

The ALDA Connection

Fall 2008

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ALDA Mission Statement

The Alabama Dietetic Association serves the public through the promotion of optimal nutrition, health and well-being while advocating for the dietetic profession.

The Alabama Dietetic
Association is
managed by
Group Management
Services, LLC
Larry A. Vinson, CAE,
President

Message From the President ...

Esteemed Colleagues,

The winds of change are blowing across the land for registered dietitians, and this includes Alabama dietitians! While there is more work to be done, things that many of us have been hoping, praying and working diligently for appear to be materializing. In January, and the year in which ALDA has placed MNT Reimbursement as its highest priority, Medicare will expand coverage for preventive care services and MNT. Medical conditions that will be covered for MNT are yet to be determined, but it has never been more clear that ADA has done its homework for precisely this opportunity, with the establishment of the Evidence Analysis Library, the nutrition care process and the evidence-based medical nutrition therapy protocols. If you have not familiarized yourself with these extraordinary tools, now is the time to do so and also to gather our energy for our next big challenge – convincing private insurers to follow suit.

The 2008 ALDA meeting was held in Birmingham in March and was a terrific combination of networking, learning and fun for everyone! The ever popular basket raffle benefiting ADAF was a big success, with the coveted scepter deposited from the grasp of the Mobile District by an aggressive challenge from Tuscaloosa, where it now presides. However, Mobile did put up a good defense! With this competition heating up, it is never too early to begin planning your baskets now for the fabulous meeting that is shaping up for March 18th-20th. The 2009 meeting will be held in Mobile under the competent guidance of Ken Wear, Nancy Brumfield and the planning committee of the Mobile District.

We are extremely pleased to announce that two ALDA members will be honored with national awards this year at the FNCE meeting in Chicago. Cooking Light Magazine, of which our own President-Elect Kathy Kitchens-Downie is an Associate Food Editor, will be presented with the 2008 Excellence in Media Award, and Dr. Roy Maize will receive the 2008 Excellence in Management Practice Award. Dr. Maize is the Director of the Restaurant, Hotel and Meetings Management program at The University of Alabama. ALDA is hosting a reception at FNCE on Sunday evening, from 5:30-7:30 at the Intercontinental Hotel to celebrate these outstanding achievements and we hope to see many of you there! Many thanks to past president Susan Scott for her outstanding work in the nomination process.

Your ALDA Board has a re-tooled strategic plan to guide us toward major organizational goals for the next three years. Three primary working groups have formed to develop action steps for achievement. These groups focus on the following key strategic efforts:

- MNT Reimbursement,
- Member Recruitment/Retention Leadership Training for New Members
- New Venue Development to Provide Value to Current Members and Attract Non-Members

You may be hearing from some of these working groups as they seek your input – please give it liberally.

It is going to be an exciting and eventful year, and I am both honored and humbled to have the opportunity to be called “president” of such a respected organization as ALDA and such an accomplished body of professionals as all of you. Together, let’s make it a year of great things happening for dietetics practice in Alabama!

Debbie

Highlights from the March Annual Meeting in Birmingham



Suzanne Henson is awarded ALDA's Emerging Dietetic Leader for 2008.



Debra Goodwin (right) of Jacksonville State University is presented with the Outstanding Dietetic Educator Award.



Amanda Brown (right) presents Susan Scott with the Outstanding Dietitian Award.



Lori Greene accepts her award from ALDA President Amanda Brown (right) for Recognized Young Dietitian for 2008.



Sarah McCurdy is presented with the Outstanding Dietetic Student for Didactic Programs Award.



Julie Baker is presented with the Outstanding Dietetic Student Intern Award.



Nicki Kroko (right) accepts her Samford University Outstanding Student award.



Sheryl Mims accepts her Outstanding Student at Oakwood College award.



The University of Alabama's Outstanding Student is Krystle Travi.



Caroline Brawley Johnson (right) is Auburn University's Outstanding Senior.



Lea Hadley (right) accepts her award for Outstanding Senior at JSU.



Jane Pollack is presented her 50 Year Member Certificate at the Annual Luncheon.

Emerging Dietetic Leader
C. Suzanne Henson, MS, RD, LD

Outstanding Dietetic Educator
Debra K. Goodwin, PhD, RD, LD

Outstanding Dietitian
Susan Crews Scott, RD, LD

Recognized Young Dietitian
Lori Greene, MS, RD, LD

Outstanding Dietetic Student - Didactic
Sarah Peyton McCurdy

Outstanding Dietetic Student Intern
Julie T. Baker, MS



Laura Newton (right) presents Julie Foust with a scholarship from the Birmingham District.



Beth Battle (right), presents Leah Gates with a scholarship from the Southeast Alabama District.



Representative Jim McClendon speaks to ALDA members and students at the Annual Meeting.



ALDA President Amanda Brown (left) is pictured with Tuscaloosa President Amy Baker Parton.



June Barrett (right) accepts the Montgomery District's First Place award.



Nancy Brumfield (right) of Mobile accepts the award for Second Place in the Outstanding District Competition.



Becky Bradley welcomes Parker Griffith before he speaks to ALDA members.

**2008 Outstanding Seniors
in Alabama Colleges and Universities**

Alabama A & M University	Ms. Ambrosia Kennedy
Auburn University	Ms. Caroline Brawley Johnson
Jacksonville State University	Ms. Lea L. Hadley
Oakwood College	Ms. Sheryl D. Mims
Samford University	Ms. Nicki Kroko
Tuskegee University	Ms. Amber D. Hunt
University of Alabama	Ms. Krystle Travi
University of Montevallo	Ms. Laura Hamilton

Pictured to the right is ALDA President Amanda Brown with Rep. Parker Griffith, Past President Susan Scott, and ADA President Elect Marty Yadrick, FADA. Griffith and Yadrick were guest speakers for the annual membership luncheon in March.



ALDA Nominees for 2008 ADA Awards

Marjorie Hulsizer Copher Award - *Margaret Garner, MS, RD, LD*

Media Excellence Award - *Cooking Light Magazine, Editorial Staff, Mary Kay Culpepper, Editor in Chief, Mary Simpson Creel, MS, RD and Kathy Kitchens Downie, RD, LD*

Medallion Award - *Beatrice W. Phillips, EdD, RD, LD*

ADA Excellence in Practice Awards

Community - *Keecha Harris, DrPH, RD*

Dietetics Education - *Robin Brown Fellers, PhD, RD, LD*

Dietetics Research - *Betty Darnell, MS, RD, LD, FADA*

Management Practice - *Roy S. Maize, II, PhD, RD, FADA*

Scholarship Awards

Birmingham District Dietetic Association Scholarship

Julie Foust, Samford University

North Alabama District Scholarship

Sheryl Mims, Oakwood University

The Patricia Tedder Memorial Scholarship

Donated by the Southeast Alabama Dietetic Association

Leah Gates, University of Alabama

The William E. Smith Scholarship Award

Donated by Royal Cup Coffee Company

Caroline Brawley Johnson, Auburn University

Wood Fruitticher Scholarship

Sarah McCurdy, Auburn University

District Awards

Mobile District Dietetic Association

Montgomery Dietetic Association



Susan Scott (right) thanks Margaret Garner (left) for her service.



Cooking Light Magazine is comended for their accomplishments.



Susan Scott (left) congratulates Keecha Harris on her nomination.



Robin Fellers (left) is commended for her work in education.



Susan Scott (right) applauds Betty Darnell (left) for her work in research.

Roy Maize, PhD, RD, FADA, Receives the 2008 Excellence in Management Practice Award from ADA

Dr. Roy S. Maize, Director, Restaurant, Hotel and Meetings Management, College of Human Environmental Sciences, The University of Alabama, Tuscaloosa, AL, was nominated for his outstanding contribution and leadership in foodservice management by the Alabama Dietetic Association.

Dr. Maize stated, "I have had the opportunity of working with and meeting so many wonderful professionals over these years. It is truly a great profession and I am truly honored to have been nominated and selected for this very prestigious award."

Dr. Maize was the First male elected to the ADA BOD (1979 – 1981), the ADA Nominating Committee (1989), the First Chairman, ADA Division of Management Practices (1977 – 1979), and served as one of three content experts in the development of the First "Food Service Management Self-Assess-

ment Module" developed by CDR (1991-92).

During his twenty years in the United States Army as a Registered Dietitian and Army officer, Roy superbly performed a variety of managerial capacities to include: the First male to serve as Dietetic Internship Director; Chief, Production and Service Branch, Walter Reed Army Medical Center; Director, Hospital Food Service Branch, Academy of Health Sciences; and Military Assistance to the Director, Food Engineering Laboratories, Natick Research and Development Command. He retired at the rank of Lieutenant Colonel in 1985 and was awarded the Army Legion of Merit, the highest award presented during peace time.

Furthering his career in Management and Education, including the development of The University of Alabama distance undergraduate and graduate courses in all facets

of Restaurant, Hotel, and Meetings Management, he has held five additional positions as a Director, one position as Vice President, two positions as Associate Professor, and one Department Head. His current position is Associate Professor and Director, Restaurant and Hospitality Management Program, The University of Alabama, College of Human Environmental Sciences – and has increased enrollment by 168% in seven years!

Additionally, in 2006, Dr. Maize was awarded the Lamp of Knowledge Outstanding U.S. Educator Award, Educational Institute of the American Hotel and Lodging Association. At The University of Alabama Dr. Maize received in 2005 the College of Continuing Studies, Award for Teaching Excellence; and in 2004, the College of Human Environmental Sciences, Joseph Rowland Teaching Excellence Award.



Everyone's having a "moo" of a time at the member reception sponsored by the Southeast United Dairy Industry Association, The Alabama Cattleman's Association and Cabot Creamery.



The Cattleman's Association sponsored Linda Farr (center), who is pictured with Debbie Vandiver (left) and the Rodeo Queen 2008 (right).



Audrey Wright, Deb Canter (center) & Ken Wear pose for a picture before the Karen Wright Memorial Lecture.



Susan Miller, Annual Meeting '08 Chair, is pictured with speaker Joshua Klapow, PhD.

Cooking Light Wins the 2008 Media Excellence Award from ADA

Cooking Light magazine was nominated for the 2008 American Dietetic Association Media Excellence Award by the Alabama Dietetic Association for its important contribution as the “go-to resource” for millions of Americans seeking healthy, nutritious recipes coupled with nutrition, fitness, lifestyle and diet information that enhances their everyday lives. The award will be presented at ADA’s Food and Nutrition Conference & Expo in Chicago, during the Nutrition and You: Trends session on Sunday, October 26, 2008 at 8:30 am in Room 375B, McCormick Place West.

Under the able leadership of Mary Kay Culpepper, Editor in Chief and Vice President, Cooking Light has grown to an astonishing 11.9 million monthly readers since its creation in 1987. Ms. Culpepper

per said, “My colleagues and I at Cooking Light are so pleased that the magazine has won the American Dietetic Association’s 2008 Media Excellence Award. Cooking Light celebrated its 20th anniversary in 2007, and we see the award as a significant milestone in the continuing service of an audience that now totals 12 million. As editor in chief, I’ve always sensed that this magazine’s thoughtful nutrition stories speak clearly to our readers. It’s especially rewarding to find that they also resonate with the 68,000 members of the ADA.”

From day one, the magazine’s leadership has understood the critical importance of having a Registered Dietitian on staff. Since 1986, when Mary Creel, R.D., currently Projects Editor, was hired, at least one Registered Dietitian has been part of the editorial team. While

steering clear of diet fads, Cooking Light provides solid, factual and conscientious information about all aspects of eating and living healthfully, from articles by Cooking Light Associate Food Editor Kathy Kitchens, R.D. - the ALDA’s 2007 Recognized Young Dietitian of the Year – to an advisory board of more than 20 medical and health experts.

As Cooking Light is published by the Alabama-based Southern Progress Corporation, members of the Alabama Dietetic Association have had the opportunity to work closely with the magazine’s staff and witness its process first-hand.

The Alabama Dietetic Association congratulates Ms. Mary Kay Culpepper, Mary Creel, MS, RD, and Kathy Kitchens, RD and their entire staff on this well deserved achievement!

Birmingham District Dietetic Association

by Laura Newton, MA, RD

BDDA had a great year in 2007-08 with a wide variety of nutrition issues covered in our district meetings. Some of the topics included:

- “Cooking with Cancer” by Luis Pineda, MD
- “Counseling for Behavior Change” by Nicole, Siegfried, PhD and Suzanne Eleazar, MA, RD
- “Local, Organic or Sustainable” by Brooke Thorington with the Alabama Farmers Market Authority
- “The Role of the RD in Publishing and New Media” by Holley Johnson, MS, RD
- “Race and Obesity: Special Issues to Consider” by Jamy Ard, MD

In February, nine RDs braved the cold weather to volunteer at the

Mercedes Marathon and Half-Marathon.

Our first meeting for the 2008-2009 academic year is Thursday, September 18th, at 5:30 pm at the Vestavia Board of Education. Elizabeth Kvale, MD, will be speaking on “Aging and Nutrition Status”. If you live in the Birmingham area, please come join us!

Mercedes Run 2008



Mercedes Run 2008 photo to the right...

Front row L to R: Robbie Lewis, Diane Bridgewater, Kathy Kitchens Downie, Back Row L to R: Kathryn Player, Laura Newton, Amanda Brown, Dana Kiker, Debbie Strong, Shannon McMahon

Legislative Update

by Susan Miller, MS, RD, LD
ALDA Public Policy Coordinator

The U. S. House of Representatives and the U. S. Senate overrode President Bush's Medicare Bill veto. The new preventive services title included in H.R 6331 is of great significance to RD's and establishes a procedure by which Medicare may expand coverage of preventative services, including Medical Nutrition Therapy. To gain approval, a preventative service has to meet three requirements:

- 1) Medicare must determine that the service is reasonable and necessary for the prevention or early detection of an illness or disability
- 2) It has to be recommended with a grade of A or B by the United States Preventive Services Task Force; and
- 3) It has to be appropriate for individuals entitled to benefits under part A or enrolled under part B.

According to the ADA's *On the Pulse*, Friday July 18, 2008 - "Enactment of this bill represents both a beginning and an end of ADA's

campaigns to expand MNT benefits. For seven years, ADA has been lobbying congress to expand MNT coverage. Now a new campaign will take ADA into federal agencies as they work through regulatory processes for implementation." Another key note to the passing of this bill was a very small increase (.5 percent for the remainder of 2008, .6 percent for 2009) in reimbursement rates.

Voting in November will be a key issue for Alabama Registered Dietitians! We want to elect candidates that possess integrity, value and knowledge and will be our partners in the implementation of medical nutrition therapy as a preventative service. You can read about the elections and peruse Alabama candidates' bios at www.uselections.com then select Alabama.

Of interest are Senator Jeff Sessions (voted nay on HR 6331), U.S.

Congress District 1 incumbent Jo Bonner (abstained from voting on HR 6331), two additional candidates Tommy Fuller (D), Washington County Democratic Chairman and Gary Johnson, Minister and Democratic Activist, U.S. Congress District 2 retiring Terry Everett (voted yes on HR 6331), two candidates Jay Love (R), State Rep and Ex-Restaurant Owner and Bobby Bright (D) Montgomery, Mayor & Attorney, U.S. Congress District 3 incumbent Mike Rogers (voted yes on HR6331), two additional candidates Joshua Segall (D), attorney and Mark Layfield (I) real estate broker, U.S. Congress District 4 incumbent Robert Aderholdt (voted yes on HR 6331), active candidate is Nicholas Sparks, attorney, U.S. Congress District 5 retiring Robert "Bud" Cramer (voted yes on HR 6331), candidates are Parker Griffin, MD, (D) State Senator, and Wayne Parker (R) advertising executive.

Please VOTE in November!!

Be a Professional Mentor for ALDA!

by Molly Pettyjohn, MS, RD
Chair, Council on Professional Issues

Last year, the Professional Mentor Program for Dietitians in Alabama kicked off with a bang. Twenty-one mentees were connected to experienced RDs to be their mentors!

Young RDs and dietetic students were specifically matched with experienced RDs who had the same professional interests. There were even a few older RDs who had the desire to receive mentoring! It was a great start

for a new and important program.

Let's continue the momentum for mentoring! We all have someone special that made a difference in our career path by providing us with encouragement and direction.

Jessica Carnevale was mentored by Tammy Beasley this year and states "She is a person that is always supportive and available for my ever random questions. Tammy is a wonderful person and I hope to

one day be half as good a dietitian as she is."

Consider becoming a mentor and guide a student or new RD towards a happy and meaningful career in dietetics.

If you are interested in being a mentor this year or if you would like to be mentored, please contact me at mpettyjohn@adph.state.al.us.

ALDA Continuing Professional Education

Lauren Dodd and Margaret Peoples are serving on the ALDA CPE committee for the upcoming year. This committee can pre-approve continuing education for educational events in Alabama.

The charge is \$10 per program or \$50 for unlimited programs (for an organization) for a 12 month period. This fee is paid to the ALDA state office.

Please contact Lauren at ladodd@uab.edu or Margaret at mapalmer@uabmc.edu for more information.

District associations are encouraged to submit requests to the committee for their continuing education activities. Submitting requests to ALDA's CPE committee will help prevent delays in obtaining approval AND support the state association.

The information required for pre-approval of CPE hours includes the following:

1. CDR form from ADA (found at <http://www.eatrightalabama.org/CEU-Form.pdf>)
2. Agenda of your program with time frames listed
3. Objectives for the learning program
4. CV for each speaker in the program
5. A copy of the evaluation form that attendees will complete at the end of the program
6. A copy of the Certificate of Attendance
7. Payment – Checks made out to ALDA (we can not accept cash). This can be sent to Lauren or Margaret or mailed directly to the state office. Please notify Lauren/Margaret if you send the payment directly to ALDA.

The information packet for pre-approval must be received *at least 2 weeks prior* to the educational event for pre-approval to be completed in a timely manner.

Mobile District Dietetic Association (MDDA)

by Anna Grisham, MEd, RD, LD,

MDDA, Public Relations, Chair

The lazy, hazy, crazy days of summer may be winding down but not for the Mobile District Dietetic Association.

Welcoming the summer is a new slate of officers. They are

- President- BaleanaWatts-McGilberry
- President Elect- Sharon Emmons
- Secretary- Kathleen Willis
- Treasurer- Holly Zampieri
- Legislative Chair- Dana Herazo
- Communications Laison- Sharon Emmons
- Public Relations- Anna Grisham
- Nominating Committee- Chair, Katie O'Bringer, Schelle Watts, and Jill Kranz
- By-Laws Chair- Debra Bryant
- Past President- Nancy Brumfield

On The Move

Baleana Watts-McGilberry is the new Clinical Nutrition Manager at Providence. Grace Inge, previous Director of Clinical Nutrition at Providence, has moved to North Carolina to become a Nutrition Support Dietitian teaching at the University of North Carolina at Chapel Hill. Kella Gerdeman has taken a job with Oakwood Long Term Care and a clinical position at North Baldwin Infirmary. Alisa Agostinelli Petry moved to University of South Alabama Pediatric Clinic. Lori Beasley is now at the Diabetes Center at Providence. Nancy Roman has hired on as a clinical RD at Providence.

New to Mobile

Ashley Harris recently moved to town and is working as a clinical RD at Providence. "Welcome, Ashley!" Another "Welcome!" goes out to our new UAB interns: Mary Callaway, Lila Sharp, and Lacey Sims.

What's New for the Newly Graduated UAB interns

Andrea Dossett returned home to Washington (state). Laurie Jones returned to Pascagoula, MS. Two interns will call Mobile their home as Rachel Myers has taken a job with the Mobile County Health Department, and Emilee Anderson has taken a clinical position at Spring Hill Medical Center. Kella Gerdeman was chosen by

the interns as the Outstanding Preceptor.

New on the Horizon

Moms to be are Grace Inge and Kathleen Willis.

In the News

Anna Grisham was mentioned in "Tastings," Food and Culinary Professional Practice Group, Summer, 2008 issue for her article, "Brown Bag Challenge," appearing in the January/February issue of Christian Woman magazine.

Looking to Fall

On August 14th, the MDDA board met to finalize the Calendar of Events

- September 18- "Kick-Off" Meeting
- October 7- Workshop: "Problem, Etiology, Signs and Symptoms" to be presented by Ashley Harris
- October 22- "Fun Night with Dream Dinners" - Dream Dinners of Mobile will sponsor a "members only" night
- November 17- ADA Teleconference- "Urban Legends of Wound Healing"
- December 2- Annual Christmas Party- Sharon Emmons, hostess.



UAB Intern Graduation Day, left to right: Rachel Myers, Emilee Anderson, Laurie Jones. Not pictured: Andrea Dossett

Alabama RDs Play Key Role in New Recipe Website

In May 2007, Southern Progress Corporation launched an extensive food portal website, MyRecipes.com, that now has more than 29,000 professionally-tested recipes—and hundreds more added each month.

From the company that publishes *Cooking Light*, *Southern Living*, *Health*, *Sunset*, *Cottage Living* and *Coastal Living* magazines, MyRecipes.com is the one-stop source for finding healthy recipes and menus, nutrition updates, step-by-step instructions, how-to videos, and entertaining tips. The two food editors for the site are registered dietitians and ALDA members Anne Cain and Holley Johnson.

Unlike many recipe websites, all of the recipes on MyRecipes.com are kitchen-tested by food professionals, and the recipes with nutrient analyses are reviewed by registered dietitians. In addition to showcasing the high-quality content and photography developed throughout Southern Progress, MyRecipes.com features extensive daily programming, including “Dinner Tonight,” “Quick & Easy” and “Healthy Diet.” (ALDA board member Holley Johnson is the host of the “Dinner To-



night” video franchise.) New in 2008 is the addition of over 1,000 diabetic recipes and, by the end of the year, the tagging of hundreds of gluten-free recipes.

Daily features include recipe calendars, seasonal menus and how-to videos. Users can save their favorite recipes, create a personalized cook-

book, build e-mail shopping lists, share menus for upcoming get-togethers, rate recipes, and discover must-try dishes. The site also includes new and original video content that is produced in its digital studios in the company’s Birmingham, AL, headquarters. Check it out: <http://www.myrecipes.com>.

Check Out This Recipe!

Grilled Salmon with Roasted Corn Relish

(printed with permission from myrecipes.com)

This entire dish is prepared on the grill, infusing both the relish and salmon with a bit of smokiness.

- 4 Anaheim chiles
- Cooking spray
- 2 shucked ears corn
- 1 cup diced tomato
- 1/4 cup chopped fresh cilantro
- 6 tablespoons fresh lime juice
- 1 teaspoon salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1 teaspoon ground cumin
- 4 (6-ounce) skinless salmon fillets

Prepare grill.

Place chiles on grill rack coated with



Holley Johnson (left) and Anne Cain (right), food editors of MyRecipes.com.

cooking spray; grill 5 minutes on each side or until blackened. Place chiles in a heavy-duty zip-top plastic bag; seal. Let stand 5 minutes. Peel chiles; cut in half lengthwise. Discard seeds and membranes. Cut chiles into 1/4-inch strips.

Place corn on grill rack coated with cooking spray; grill 10 minutes or until lightly browned, turning occasionally.

Cool slightly. Cut kernels from cobs. Combine chiles, corn, tomato, cilantro, and juice; toss gently. Add 1/2 teaspoon salt and 1/4 teaspoon black pepper.

Combine remaining 1/2 teaspoon salt, remaining 1/4 teaspoon black pepper, and cumin, stirring well. Rub spice mixture evenly over both sides of salmon. Place salmon on grill rack coated with cooking spray; grill 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve with relish.

Yield: 4 servings (serving size: 1 fillet and 3/4 cup relish)

CALORIES 304; FAT 11.3g (sat 2.6g, mono 4.8g, poly 2.9g); IRON 1.7mg; CHOLESTEROL 80mg; CALCIUM 39mg; CARBOHYDRATE 18.1g; SODIUM 671mg; PROTEIN 33.9g; FIBER 2.7g

Cooking Light, JUNE 2007

ADA Foundation Matters

The ADA Foundation is the only charitable organization exclusively devoted to nutrition and dietetics. ADAF's mission is to fund the future of the dietetics profession through research and education.

by Alvin Niu, ADAF Alabama Liaison

I hope that all of you are having a wonderful summer and taking advantage of the remaining days. I want to take this time to update you on ADA Foundation matters, both at the national and state level.

At the national level, ADA Foundation has had a very productive year. According to a message from Susan Finn, ADAF Chair, the Foundation (read the entire message on ADA's website) is in a growth mode in all areas. Member support continues to be strong despite a challenging economy. I believe this is because ADA members believe in the goals and mission of the Foundation.

Through the support of Abbott Nutrition, ADA member Alison Steiber, PhD, RD, LD, Assistant Professor of Nutrition at Case Western Reserve University, is the recipient of the first ADAF/Abbott Nutrition Renal Research Award. A \$50,000 prize will be presented to Alison for her work, "Improving Patient Outcomes with a Nutrition Assessment Algorithm in Chronic Kidney Disease Patients, Stages 1-5." ADA Foundations' effort in securing the necessary funding for grants is what makes it possible for the Foundation to provide funding to ADA members who are doing some dynamic research work in all areas related to food and nutrition.

Students are also the beneficiaries of the work of the Foundation. Many dietetics students will have something to celebrate this summer as well. The Foundation scholarship selection committee awarded a total of \$279,550 to 221 students. This much-needed financial support will go a long way to helping future Registered

Dietitians realize their professional dreams.

Foundation scholarships recipients from Alabama are Sheryl Mims (The Alabama Dietetic Association Scholarship), Melissa Penly (The American Dietetic Association Scholarship), and Sheena Jackson (The National Organization of Blacks in Dietetics and Nutrition Scholarship). Congratulations to all scholarship winners from Alabama.

The Foundation has also been busy planning additional events at FNCE. Here's a short sample of events to look out for at FNCE:

- ADAF Nutrition Symposium
- ADAF Yoga – in Partnership with the Nutrition in Complimentary Care DPG
- Silent Auction
- Dollars for Scholars
- ADAF Hydration Station

Your support at these events allows ADA Foundation to provide scholarships, research grants and managing public education campaign.

Alabama dietitians have a lot to be proud about. ALDA has always been a leading supporter of the Foundation. ALDA continues to support the Foundation by contributing to the Evergreen Society. To date, ALDA has fulfilled \$3,560 of its \$4,200 pledge. At the ALDA meeting this past March, ALDA members rose to the challenge and contributed \$1,291 through the "Raffle Baskets" donated by each district. Last year, ALDA created and awarded a scepter to the district that raised the most money through the Raffle baskets. The Mobile district was the first recipient and this year the winner of the scepter is the Tuscaloosa Dietetic Association. Thank you

"districts"!

Another fundraising event that debuted at the ALDA meeting is the ALDA t-shirt. Through the efforts of Molly Pettyjohn and Tammy Beasley, ALDA t-shirts were made available for sale. All proceeds go toward funding future ALDA Scholarships. These beautifully designed T-shirts are still available. Contact your district presidents if you would like to purchase a few for yourself or as gifts.

It's never too late to make a contribution to the ADA Foundation, and no amount is too small. Making a donation is also very simple, and all donations are tax deductible. You can:

- make a one time donation
- make a contribution in honor or in memory of someone
- participate in the ADAF Planned Giving Program
- make a pledge and contribute in installments
- participate in employer's matching program

You can visit www.adaf.org for additional information or to make a donation. I can also be contacted at aniu@ches.ua.edu if you have other questions pertaining to the Foundation.

Personally, I would like to thank Amanda Brown (Past President) for giving me this opportunity to serve as the state liaison, and I look forward to working with Debbie Morrison (ALDA President) and with each of you. You can be proud because Alabama Dietitians Do Make a Difference!

Every member can teach a family, share the science and give a gift to the ADA Foundation. Visit ADA Foundation at www.adaf.org and make your donation online.

Check Out This Out! Another Great Recipe!

(courtesy of www.myrecipes.com)

Grilled Zucchini-and-Summer Squash Salad with Citrus Splash Dressing

(printed with permission from myrecipes.com)

Make the most of the bounty of summer produce and cook summer squash on the grill. Marinate the squash and onion wedges in a mixture of orange and lime juices, olive oil, honey, and a dash of hot red pepper, then serve the veggies with a drizzle of the remaining marinade for over-the-top flavor.

2 tablespoons grated orange rind
3/4 cup fresh orange juice (about 3 oranges)

1/2 cup fresh lime juice (about 3 limes)
3 tablespoons honey
2 teaspoons olive oil
1/2 teaspoon salt
1/4 teaspoon crushed red pepper
2 red onions
4 zucchini, each halved lengthwise (about 1 1/4 pounds)
4 yellow squash, each halved lengthwise (about 1 pound)
Cooking spray
3 tablespoons thinly sliced fresh basil

Combine first 7 ingredients in a large zip-top plastic bag. Peel onions, leaving root intact; cut each onion into 4 wedges. Add onion, zucchini, and yellow squash to bag. Seal and marinate in refrigerator 1 hour, turning bag occasionally.

Prepare grill.

Drain vegetables in a colander over a bowl, reserving marinade. Place vegetables on a grill rack coated with cooking spray, and grill for 8 minutes or until tender; turn and baste occasionally with 3/4 cup of the marinade. Place the vegetables on a serving platter; sprinkle with the basil. Serve the vegetables with the remaining marinade.

Yield: 4 servings

CALORIES 168 ; FAT 3g (sat 0.4g, mono 1.8g, poly 0.5g); IRON 1.3mg; CHOLESTEROL 0.0mg; CALCIUM 70mg; CARBOHYDRATE 36.1g; SODIUM 302mg; PROTEIN 4g; FIBER 4g

Cooking Light, JUNE 2000

Improving Breastfeeding Support in Alabama

by Cindy Wagner, MS, RD, IBCLC

The recently released CDC survey on "Breastfeeding-Related Maternity Practices" ranked Alabama among the four states with the lowest scores regarding hospital practices that encourage breastfeeding. Eighty seven percent of Alabama's birthing hospitals responded to the survey in late 2007. The report can be downloaded at www.cdc.gov/breastfeeding. The practices evaluated in the report were labor and delivery, breastfeeding assistance, mother-newborn contact, newborn feeding practices, breastfeeding support after discharge, nurse/birth attendant breastfeeding training and education, and structural and organizational factors related to breastfeeding. These practices relate to the Baby Friendly Ten Steps and were addressed in the "Making a Difference" workshops sponsored by Medela, Inc. held this spring in Alabama. Over 750 health profes-

sionals attended the sessions in 5 different locations in the state. It is hoped that when the CDC administers the survey again in 2009, we will see improvement based on the education from the "Making a Difference" workshops.

The Alabama Breastfeeding Committee's Ten Step Committee has recently developed a handbook on Baby Friendly's Ten Steps and how to implement them in local hospitals. Each birthing hospital in Alabama has been given a copy of the handbook to assist them in improving breastfeeding support with their facility. Each facility that participated in the CDC survey will receive their individualized report this summer. It is hoped that ABC's handbook will be valuable as they evaluate their practices and develop strategies for improving their scores.

The Alabama Breastfeeding Com-

mittee joined with the Birmingham Healthy Start to present the "Business Case for Breastfeeding" workshop in July. Individuals were trained to work with local businesses in establishing lactation programs for their employees. They will make businesses aware of the financial benefit to them in supporting lactation with their mothers who are returning to work. The materials for this workshop are available from Government Publications at <http://www.ask.hrsa.gov/SearchResults.cfm>.

Recent PRAMS survey data shows that breastfeeding in Alabama has risen to an all-time high of 64.7% when the survey was done in 2006. With the recent education and tools that have been provided to health care professionals, we anticipate seeing a continual rise in breastfeeding rates and support of breastfeeding mothers, which will result in a healthier Alabama.