

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

Chesapeake Lines

SPRING/SUMMER EDITION 2018



A Farewell from MAND President, Livleen Gill



It seems not too long ago that I wrote my first President's message for the Chesapeake Lines when I took over as President of MAND 18 months ago. Time truly does fly when one is having fun.

I have had the privilege of working with an awesome team on the MAND board. Not only have I met with interesting and passionate people but also have made many life-long friends. I truly could not have succeeded in our ambitious goals without this group of talented folks who make up the volunteer MAND board and our dedicated Executive Director.

This past year we expanded the number of networking opportunities to our members and also networked with other healthcare organizations in the state to position RDNs as the nutrition expert. We also have a member only private practice directory housed on our website so that other healthcare practitioners can access local RDNs for their clients. This directory will be updated annually and is a great member resource.

The hard work of our public policy panel paid off this past year as well. Pre-diabetes and obesity will be covered conditions starting January 2019 for nutrition counseling in Maryland. The SLIW had the most attendance of any year and we did not lose any money. We are also working on a pilot program with Medicaid in the Head Start setting. Medicaid now also has a more streamlined credentialing process for dietitians in the state and hopefully more RDNs in private practice will credential with Medicaid.

MAND's annual meeting was a resounding success, with the largest turnout of RDNs and sponsors. Our post survey showed that many of those who attended were very satisfied with the venue and date, so MAND intends to keep the venue and month unchanged for 2019.

One of the most difficult tasks that our board undertook this year was the revision of our bylaws and the strategic plan. The strategic plan goals were unveiled during the annual meeting reception and the bylaws were shared with members by e-blast. The MAND board at our May 16th meeting adopted both the new strategic plan and the updated bylaws.

One of the challenges we faced when I became the President of MAND was the declining revenue and the budget deficit. The MAND board did not shy away from making difficult decisions and looked at incorporating technology, using more efficient and cost effective ways of doing business, without sacrificing the deliverables to our membership. This year not only did we come under budget but also made additional income and were able to contribute to our MAND Foundation.

My term ends May 31st, 2018 and the new President Megan Larson and her team take over on June 1, 2018. MAND is very fortunate, having Megan at the helm. Her exceptional organizational skills and teamwork will help MAND achieve great success. I am fortunate in having known Megan all our years together on the MAND board and wish her the very best.

Lastly, I want to extend my gratitude to the MAND board members and our Executive Director who have served our organization for countless hours with dedication and a can-do attitude.

We have a great member organization and it is a reflection of our membership. MAND will certainly continue to be successful.

Wishing you all a wonderful summer!

-Livleen

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THE INFORMATION ON NUTRITION INFORMATICS

BY MARIELLE AUSTEN, MAGGIE DAWSON, AMY O'LEARY, ANDREA ROSS, ALLISON SHORE, BRIANNA WILLIAMS
JOHNS HOPKINS BAYVIEW MEDICAL CENTER DIETETIC INTERNS

Nutrition informatics refers to the interplay between nutrition, information and technology.¹ Technology encompasses a multitude of things from phones, computers and tablets to nutrient analysis software, wearable activity monitors and video counseling. The use of technology within dietetics can be instrumental in improving the communication between clinician and patient and allowing for the quick and easy distribution of patient education materials. The potential uses for technology in nutrition are endless. In particular, the use of social media can be invaluable for a dietetics professional.

Social media, which includes blogs, social networks, mobile apps, and media-sharing sites, can all be used to benefit nutrition practitioners in reaching their audiences and connecting with their clients. Social media can be used to counsel or educate patients, to provide support, and to raise awareness for public health concerns. Yet, it is important to follow appropriate ethical and professional guidelines if one chooses to utilize social media in their career. Patient privacy, professionalism, and appropriately disclosing all pertinent information must remain at the forefront of the nutrition practitioner's mind.²

In a practice paper written by the Academy of Nutrition and Dietetics, social media best practices were outlined for dietitians to utilize social media and nutrition informatics. Overall, the nutrition practitioner should identify their target audience and goals in using social media, and use this as a framework in interacting with clients online. Dietitians should also be aware of the various codes of conduct among different social media platforms (e.g. Twitter vs. LinkedIn). Lastly, the 80/20 rule, a good guiding principle, states that 80% of social media content should benefit the audience and 20% should be self-promotion for the dietitian. The dietitian should add value to the nutritional information already available online and on social media, while also enhancing their social media presence.²

Nutrition practitioners can also benefit from new advances in technology for health-conscious consumers such as wearable devices and mobile apps that monitor biometrics, track steps, and store food logs allow for a constant stream of health data. These technological developments allow new data to be collected and interpreted by nutrition scientists, benefiting consumers in the long-run through the development of new health initiatives, standards of care, and nutrition recommendations. Mobile tracking apps also decrease participant burden and allow clients to give more accurate information on food intake. Consumers who utilize health apps on a regular basis tend to be more motivated to make healthy lifestyle changes and actively participate in improving their health outcomes.³

The Challenges of Disseminating Nutrition Information

While technology makes nutrition advice more accessible to greater numbers of people, the use of technology involves negative aspects of which nutrition professional should be aware. With wider availability of nutrition information, there is an increased risk for the presence of false or misleading information, as well as ethical considerations. In November 2016 the Academy of Nutrition and Dietetics issued a practice paper about the increased use of social media within dietetics and highlighted various benefits such as the ability to reach larger numbers of people. However, this paper also commented on both the ethical and moral implications of social media use in the dietetics field. Overall, nutrition information disseminated through social media falls under the same Code of Ethics that pertains to the provision of in-person nutrition education. Issues such as patient privacy, defamation, and medical advice must always be considered when using social media to present nutrition information.⁴

For many users, social media is a casual way to express oneself for others to view. However, when medical professionals and dietitians use social media as a platform to provide nutrition information and medical advice, what once was secluded to a private and professional setting is now transforming into a more casual, public exchange. Acting professionally online is crucial in order to prevent a poor reflection on not only oneself, but also on professionals practicing in the field. When unprofessional behavior is displayed through social media, this could result in a misrepresentation of one's skills, qualifications, and credibility. Establishing a boundary between the personal use of the internet and its use to connect with patients for professional purposes is essential for dietitians and other medical professionals.⁵

The ease of access involved with the internet provides an easy method of communication for dissatisfied and disgruntled clients. As easy as it is to market your practice or reach a large population, it is just as easy for clients/users to post negative comments. Some websites and mobile apps used for business reviews do not allow countering responses, leaving no opportunity for the business to provide feedback. Furthermore, for those sites that do allow communication between users and business owners, comments remain limited due to HIPPA violations.⁶

As a nutrition professional, if you choose to use social media, it is essential to remember the importance of maintaining a professional presence, protecting patient privacy, and acting according to the Code of Ethics.

HOUSE OF DELEGATES UPDATE

By Jessica Kiel, RD, LDN, NASM-CPT, CCRP, MAND Delegate

This was my first year as your Delegate for the Academy’s House of Delegates (HOD) and what a year it has been! As you may remember from my previous newsletter submissions, at the Fall HOD meeting we learned about the Academy’s updated Code of Ethics and helped to create a communication strategy for bringing this to members. We also discussed the Mega Issue Question, “How can nutrition and dietetics practitioners secure influential public health positions in institutions, organizations, and government bodies?”. Common themes emerged as we examined individuals currently in these positions and what helped to facilitate their rise to public health leadership. These included:

- Advocacy and public policy experiences
- Having “boots on the ground” (personal experience)
- Building personal and professional relationships
- Collaboration
- Possessing communication skills
- Developing complementary skills
- Mentoring (both having a mentor and being a mentor)
- Outcomes and data management
- Volunteer experiences
- Technology

of the www.eatright.org website.

In April, we met again for the Spring HOD Virtual Meeting (that’s right, almost 5 hours of video and teleconferencing) to examine and discuss the culture of the HOD. While this may seem like a strange topic to spend so much time on, the Academy chose this for the Spring 2018 meeting because they understand that in order to achieve the new Vision and Impact Goals of the Academy’s new Strategic Plan, the appropriate structures, functions, and processes need to be in place, starting with the culture of the House of Delegates.

Culture encompasses many aspects: words, actions, behaviors, and experiences that reinforce and clarify what is truly valued in an organization; it is the foundation of who “we” are as a House of Delegates and should emphasize the aspects that drive our success. So, in a manner of words, we did some soul-searching as a group: What is the culture of the HOD today? Who do we need to be in the future? And what do we need to get there? How does the culture of the HOD need to evolve in order to best reinforce the Academy’s success drivers and produce meaningful outcomes that support the Strategic Plan?

For more details about the Fall HOD meeting, be sure to check out the terrific webinar, Advancing Leadership in Public Health available at: <https://www.eatrightpro.org/leadership/governance/mega-issues/mega-issues-updates> or visit the Academy’s Mega Issues and Updates page -

To help facilitate this process, prior to the Spring meeting, each Delegate was asked to participate in a survey assessing different aspects of the HOD. While the results have not fully been compiled, here are some of the preliminary findings:



Preliminary Themes Identified During the Meeting

Who We Are		Who We Should Be	What Are We Going to Do About It *Preliminary “To-Do List”
Most Evolved Areas •Collaboration •Authenticity •Visionary	Least Evolved Areas •Agility •Communication •Conflict resolution •Outcomes management	•More transparent and defined in our processes •Mega issue determination •Mega issue outcomes •Delegate roles •Stronger communicators •Strategy drivers	•Enhance communications and training •Increase transparency •Clarify success •Preserve and build on areas where we are most evolved
Diversity identified in both areas			

As a group, we agreed that collaboration, authenticity, and being visionary are currently some of the areas in which the HOD excels. Conversely, agility, effective communication, conflict resolution and managing outcomes are areas where the HOD is least evolved. There was a lot of talk about making the HOD decision-making process (who/how the Mega Issues are chosen, who/how the HOD agenda and priorities are decided, etc.) more transparent for both members and Delegates and how communications (within the HOD, to/from the HOD Leadership Team, etc.) could be enhanced. Over the course

of the next year, the HOD will form a Culture Team and will work with the HOD Leadership Team to review the feedback provided by the Delegates and activate a plan based on the Culture Priority Areas that emerge. Stay tuned for more information about this initiative. As your Delegate, my role is to be a representative of the members of the Maryland Academy of Nutrition and Dietetics. As such, feel free to contact me at Delegate@eatwellmd.org with any questions, concerns, or other feedback you may have related to the Academy or MAND.

LOOK AT WHAT PUBLIC POLICY HAS ACCOMPLISHED IN THE STATE LEGISLATURE FOR MARYLAND REGISTERED, LICENSED DIETITIANS IN 2018!

By Barbara Hoffstein, RD, LDN, MAND Public Policy Coordinator

The Legislative Session just closed in Annapolis for 2018. The Public Policy Panel presented testimony on 3 bills, put up amendments for 2. A group of 87 members, students & interns were present at the State Legislative Interactive Workshop (SLIW) to support all 3 plus one on which the School Food Service Dietitians testified. And we had great success!

Coverage of Elevated or Impaired Blood Glucose Levels and Prediabetes was successfully amended by MAND to include obesity. And it passed the House and the Senate! **That means Insurance carriers must all cover RDNs' who provide MNT for patients diagnosed with Prediabetes and Obesity!**

An Advisory Committee has been established to aid the Maryland Department of Health relating to the certification and training of community health workers; requiring the Department to adopt certain regulations for accrediting certified community health worker training programs; providing that a certified community health worker training program

must be approved by the Department before operating in the State. Our amendment to assign a Registered Dietitian to the Committee was amended to that MAND must be consulted on these regulations. This bill also passed and **the good news is that MAND's voice will be heard before regulations on the training of Community Health Care Workers and their Certifications are finalized.**

The bill to provide services for Children with Prader-Willi Syndrome and the Education bill to Expand Summer Meals Grant Pilot Program did not proceed out of Committee this year. However, neither had an unfavorable report, so they can easily be re-introduced next year. However, you have to be impressed with the two important bills that have passed!

Put on your calendar now the SLIW February 13, 2019 so you can help make a difference next year. Also remember this is an election year. Get to know the candidates running in your area, and VOTE.

SLIW 2018 RECAP & THANK YOU

Maryland Academy of Nutrition and Dietetics (MAND) State Legislative Interactive Workshop (SLIW), is where Licensed Registered Dietitian/Nutritionists working and/or living in Maryland come together in Annapolis, Maryland to visit their legislators as an annual CPEU event! This past February 21, 2018, in an unseasonably warm day of almost 80 degrees, the hard work and long hours from our 84 MAND members in attendance came together as one. RD's, DTR's, dietetic students and interns alike attended over 40 legislative appointments with their Maryland state senators and delegates, participated in a hearing in either the Senate or House of Delegate building, educated our state legislators on bills concerning the future of dietetics and nutrition, and executed the annual Apple Crunch Challenge. The Challenge involves both the legislator and attendee taking a bite into an apple to symbolize a promise to make the good health of Maryland citizens a high priority as viewed on our twitter feed #MANDSLIW.

Last but not least, we had several cookbooks and a gift card to Target as door prizes during the event. A recap of the day from University of Maryland Dietetic Internship in a blog can be viewed at <https://umcpdieteticinternship.online/2018/02/27/advocating-for-the-future-of-nutrition-in-maryland/>.

We would like to thank several people and also acknowledge our apple vendors who went above and beyond in helping make this event the success it was (see vendors on next page)! We hope to see you again next year. **Please save the date February 13, 2019 in Annapolis, Maryland!**

Top picture: Andrea Troutner, RD, LD, LDN, CDE, MAND State Policy Representative and organizer of SLIW 2018 presenting the Introduction & MAND SPR Overview of Bills at St. John's College, Annapolis, Maryland.

Bottom picture: Glenda Lindsey, [DR.PH.](#), MSN, RD, LDN, MAND Secretary and Representative standing next to Del. Barron when she testified in the House on the bill HB0086 & SB0656.



STATE LEGISLATIVE INTERACTIVE WORKSHOP (SLIW)

THANK YOU

MAND Communications:

Dietitian: Emily Craft©

Legislator Letters, Legislator & Participant Resource:

Dietitian: Carolyn Wescott©

Development of Evaluation:

Dietitian: Janet Debelius©

Completion of Evaluation Tally: Lead Dietetic Intern: Olivia Schmith©

Written Testimony Dietitians:

Carolyn Wescott©, Arnetta Fletcher©, Glenda Lindsey©

Legislative Appointment Helpers Dietitians:

Susan O'Malley©, Brooke Patton©, Barbara Hoffstein©, Glenda Lindsey©, Lise Sanchez©, Elaine Pardoe©, Anna Bondy©, Andrea Troutner©, Stephanie Aguirre©, Laura Sandoval©

Assisting with Registration:

Dietitians: Annette Hottenstein©, Phyllis McShane©

Dietetic Interns: Kelsey Felter©, Danielle Ferguson©, Emily Glass©, Rebecca Handley©, Emily Kohler©, Alexandra Long©, Adam Sachs©, Melissa Talley©, Daniel Turner©, Julia Werth©

Webinar Authors:

Dietitians: Barbara Hoffstein©, (LEAD), Anna Bondy©, Andrea Troutner©, Annette Hottenstein©

Foodservice Talking Point

Dietitian Lead: Karen Olsen©

Our Wonderful Speakers!

Senator, District 15,

Brian Feldman©

Livleen Gill©

Jessica Kiel©

Glenda Lindsey©

Lobbyist: Dan Shattuck©

Lobbyist: Barbara Brocato©

Andrea Troutner©

Dietitian & MAND SPR and the one who brought us all together!

Special thanks to subcommittee dietitian members:

Barbara Hoffstein© and

Annette Hottenstein©

Thank you to all

SLIW 2018

Volunteers

Vendors who kindly donated apples for the Apple Crunch Challenge:

Giant

8750 Arliss Street

Arliss Street Center

Silver Spring, MD 20910

David's Natural Market

871 Annapolis Road

Gambrills, MD 21054

Whole Foods

6621-B Baltimore Avenue

Riverdale Park, MD 20737

Apple Crunch Challenge! UMD

Dietetic Lead: Ashley Lewis©

Apple Baggers for the Crunch

Challenge!: Ashley Lewis© and

Dietetic Intern Laura Sandoval©

MAND Executive Director:

Dietitian: Annette Hottenstein©

Catering & Location Lead

Dietitian:

Annette Hottenstein©

Team Leader Dietitian:

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Megan Larson©

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Phyllis McShane©

Arnetta Fletcher©

Linda Marmer©

Rhonda Brandes©

Susan O'Malley©

Jessica Kiel©

Margaret Udahogora©

Andrea Troutner©

Those Who a

Assisted with Apple Donations:

Dietitian: Margaret Udahogora©

UMD Dietetic Lead: Ashley Lewis©

UMD Students: Ashley Balderson©,

Rivka Katz©, Matthew Gardner©

Event Photography:

Dietitian: Melinda Cecil©

Dietetic Intern: Gwyneth Bradshaw©

Assist with presentation of speakers:

Dietetic Intern: Stephanie Aguirre©

Assist with photography, Thank You letters, and MAND

Public Policy Board:

Dietetic Intern: Laura Sandoval©

Assist with MAND Public Policy Annual Meeting Board:

Dietitians: Andrea Troutner© (LEAD)

Anna Bondy©

Barbara Hoffstein©

03_11_18 Confirmed©

THANK YOU TO ALL TEAMS AND PARTICIPANTS OF SLIW!

(SOME TEAMS NOT PICTURED)



*Team 1 (Above)
Leaders-Phyllis McShane & Margaret Udahogora
Alexandra Long, Emily Glass, Emily Kohler, Judith Werth, Ashley Lewis, Oyonumo Ntekim*



*Team 2 with Senator Gail Bates (Above)
Leaders-Elaine Pardoe & Andrea Troutner
Danielle Ferguson, Kelsey Felter, Melissa Talley, Laura Sandoval, Livleen Gill,
Jessica Forney, Adam Sachs, Cathleen Winter, Aliza Miller, Jared Navarro,
Maggie Ifarraguerri, Rebecca Handle, Marielee Austin*



*Team 5 (Above)
Leader-Arnetta Fletcher
Megan McKee, Stephanie Burner, Carolyn Wescott (not present in photo), Emily Dorr, Joanna Reagan, Karen Olsen*



*Team 3 with Delegate Ebersole (Above)
Leader-Jessica Kiel
Eva Gonzales, Joanna Zeigler, Emily Kapp, Devon Reilly, Malinda D. Cecil
(DI Director) and Dietetic Interns*



*Team 8 with Delegate Brooks (Above)
Leader-Glenda Lindsey
Emily Skeberdis, Heidi Olsen, Avital Schwartz, Bianca Arney, Stacey Senter,
Taylor Meily, Christine Gogle, Jerry Tucker, Meghan Thompson, Mary Amos*

**SEE PAGE 4 FOR
EVENT RECAP**

REIMBURSEMENT UPDATE

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

This will be my last article as MAND's Reimbursement Representative. Congratulations to Evangelina Dispirito who will be taking over as business and reimbursement chair. As always, this quarter I would like to call your attention to some of the offerings from the Academy to help you to get paid for your services.

“Visit the Academy's web pages for a three free delivery and payment webinars designed to inform members of healthcare marketplace changes and provide strategies to leverage their nutrition expertise:

- Primary Care Plus-How a Registered Dietitian Nutritionist (RDN) Adds Value to Your Practice: This joint presentation from the Academy and the Primary Care Providers Association Advisory Board outlines how Primary Care Providers can increase patient satisfaction, improve outcomes, and add value to their practices by incorporating RDNs into their person-centered health care teams and by referring patients to RDNs.
- How to Integrate RDN Services in the New Primary Care Webinar: Payment models are rapidly changing in health care and require a team of healthcare professionals working collaboratively within the primary care practice. Bonnie Jortberg PhD, RD, CDE describes some of these new payment models and discusses opportunities to integrate RDNs and nutrition counseling into primary care practices.
- Maximizing Quality and Minimizing Costs: Integrating Dietitians into Your Private Practice: Learn how to take advantage of the health and cost-saving benefits of nutrition services via the Comprehensive Primary Care Initiative (CPCI).

To listen to the webinars, visit: www.eatrightpro.org/payment/changes-delivery-payment/acos-pcmh-and-population-health-delivery-and-payment-webinars.”

Source: MNT Provider April 2018

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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](#). Also be sure to “like” us on [Facebook](#)! 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.

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