan: Every 4-5 years the board revisits our strategic plan. The voting members of the board met in October and kicked off the work plan. We will be sending out a member survey soon, so your responses can help guide us in this process. We will also be reaching out to stakeholders with a questionnaire to get their input. We hope to have a draft plan ready by the annual meeting in March 2018.

LOOKING FORWARD TO SEEING ALL OF YOU IN MARCH, AND I WISH YOU AND YOUR FAMILIES A HAPPY THANKSGIVING!

~LIVLEEN

From our Executive Director, Annette Hottenstein, MS, RD, LDN:

Don't miss out on all that MAND has to offer! Here are some tips so you can keep on top of the great information available on MAND's website and social media pages:

- Bookmark our website for easy access: www.eatwellmd.org. New events and jobs are available each week and are featured on the home page. Be the first to know about events such as our FNCE social, SLIW, and Annual Meeting.
- You can log in with your AND ID# and password to see member only content. Check out "About > Board of Directors > Important Documents" for our board meeting schedule, contact information for the MAND board, and the current budget.
- Want to know what goes on in our monthly board meetings? Go to "About > Board of Directors > Board Meetings" for copies of all the meeting minutes.
- Remember to LIKE US on Facebook to have our feed show up on your home page. Visit www.facebook.com/EATWELLMD/.
- Hosting an upcoming nutrition professional event? Please contact me at execdirector@eatwellmd.org to post.
- Have a job opening? Post your position at www.eatwellmd.org/announcejob.cfm.

Thank you for supporting YOUR Maryland Academy of Nutrition and Dietetics!

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MAKING STRIDES IN IT: WORDS FROM HANNAH ROWLEY, RD, LDN, JOHNS HOPKINS DIETITIAN

BY ILENE CERVANTES DEL TORO, GABBY HEADRICK, JILL THIEDE
AND RYAN WOOLLEY—JHH DIETETIC INTERNS



In May of 2016, Hannah Rowley, RD, LDN accepted the unique role of Food and Culinary Services Analyst for the Johns Hopkins Health System (JHHS), combining her knowledge as a registered dietitian and her skills in information technology. Rowley joined JHHS to support the implementation of CBORD nutrition management system software at all six JHHS Hospitals.

Prior to her current position, Hannah was employed by SAGE Dining Services, which serves K-12 private schools and some colleges and by The Johns Hopkins Hospital as a Clinical Research Dietitian for five years, directly following her dietetic internship at Johns Hopkins Bayview Medical Center.

In meeting with Rowley, she provided insight into her position and emphasized the growing need for more dietitians in the IT field. In her role, Rowley performs a minimal amount of coding to build a translation table from the system-wide electronic health record (Epic) to CBORD, which imports patient diet orders and pertinent health information such as food allergies. Rowley's clinical knowledge is pertinent for menu development in order to distinguish between the 112 diet orders present in the system. She works various teams to test the functionality of the two software programs and ultimately the CBORD interface visible to users. This collaborative environment is the aspect of her role she most enjoys. The field of informatics has provided Rowley the opportunity to work with a diverse set of colleagues while utilizing her clinical skills, even without being at the patient's bedside.

For current dietetic students or interns interested in melding their nutrition knowledge with IT skills, Rowley's top recommendation is to obtain a Masters degree in IT, computer science, or informatics. With the increased use of online applications, mobile food delivery and grocery ordering services there is a growing need for a combination of RD knowledge and technical IT skills. She stressed that these skills can increase marketability, earning potential and opportunities to pursue a career within the private sector. She also recommends reaching out to people in IT roles to gain experience through a shadowing or intern position.

Professionally, Rowley commented that the CBORD project for JHHS is the most complex project she has taken on to date. The implementation of the CBORD Nutrition Service Suite, the piece which supports the patient service menu, began in September of 2016 and is set for completion in March 2018, with ongoing integration and optimization of additional food-related components. Upon the completion of the CBORD project, Rowley sees herself taking on additional responsibilities and grow into a role with increased decision making capacity and project management. Hannah's best career advice: "Look for jobs that allow for growth and push you to learn beyond what you already know."

MAND PUBLIC RELATIONS CORNER

BY COURTNEY FERREIRA, MS, RDN, LDN

The Public Relations Corner updates MAND members upcoming and past PR events and highlights Maryland RDs who have been featured in the media, representing the field of nutrition and dietetics.

MAND has been making efforts to organize networking events all over the state for MAND members. The MAND PR team organized a fun happy hour networking event on August 29th. Dietitians gathered at Little Havana in Baltimore, Yellowfin Steak and Fishhouse in Edgewater, and True Foods in Bethesda. It was great to meet new faces and have a relaxed setting to unwind with fellow nutrition professionals. Be on the lookout for more info on our next event!

Meanwhile, the MAND Public Relations team has been hard at work brainstorming media opportunities. Our team continues to shine as they represent different organizations in the media. Pictured below is Emily Craft, RDN, CSP, LDN, dietitian with Giant and MAND Communications Chair, who talked with Fox45 about healthy snacks for kids. Mary Beth Sodus, RD was quoted [in this article](#) on tumeric in Prevention magazine! Great job!



Don't forget!
**If you are featured in
any media as a dietitian send
your clip or quote
to prchair@eatwellmd.org.
We would love to
feature you!**

MARYLAND ACADEMY OF NUTRITION AND DIETETICS FOUNDATION UPDATE

By *CAITLIN KREKEL, MSPH, RD, LDN*

Maryland Academy of Nutrition and Dietetics Foundation Continues to Offer Scholarships to member Students, Dietetic Interns, Dietetic Technicians, and Registered Dietitians

The Maryland Academy of Nutrition and Dietetics Foundation (MANDF) is a charitable organization whose mission is to fund education and research initiatives that promote optimal nutrition, health and well-being of the public. We achieve this vision by awarding scholarships that help fund educational opportunities for current and future dietitians. The MANDF is thrilled to continue to offer the following scholarships to our members:

- Jane Hartman Award for Pursuing and Undergraduate Degree in Dietetics or Dietetic Internship
- E.V. McCollum Returning Graduate Student Award
- Helen D. Mullan Continuing Education Award

We encourage you to stop by the [website](#) to learn more about these scholarship opportunities and see if MANDF can help you achieve your educational goals. All of the funding for scholarships comes from voluntary, tax-deductible contributions generously donated by MAND members and non-members who wish to support the training of the next generation of dietitians and continuing education opportunities for our membership. We are proud to help support the professional growth of our members, which in turn benefits the many communities they serve!

MARYLAND ACADEMY OF NUTRITION AND DIETETICS FOUNDATION BOARD 2017 - 2018



PRESIDENT

Caitlin Krekel, MSPH, RD, LDN is a Research Nutritionist at the Johns Hopkins Hospital. She recently served as Chair of the Council on Professional Issues for MAND, organizing the 2017 Annual Meeting.

“I am thrilled to have the opportunity to help our organization give back to our professional community. Many MAND members are not aware that they may be eligible for a scholarship as we support not only undergraduate, but graduate and continuing education as well. Please visit our website to learn how we can support your training.”



TREASURER

Karen Bellesky, RDN, LDN has been an RD since 1980. Currently, she is working part time through Sodexo for two Manor Care sites. Long term care is a new adventure for her after 25 years of outpatient care.

“Please support the MAND Foundation so that additional scholarships may be provided to deserving applicants. No amount is too small or too large.”



SECRETARY

Dr. Robyn Sagatov is a Principal Research Scientist at a non-profit organization called Battelle. After completing a Bachelors degree in psychology at American University, Dr. Sagatov completed a masters degree and dietetic internship in nutrition at Johns Hopkins and went on to complete her PhD there as well. She conducts public health research and has conducted a number of research studies related to childhood obesity and maternal and child health.

Please email mandfoundation@eatwellmd.org to get in touch with the MANDF board. We welcome collaborations with individuals and local organizations interested in giving back to the Maryland Dietetics community. Get in touch to learn more!

HOUSE OF DELEGATES FALL MEETING (OCTOBER 2017) UPDATE

BY JESSICA KIEL, RDN, LDN, CPT, CCRP, MAND HOUSE OF DELEGATES DELEGATE

Each year the Academy of Nutrition and Dietetics (“the Academy”) House of Delegates (HOD) discusses up to four Mega Issues.



A “Mega” What?

Mega Issues are issues of strategic importance, which cut across multiple goal or outcome areas. They address key strategic questions the Academy must answer, illuminating choices the Academy must make and the challenges that will need to be overcome in moving toward the envisioned future. They articulate the questions that will need to be asked and answered by the Academy in the next 5-10 years.

How are Mega Issues Determined?

Any Academy member can submit an issue or concern for consideration as a Mega Issue ([click here](#) or contact [Jessica Kiel](#), your HOD delegate). The House Leadership Team reviews each submission then comes to a practical consensus as to which issue(s) should move forward and the rationale why a particular issue was selected; this is generally based on the Academy’s Visioning Report.

What was the Fall House of Delegates Mega Issue?

The 2017 HOD Mega Issue discussed was: “How can nutrition and dietetics practitioners secure influential public health positions in institutions, organizations, and government bodies?”

Why is this Issue Important?

In order to promote health and disease prevention and meet public health practice needs in the next 3-5 years, nutrition and dietetic practitioners must be in leadership positions to sustain national policy efforts (i.e. we need to be at the table and have a voice). At the same time, the public health workforce, including Registered Dietitians Nutritionists (RDNs) and Nutrition and Dietetic Technician Registered (NDTRs), is facing numerous challenges from workforce recruitment and retention to diversity and job satisfaction.

So, What Happened?

Prior to the HOD meeting, Delegates interviewed leaders in the public health arena (dietitians and other professionals). Answers to these interview questions helped the HOD to understand the general themes/leadership qualities possessed and ways in which these individuals acquired their public health positions. Some themes that emerged were that individuals in these positions have transferable, diverse skill sets; learned from a mentor and by on-the-job training; networked and were able to sell their skill sets well; were open to new/non-traditional opportunities (including volunteer experiences); possessed strategic thinking skills; and were willing to fail (and more importantly, learn from past failures).

The HOD then discussed the various systems/structures and collaborations that must be in place in order for RDNs/NDTRs to pursue these higher level public health leadership

positions. These included: increasing networking and communication skills, broadening our network/scope of connections (to other healthcare/non-health care professions), developing complementary skills (finance, management, etc.), volunteering (this was how many individuals got their “foot in the door” to be hired for high level public health positions), having “boots on the ground” (dealing directly with the individuals for whom public health services are provided), mentoring and being mentored, and understanding policy and having advocacy experience.

Additionally, the HOD brainstormed how to help establish these needed systems/structures and collaboration, which included: building communication and networking skills to elevate the status of the profession, expanding networks (beyond just dietetics) to enhance the visibility and involvement of nutrition professionals within the public health and policy arena (e.g. nutrition professionals should consider joining interdisciplinary boards/councils), encouraging nutrition professionals to seek employment opportunities beyond those requiring the RDN credential (many public health positions do not have this as a requirement), etc.

This, of course, is just the start of the conversation. The HOD Leadership Team will coalesce the ideas and strategies recommended and provide feedback as to how we, as a profession, can move forward and increase the number of nutrition professionals in high level public health positions.

In the meantime, I would love to hear any ideas you may have as to how we can further promote RDNs/NDTRs in the public health domain. Please send me your feedback at: Delegate@eatwellmd.org.

Thanks for taking a few minutes of your time to read this update.

Warmly,

Jessica Kiel, Maryland Academy of Nutrition and Dietetics House of Delegates Delegate



SPR ADVOCACY: WHAT YOU NEED TO KNOW!

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



MAND's State legislative efforts will continue to be led by Andrea Ciccone Troutner, a Registered Dietitian, Licensed Dietitian in the District of Columbia, Licensed Dietitian Nutritionist in Maryland and a Certified Diabetes Educator with twenty-three years of professional experience as both a dietitian and diabetes educator in the DC, MD metropolitan area.

Andrea comes with a lot of experience in both nutrition and diabetes and had been awarded two distinguished awards in her field to acknowledge her passion in both nutrition and diabetes education: Outstanding Dietitian of the Year 2013 by the Academy of Nutrition and Dietetics and MAND, as well as the Mary Lou Maras Diabetes Educator of the Year 2015 by the Capitol ADE-DC Virginia local affiliation of the American Association of Diabetes Educators (AADE).

Andrea is fulfilling her 2nd term on the MAND board with the role of State Policy Representative (SPR). In this position, she will perform the same role in Annapolis as the Public Policy Coordinator (PPC) does in Washington. In Annapolis, Andrea builds relationships with a select group of the 188 elected representatives

(47 State Senators, 1 from each State District) and 141 Delegates (3 from each District). Much of this networking is conducted during State Legislative Interactive Workshop (SLIW), a Legislative Interactive Workshop day.

SLIW is an annual event held in February and coordinated by the SPR. SLIW is an opportunity to better understand how state policy issues effect RD's and the nutrition and health of Maryland citizens. You will learn about the bills before the state, and participate in meetings with select State legislators, educating them on the importance of your role as an RD or DTR and how that may improve health & decrease healthcare costs. District maps are here and complete lists of local, state and federal elected representatives are here:

[District Maps](#)

[List of Representatives](#)

If you have any questions on MAND's state public policy positions, or would like to get more involved, please contact MAND's SPR Andrea Troutner, RD, LD, LDN, CDE at spr@eatwellmd.org or check out our [Public Policy page](#).

ACADEMY URGES CMS: CONSIDER NEEDS OF RDNs IN MEDICARE QUALITY PAYMENT PROGRAM

By ANNA BONDY, MPH, RD, LDN, MAND REIMBURSEMENT REPRESENTATIVE

The nutrition services payment committee at the Academy is working hard with reimbursement representatives across the country to improve reimbursement for RDNs. At the pre-FNCE training in Chicago, Academy leaders emphasized the importance of early participation in programs such as the Quality Payment Program to take advantage of opportunities to give comments to CMS, and influence how the system develops.

Here is one of example of what the Academy is doing from the MNT Provider's September 2017 issue:

The Academy's comments to the Centers for Medicare and Medicaid Services' (CMS) proposed rule for the 2018 Quality Payment Program Year 2 strongly encouraged CMS to offer registered dietitian nutritionists (RDNs) the same opportunities to earn value-based payments as physicians and other Medicare providers, given RDNs' contribution to CMS's goals of better care, smarter spending, and healthier people. The Academy also urged CMS to avoid financially penalizing RDNs under new payment models due to the present lack of opportunities; and recommended CMS cover medical nutrition therapy services for additional disease states and provide incentives for physicians to utilize RDNs to increase access to evidence-based, cost-effective MNT services. To read the Academy's comments, [click here](#).

As always, if you have any reimbursement questions, feel free to reach out to your Reimbursement Representative at reimbursement@eatwellmd.org.

Did you make meal plans? (Umm...no.) Savory Sunday can help!

Food Insights from Giant Retail Dietitians

Whether you are a retail dietitian, an independent practitioner or even a clinical dietitian, one of the top three questions you probably receive is about meal planning. “Can you make me a meal plan.... that’s what dietary nutritionists do, right?” (I saw you cringe). Like most dietitians, the in-store nutritionists hear this a lot. Like, EVERY. SINGLE. DAY. Instead of gritting your teeth and explaining that we do not *meal plan*, tell them to check out Savory Sunday, the FREE meal planning service at Giant.

This new program, introduced in September, offers four budget-friendly meal ideas each week and is available online AND in print. Each recipe is built around value packs and pantry staples so that families can save money.

Here’s how it works:

Every Friday a new set of menus is released on www.savoryonline.com. There is even a Facebook page to remind you when the recipes are posted (SavoryOnline)! In addition to four family friendly recipes, there is a shopping list for each recipe. This makes it easy to swap out ingredients to fit family preferences or to use when hitting the grocery store for ingredients. There are also suggestions on how to round out the meal with sides. After you bring home the supplies, the meal plan will even give you tips on prepping for the week. Easy, right?

Since each week brings new recipes, families may decide that they have favorites they want to repeat or add to a following week. Savory Sunday can help with that too! You can add recipes to your online recipe box each week and then click and add to your meal plan. There is space to add notes for

the next time you make the recipe and it will even print a menu for the week.

Sample Savory Sunday Menu - based on Ground Beef Value Pack (If a family doesn’t like ground beef, they can swap for ground turkey or chicken):

- Beef Kabobs with yogurt Dip
- Meatballs in Tomato Sauce
- Mini Shepherd's Pie
- Veggie Frittata.

For your clients/patients/customers who just want ideas, not a structured meal plan, we suggest *Savory*, Giant’s free in-store magazine. Every month it features more than 50 easy recipes, including one week of Savory Sunday. They can also browse recipes online at www.giantfood.com.

Now we know you are wondering “are these recipes any good?” The short answer is yes - we make these recipes ourselves and some of us consider ourselves “foodies” of sorts. Are some of them less healthy than we would like? Absolutely. But research shows eating at home is always healthier, and for that we endorse *Savory* and its goals to bring families together at the table.

If you have any questions about Savory Sunday and the online meal-planning service, just reach out to one of the in-store nutritionists 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, RDN, LDN by e-mailing ChesapeakeEditor@eatwellmd.org.

Chesapeake Lines

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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.