

# Food for Thought

OFFICIAL NEWSLETTER OF THE MONTANA DIETETIC ASSOCIATION (MDA)



## this issue

Emerging Dietetic Internship in MT **P.2**10 Steps to "Baby Friendly" **P.2**What Toastmasters has done for me! **P.2**Member Highlight—Patti Steinmuller **P.3**2009 Award Winners & Board Members! **P.3**Sports Dietetics News and Training **P.3**President-Elect's Message **P.4**

## President's Message

I would like to take this opportunity to say thank you to everyone who supported me as President-Elect. At the annual meeting I outlined three primary goals that will serve as my compass throughout the upcoming year.

1. Build a sense of ownership for our association through active membership.
2. Instill confidence and leadership in our new board through mentorship.
3. Establish districts throughout Montana while promoting active membership and fellowship.

Dietitians in Montana are resourceful, talented - and above all - leaders of our profession. We need to promote the RD as the food and nutrition expert to anyone who will listen. Volunteerism and membership in MDA are two consistent themes you will be hearing a lot about. MDA is only as good as we are strong. Please take a moment to look around and ask what you can do for MDA and your profession today.

Thanks and I look forward to a productive year!

- Susan Jordan MS, RD, CDE; MDA President, (406) 638-3553, [Susan.Jordan2@ihs.gov](mailto:Susan.Jordan2@ihs.gov)

## Past President's Farewell

My experience with the ADA and the MDA within the last two years has given me many opportunities to network with our members, work with legislative issues, encourage members to become more involved in activities, and identify needs to improve member services. The MDA will continue to advance our profession; but only with help and contributions from you. Please review the ADA membership benefits posted at [www.montanadieteticassociation.org](http://www.montanadieteticassociation.org) and encourage non-members to consider ADA/MDA.

It was an honor to receive the Recognized Dietitian of the Year Award this year. The honor is especially meaningful because it comes from my peers. I can only accept this award on behalf of those who helped and guided me through the last two years. I would especially like to extend my thanks to Katie Bark who nominated me for this award. I think that SHE is the most outstanding dietitian. Katie, you are the greatest!

I thank you all for a wonderful two years.

Didem Park, RD, LN; Past President, [zmzm@bresnan.net](mailto:zmzm@bresnan.net), (406) 580-9185.

## Newsletter Mission



- Provide factual, informative, and interesting information.
- Provide insight and inventive ideas to people interested in dietetics in Montana.
- Promote healthful lifestyles through ideas and contributions.

## What TOASTMASTERS has done for me!

Become the Leader and Communicator you want to be! Survey after survey shows that presentation skills are crucial to success in the workplace. Many people pay high fees for seminars to gain the skill and confidence necessary to face an audience. Toastmasters provides an option that is less expensive and highly regarded in business circles.

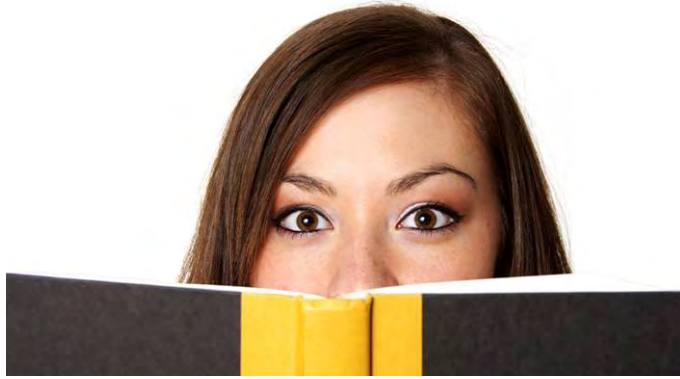
Toastmasters is a nonprofit organization that offers a proven – and enjoyable! – way to practice and hone communication and leadership skills. Most Toastmasters meetings are comprised of approximately 20 people who meet weekly for an hour or two.

Beth Whalen, RD, and Toastmasters member, says, “I joined Toastmasters (TMI) because I enjoyed giving presentations and wanted to improve my skills. What I found is that TMI has a lot more to offer than that! I meet and get to know lots of interesting people that I wouldn’t have if I were not in the program. I’ve learned leadership skills. TMI is a communication and leadership program, not just giving speeches!”

Pat Bollinger, MS, RD, says, “I belong to a club of 31 members of diverse backgrounds ranging from their early twenties to their sixties. I’ve enjoyed the added leadership experiences as a club president and later as Area Governor over the 5 clubs in Helena.”

Interested in learning more? Visit [www.toastmasters.org](http://www.toastmasters.org) or contact:

- Beth Whalen, RD at [bethdietitian@juno.com](mailto:bethdietitian@juno.com), or
- Pat Bollinger, MS, RD at [pbolling@bresnan.net](mailto:pbolling@bresnan.net).



## An Emerging Dietetic Internship—In Montana!

As we all know, there is only one academic program in Montana that prepares students for careers in dietetics, and it is housed in the Department of Health and Human Development at MSU. There are currently no dietetic internships offered in the state of Montana. Students wishing to complete a dietetic internship must leave Montana for 6 months to over a year to obtain this experience elsewhere, or complete their internship through a distance program offered by several universities around the country. Students completing distance programs use the resources of Montana dietetic professionals (preceptors) and institutions (hospitals, schools, universities, community and state agencies etc.) while remitting tuition dollars to programs out of the state. Placement in dietetic internships is very competitive: nationally, only 50-60% of applicants receive a placement “match” annually.

Montana is uniquely positioned to offer a dietetic internship that provides the traditional rotations as well as unique experiences related to rural and tribal health and sustainable food systems.

These unique emphases are likely to draw many out-of-state applicants as well as serve as an attractive option for the highest ranking MSU dietetic program graduates.

Students wishing to complete a dietetic internship must leave Montana for 6 months to over a year—paying their tuition dollars to out-of-state programs.

We are in the process of developing a solid infrastructure and learning outcome framework for the proposed internship to ensure that we meet accreditation criteria. If all goes according

to our timeline, our first class of interns could begin in the summer of 2011. If you are interested in serving as a preceptor for a clinical, community or foodservice rotation, please contact *Alison Harmon* at [harmon@montana.edu](mailto:harmon@montana.edu).

## 10 Steps to “Baby Friendly”

We all know that breastfeeding has many benefits for both baby and mother—but sometimes it’s an uphill battle when working with organizations or facilities who may not be “breastfeeding friendly.” If you find yourself in this position, you are encouraged to check out Wisconsin’s 10 Steps resource at <http://www.dhs.wisconsin.gov/health/physicalactivity/> or the Baby Friendly site and 10 Steps to Successful Breastfeeding at [www.babyfriendlyusa.org](http://www.babyfriendlyusa.org).

## 10 Steps to Successful Breastfeeding

1. Maintain a written breastfeeding policy that is routinely communicated.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within one hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.
6. Give infants no food or drink other than breastmilk, unless medically indicated.
7. Practice “rooming-in” – allow mothers and infants to remain together 24 hours a day.
8. Encourage unrestricted breastfeeding.
9. Give no pacifiers or artificial nipples to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.



Source: WHO/UNICEF Baby Friendly Hospital Initiative in the U.S.



## MDA Member Highlight

**Patti Steinmuller, MS, RD, CSSD has been awarded the prestigious 2009 SCAN Achievement Award!** Patti is described as “one of sports nutrition’s greatest treasures...she is selfless, responsible, hard working, and competent.” Patti has been dedicated to serving the ADA, Sports, Cardiovascular and Wellness Nutrition (SCAN) and Sports Dietetics-USA (SD-USA). She helped craft SD-USA’s origins and led SCAN in assisting CDR to develop the Board Certified Specialist in Sports Dietetics (CSSD) credential. Patti is the lead author of the first paper published on the Standards of Practice and Standards of Professional Performance for RDs in Sports Dietetics (*J Am Diet Association, March 2009*).

Patti is a Board Certified Specialist in Sports Dietetics (CSSD) and an American College of Sports Medicine (ACSM) Certified Clinical Exercise Specialist. She has lived in Montana with her husband, David, since 1992. She teaches an online graduate level sports nutrition course through the National Teachers Enhancement Network at MSU and is immediate Past Director of Sports Dietetics-USA. She works on special projects including a soon to be released promotional video for sports dietitians. Patti enjoys gardening, dog walking, and loves to be outdoors hiking, bicycling, and cross-country skiing.



*Patti Steinmuller, MS, RD, CSSD*

**Congratulations Patti!**

## 2009 Award Winners and Board Members!

The Nominating Committee, Nonie Woolf, June Lewis and Charlene Johnson are pleased to join MDA in welcoming the following newly elected MDA Board members.

<b>President-Elect:</b>	<b>Beth Hall</b>
<b>Secretary</b>	<b>Lisa Murray</b>
<b>Professional Issues Chair:</b>	<b>Laura Fox</b>
<b>Members-at-Large:</b>	<b>Melody Anacker and Sarah Covington</b>
<b>Nominating Committee:</b>	<b>Becky Brundin and Nonie Woolf</b>

MDA has creative, active dietitians who work hard and contribute so much to our profession. It is an honor to recognize them to the membership and to ADA. At the 2009 Annual meeting in Red Lodge, plaques were presented to the following 2009 recipients:

**Recognized Young Dietitian of the Year: Beth Hall**

Nominated by: Susan Jordan and Didem Park

**Recognized Dietitian of the Year: Didem Park**

Nominated by: Katie Bark

**Emerging Dietetic Leader of the Year: Flower Aston**

Nominated by: Deb Jones

**Outstanding Dietetics Student: Brittney Wadsworth**

Nominated by: Melody Anacker

June Lewis was also recognized for her many years of work and leadership on the MDA Nominating Committee—thank you! In the coming year, the Nominating Committee will be working to provide online voting for MDA members for the next election! We would like to start early to develop a list of candidates and award nominees. **If you know a fellow dietitian or friend who has done great things for the profession of dietetics, nominate them** by contacting the *Nominating Committee Chair, Charlene Johnson* at [Charlene.Johnson@ihs.gov](mailto:Charlene.Johnson@ihs.gov) or (406) 247-7124.

### *This Quarter's Quote*

"Being busy does not always mean real work...Seeming to do is not doing."

- Thomas Edison

## Sports Dietetics News

The March 2009 issue of the *Journal of the American Dietetic Association* contains two must-have ADA publications for sports dietitians: *The Position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine (ACSM): Nutrition and Athletic Performance* and the *ADA Standards of Practice and Standards of Professional Performance for Registered Dietitians (Generalist, Specialty, and Advanced) in Sports Dietetics*. Both publications are available on the ADA Web site. Each addresses practice guidelines for sports dietitians and opportunities for advancement, including Board Certification as a Specialist in Sports Dietetics.

## Sports Dietetics Workshop—Nutrition and Athletic Performance

- Sports, Cardiovascular, and Wellness Nutrition (SCAN) DPG
- October 15-16, 2009  
U.S. Olympic Training Center,  
Colorado Springs, CO.

Leading experts in sports nutrition and exercise science will present a skill-building workshop for RDs, especially those with novice to mid-level experience in sports dietetics. Register online in June at:

[www.scandpg.org](http://www.scandpg.org)

ADA Active Member Dues	\$216.00
Includes:	
Subscription to the Journal of the American Dietetic Association	\$268.00
CPE quizzes in the Journal	\$1,080.00
Subscription to the Evidence Analysis Library	\$400.00
Subscription to Daily News	\$500.00
Subtotal:	\$2,464.00
<b>Total cost to you:</b>	<b>\$216.00</b>
***TOTAL SAVINGS ***	
	\$2,248.00
	Total savings: 91%
<i>Thank you for being an ADA member.</i>	
*****	
<p>These are just a few of the dozens of ADA membership benefits that can save you money. Visit Eatright.org for a comprehensive list of benefits, such as receiving the award-winning ADA Times, tools for building professional skills, client education resources, discounts on books and products, and optional benefits like liability insurance, long term care insurance, travel discounts and credit card services.</p>	

Thousands of dollars in benefits at a fraction of the cost.

**Membership renewal is under way.**  
[www.eatright.org](http://www.eatright.org)

## Message from your President-Elect

Dear MDA Members,

I am excited to be joining the Montana Dietetic Association Board of Directors as your President-Elect this year. Susan Jordan and I have already started working together to make this year a success. We hope to continue to expand on all of the great work done by the board over the past year; and plan to begin working on new projects and ideas that we hope will help bring MDA to you and get more of you involved.

I would like to thank Didem Park for her hard work and great accomplishments as President this past year. I would also like to thank Susan Jordan for her amazing efforts to bring MDA another successful annual conference.

Congratulations to all of our excellent dietitians who were recognized at MDA for all of your accomplishments. I'd especially like to recognize the public policy team who truly helped save our profession in Montana!

If you have any ideas to help MDA grow and improve this year please feel free to contact me!

- Beth Hall, President-Elect, [bethtoombs@yahoo.com](mailto:bethtoombs@yahoo.com).

**Food For Thought—Spring 2009**



PO BOX 1197  
 HELENA, MT 59601

### In This Issue

**Congratulations to our 2009 Award Winners and Board Members! Check it out on page 3.**

**As always**, if you have ideas, thoughts or would like to submit an article for the next newsletter, contact **Kim Pullman, Newsletter Editor**, [kpullman@mt.gov](mailto:kpullman@mt.gov).

*"Food for Thought" is the Montana Dietetic Association's quarterly newsletter. Members may receive this newsletter electronically via MDA's listserv, or by mail.*

Deadline for submissions  
 for the next issue:  
**July 1, 2009**

Quarterly Publication Dates:  
**February 28**  
**May 30**  
**July 30**  
**November 30**