From the President

On June 1st Heidi Roberts will begin her presidency for WSDA. I must admit that a year has passed rather quickly for me as your president. I want to personally thank each of you for representing the profession of dietetics and especially the WSDA executive board and district volunteers who have worked for each one of us. We have been very busy this year looking at how health care reform will impact the profession of dietetics here in Washington. The focus for WSDA has been on legislative issues, licensure, establishing partnerships, National Nutrition Month® events and representing our members in a variety of media events throughout the state.

Many thanks goes to Karen Payne, 2011 conference chair, and the committee members, including Angela Janicki, Doris Piccinin, Mark Oswalt, Virginia Bennett, Laura Frank, and Ben Atkinson for organizing the annual meeting. The conference theme of “Nutrition for Life” brought a diverse educational event with many opportunities for learning and networking with peers.

We had a very successful legislative day in February meeting state legislators. Many thanks to Mary Pyper, Robin Payment and Susan Adams for their work organizing the event. Each year to come I anticipate that the effort to educate and build relationships with state and national legislators will continue to be essential for the profession of dietetics.

The Director of Communication, Kim Larsen, and her team have worked tirelessly to provide a variety of communication avenues to inform the public and members about nutrition related topics and events.

Many thanks goes to Kim Jordan, Monica Dixon, Beve Kindblade, Katie Farver, Amy Myrtue Nelson and Cynamon Quinton for their work on licensure.

To the executive board I want to thank you for your work on focusing on our core mission. Your work on the various day to day business is very much appreciated by me.

I want to personally thank Barb Pyper for her work as the Executive Director and being available anytime of the day to assist and represent the executive board. You are very much appreciated by me.

It has been a privilege to serve with a great group of professionals. I look forward to the future in providing support to the next board in my new role as Past-President.

Warm regards,
It’s Time to Renew!

ADA dues are due on or before May 31st! A reminder that when you join ADA, your dues include your state membership. Be sure you’ve made Washington State your choice.

Legislative Day 2012

The WSDA will host the third annual Legislative Day in Olympia on February 8, 2012. Mark your calendars now for this great opportunity to increase WSDA's visibility and connect with state legislators. Dynamic speakers will inspire and inform WSDA members before meeting with their legislators. Continuing education credits will be offered.

ADA News and Views

ADA regularly sends information and updates to the WSDA Board. We’re now posting that information on our website in the, “What’s New,” section.

WSDA’S Jobline

The WSDA online employment board continues to be a great source of opportunities. We continue to have 1-2 new jobs posted weekly. Know about a job? Encourage the employer to place an ad!

Recently Updated!

Disorders of Lipid Metabolism Evidence-Based Nutrition Practice Guideline FREE to all ADA Members

You will find nutrition recommendations within this guideline related to individuals with Disorders of Lipid Metabolism which include the following topics, among many others:

- Medical nutrition therapy and nutrition assessment, monitoring and evaluation
- Cardio Protective Diet (e.g., Omega 3 Fatty Acids, Plant Sterols and Sterol)
- Micronutrient Intervention (e.g., Antioxidant Supplemenations, Homocysteine, Folate, Coenzyme Q10)
- Behavior/Physical Activity

To access visit www.eatright.org, sign-in and select the Evidence Analysis Library link on left. Select "Guidelines" and click on ‘Nutrition Guideline List’.

Add Your Event to our Online Calendar!

If you are aware of an educational event that would be of interest to our members, please forward the information to the WSDA Office. Looking for an event? Check the calendar!

Join us on Facebook

Are you on Facebook? Consider joining the WSDA page.

Linda Cashman, MS, RD, CD - Director of Member Services

Lisa Grentz, MS, RD, CD is this year’s WSDA ADAF award recipient. The award provided financial support for Lisa to attend the 2011 Pediatric Nutrition Symposium held in Cincinnati, Ohio on April 27-29th. Lisa recently returned from Cincinnati and was able to share a few insights about the conference. She plans to reveal more of her experiences through an article in the fall newsletter.

“It was a great conference with remarkable speakers and a wonderful opportunity to network with other professionals. My learning confirmed that what I do day to day in my practice is relevant and consistent with today’s standards of care. Thank you for the opportunity to attend.”

Lisa is the 6th recipient of the award established by WSDA to support applicants’ participation in educational events that apply to professional goals. Would you like to be the 7th recipient? Look for more information regarding requirements and deadlines in October on the WSDA website and in the fall newsletter.

American Dietetic Association
WSDA District Updates

Greater Seattle Dietetic Association

Mary Purdy, MS, RD - GSDA President

The Greater Seattle Dietetic Association is proud to announce that we have gone from 90 members in June of 2010 to over 215 members in May 2011! The past several months have been all a buzz with activity and events. Whether it’s a networking occasion about “Making the Most of Your ADA Membership”, continuing education opportunities that include a walk and talk around Greenlake while discussing a recent research article on Capsaicin, or volunteer gatherings and health walks for Diabetes and MS, every month offers a chance for our members to participate in their local dietetic chapter. National Nutrition month boasted a Foodie-related movie night, special nutrition booths at a local farmer’s market, frequent blog postings on nutrition topics and many other fun activities. Our April Spring Conference featured Marilyn Shelton, RD discussing “Calorie Assessment of the Critically Ill Obese Patient, How far Should the Pendulum Swing?” and Jennifer Okemah, RD, CDE addressing “Diabetes: when it isn’t about the food”. May holds additional events for learning and networking and June will be our first GSDA board retreat where we will celebrate a successful year and welcome our newest additions to the board.

North Sound Dietetic Association

Doris Piccinin, MS, RD, CDE - NSDA President

NSDAs formal election for next year’s board positions was at our final meeting of the year on May 10th. The second part of a lively discussion on Nutrigenomics by Dr. Elizabeth Kirk gave our members a future look into the role of RDs. We have been involved in many community outreach projects this spring. Recently, NSDA members participated in the annual YMCA’s Healthy Kids Day. Twelve RDs from NSDA volunteered for this event by distributing information to over 625 children and their families in the Snohomish County area on healthy foods, tips for better nutrition choices, and recipes.

South Sound Dietetic Association

Holly Martindale, RD, CD - SSDA President

SSDA is ending our year on a high note with Dr. Hogan and Joan Hogan, RD speaking on food sensitivities and migraines. We are looking forward to hearing their cutting edge information. This event will be held on May 18th. Our local association has been supportive of WSDA’s push for licensure and hosted a great presentation by Monica Dixon, PhD, RD. Monica motivated us all to be involved at the grass roots level. We had many memorable events over the past year, including an awesome RD appreciation night with great local wines, chocolates and cheese.

Olympia Area Dietetic Association

Dawn Wilson, RD - OADA President

The Olympia Area Dietetic Association is working on the following goals: scheduling meetings for 2011-2012 (changing to every other month and making each meeting worth 2 CPEs rather than 1); recruitment for a President-Elect candidate; and keeping our website updated with speakers, learning objectives, and upcoming meetings. Our last meeting of the year was held on May 9th and included a Garden Raised Bounty Tour and introduction to slow food, with speaker Loretta Sappenan.

Incoming officers for 2011-2012 year

President - Marie Milliren
President-elect - open
Secretary - Melanie Adams
Treasurer - Amy Myrtue Nelson
Past President - Dawn Wilson

Greater Spokane Dietetic Association

Kara Werschler, RD, CD, CDE - GSDA President

The Greater Spokane Dietetic Association had a busy spring. National Nutrition Month has become a community event and our local association raised over $3,500 for Dine Out to Feed Spokane during the month of March. This is the third year of our fundraiser, which supports over 35 feeding sites in our area. The St. Paddy’s Day Parade was another fun event that increases visibility for GSDA. It was most gratifying to attend WSDA and witness three of our local dietitians receive special recognition. Great job with all of the hard work and community service our members do and for making our chapter so special!
Congratulations to this year’s WSDA award winners! All were present to accept the following awards at the Annual Business Meeting and Awards Luncheon on April 12th at WSDA’s Annual Educational Meeting in Yakima.

**Outstanding Dietitian Of The Year**
**Nancy James, RD, CPS, CD**

Nancy works as a pediatric clinical dietitian at Providence Sacred Heart Medical Center & Children’s Hospital in Spokane. Her specialties include Ketogenic diets for seizure control. She has been involved in camps for kids with special needs such as congenital heart disease and has been a guest speaker at many professional conferences. Nancy has taken on many leadership roles and served on many committees at the local, state and ADA Practice Group level.

**Community Practice Award for Excellence**
**Lisa Randall, RD, LD, CD, CDE**

Lisa’s currently the clinical coordinator for Community Health Education Resources Diabetes Center in Spokane and she’s involved with developing and providing diabetes and weight management programs for adults and pediatric clients both in Spokane and rural communities. Some of her other accomplishments include directing camp Fun in the Sun for kids with diabetes and developing many educational materials for diabetes and weight management.

WSDA president, Janet Beary, acknowledging Nestlé HealthCare Nutrition representatives for their sponsorship and support.

L to R – Michon Williams, Lisa Randall, Marilyn Shelton, Nancy James, Marie Tucker

ADA Director of State Government Relations, Juliana Smith, was a speaker and also assisted board members in fine tuning the draft RD licensure bill.
Clinical & Research Practice Award for Excellence
Marilyn Sheriton, RD, CD
Marilyn has developed Nutrition Support Protocols for ICU patients at Harborview Medical Center. She has contributed to several published nutrition research studies and nutrition related quality assurance. She is described as an outstanding preceptor by dietetics students and speaker/trainer on the practice of advanced level nutrition support. She is described as placing a great emphasis on evidence based care.

Recognized Young Dietitian of the Year
Michon Williams, RD
Michon is a clinical dietitian at Providence Sacred Heart Medical Center in Spokane. She takes nutrition support for our ICU patients and teaching senior students at the University of Idaho CUP program seriously. Michon has held leadership positions of the Greater Spokane Dietetic Association and has helped organize fundraisers including “Dine Out to Feed Spokane.”

Emerging Dietetic Leader
Marie Tucker, MPH, RD, CD
Moving from North Carolina in 2009, Marie has brought with her a vision of how to assure that registered dietitians of the Olympia Area Dietetic Association are seen as the nutrition experts in their area. She sees that dietitians need to be licensed and is actively working to make that happen. Marie is an inspiration to us all in her ability and willingness to get involved now! She’s a health educator for Lewis County and has a private practice called Nutrition for Life.

Outstanding Student in an Internship
Catherine Saade
Catherine moved from California to complete her internship program at Central Washington University. According to her professor Linda Cashman, she came with glowing recommendations and was one of the stars of this year’s class, an excellent student who shows a passion for health and wellness.

Outstanding Student in a Didactic Program
Tina Hayashi
Tina has completed the didactic program at Seattle Pacific University and is described as an excellent student. She’s committed to understanding and helping to alleviate food insecurity including work with the Union Gospel Mission, Bread for the World, and advocating for the Child Nutrition Reauthorization Act.

Congratulations to all of this year’s winners. We look forward to hearing of their continued accomplishments in the future.

WSDA Board Meeting Highlights
Lindsey Hays, RD, CD – Secretary

The WSDA board met twice in December and once monthly in January, February, and March. No meeting was held in November. Of a total of 22 board members, an average of 14 attended each meeting. In December, the board scheduled a day-long meeting with various stakeholders to discuss the state and national perspectives related to licensure and to make a plan for passage of a licensure bill. In January and February, the board began preparation for Legislative Day in Olympia and started organizing nominations for 2011 WSDA awards. The annual meeting was discussed, as well as WSDA’s e-communications and sponsorship policy. In March, HOD mega-issues were discussed (see HOD page on WSDA website) and WSDA’s delegate to ADA, Annie Frederick, asked for board and membership feedback related to these important issues.
Nutrition and dietetics professionals of Washington State met in the middle this year, descending upon Yakima for a lively and information-packed convention. Over 260 registrants and 19 exhibitors and sponsors attended the 3-day event April 10-12. The 2011 WSDA convention committee, led by Karen Payne, MS, RD, pulled together a quality event that was highly rated by attendees (87% of evaluation respondents rated the overall conference quality as “good” or “excellent”). High caliber speakers from throughout the Northwest and across the country, including RD’s, MD’s, chefs, and other allied health professionals, helped make this year’s event a success.

Ever-present during this year’s meeting was the call for members to support WSDA’s current active efforts to apply for licensure of dietitians. The Licensure Committee was busy leading up to the convention working with WSDA’s new lobbyist, and with ADA’s Public Policy team in Washington DC, to develop and write a licensure bill that is destined for the floors of the State Legislature in Olympia. Juliana Smith, ADA’s State Government Relations contact, delivered a motivating call to action, focusing on the path to licensure, during her keynote speech on Tuesday – “Finding the Path for Success in Washington: Where Do You and ADA Fit in the Picture?” Juliana was also on hand throughout the convention to meet with WSDA Leadership and answer questions about public policy and ADA advocacy.

Two licensure fundraising efforts were active during the convention. “change for Change” allowed attendees to donate the change and cash from their pockets and wallets, and deposit in labeled vases and jars located throughout the convention center. Additionally, this year’s Basket Raffle also raised funds for licensure. Combined, these two fundraiser opportunities raised over $1700.00 toward for the licensure effort – one of the most successful WSDA Convention fundraising efforts seen in recent years! Thank-you to all who donated!

This year WSDA offered two pre-conference workshops. The first, “Shaping Your Skills: The Latest Models in Counseling Families with Obese Kids” (in line with the Nutrition for Life theme), included a plethora of information about the proven success and various counseling methods for working with families with obese children, in an interactive presentation by an RD and Social Worker team from Children’s Hospital in Seattle, Heather Paves, MS, RD, CD and Tanya Ranchigoda, LICSW. This workshop was generously sponsored by the Washington Chapter of the Pediatric Nutrition Practice Group.

The second pre-conference session, “Washington’s Food from Farm to Table,” was capped at only 30 lucky registrants (due to limited bus space), and was a huge success! This wildly popular Agricultural Tour of the Yakima Valley included an introductory presentation by Garrett Berdan, RD, LD, followed by a 3 hour bus tour that included stops at the largest fruit packing plant in the country, Rainier

Continued on next page
Fruit; Tieton Farm and Creamery, a farm and artisan cheese-making operation – where the participants witnessed the live birth of a baby goat; and asparagus farm. Due to the very positive feedback for this tour, WSDA and ODA are currently considering hosting another similar type of tour (or two!) in the Vancouver/Portland area (and Willamette Valley) for the 2012 joint-state convention…so stay tuned!

Monday's keynote session continued with the life cycle theme, featuring Dr. Robert Murray, MD of Columbus Children's Hospital, thanks to the generous sponsorship of the Washington State Dairy Council. Dr. Murray, an expert in pediatric gastroenterology and child nutrition, spoke about how current childhood nutrition in the home and at school impacts the current state of childhood obesity. Dr. Murray's national presence on this critical topic attracted the local television media, with a spot airing on the Yakima NBC affiliate KNDO that evening. Susan Adams, MS, RD, WSDA's State Media Rep, was interviewed for the spot, as well.

Monday's sessions continued with a variety of cutting edge topics, including inflammation & disease and the role of specialized nutrition (featuring Portland's Dr. Robert Martindale, kindly sponsored by Nestlé HealthCare Nutrition), coaching as a career, community kitchens, vitamins & aging, malnutrition diagnosis codes and documentation, and gluten-free food production. Monday also featured 19 vendor exhibits and the Member Practice Showcase, over an exclusive 2-1/2 hour period.

Tuesday morning kicked off with a keynote presentation by a very dynamic and energetic media talent, Jen Mueller of Root Sports TV (formerly FSN Northwest). Jen helped get the attendees’ juices flowing with her humorous and compelling speech about how to use sports talk to connect with almost any client, co-worker, and even the media. Tuesday's concurrent sessions also did not disappoint, with outstanding presentations that included a Bremerton school chef & RD team talking about their efforts to fight childhood obesity under Michelle Obama’s Let’s Move! campaign, cancer prevention & treatment with plant-based nutrition, nutrition for fertility, type 1 diabetes & the beta cell, the connection between dietary fats and your genes (presented by Martha Belury, PhD, RD and generously sponsored by the Washington State Beef Council), and connecting dietitians with food sustainability experiences.

Other highlights from the convention include:

15 incredible raffle baskets, donated by various vendors and the district chapters of WSDA, raised over $1145.00 for WSDA's licensure efforts! Special thanks to Angela Janicki for her coordination of...
volunteer efforts to staff the raffle and registration areas.

Washington State University & Central Washington University hosted student and alumni meet and greet receptions on Monday during lunch and exhibit hours. CWU made a special presentation to Dr. Ethan Bergman, PhD, RD in congratulations of his recent election as next year’s ADA President-Elect.

Zumba classes were taught on Monday evening and Tuesday morning by the energetic and talented Heather Gabbert, MS, RD, LD,CD of Spokane - WSDA State Media Representative for Eastern Washington. Those who attended had a fantastic time learning this new craze of aerobic exercise dance.

Several esteemed WSDA members were honored during Tuesday’s Business Meeting & Awards Luncheon.


We hope to see you at next year’s convention at the Hilton Convention Center in Vancouver, April 22-24, 2012. This is a combined convention with the Oregon Dietetic Association.
Wow! I just participated in the 3rd annual virtual HOD meeting. It was my first of this sort and I was tremendously impressed with the technology that ADA is utilizing. We were able to have a two-day (4 hours each day) live meeting online. The ADA House Leadership Team (HLT) successfully divided over 130 participants into 20 “virtual discussion tables” for several breakout sessions and then re-joined all of us to report back. It was innovative and effective (and not having to brush my hair or put on makeup was a definite plus).

Prior to this year’s meeting, I was assigned the responsibility of seeking input from my affiliate members. This was accomplished by emailing you a survey, participating in a joint webinar with ODA, and offering face to face opportunity at our Annual WSDA Meeting in Yakima, Washington. Many of you were able to your share thoughts, opinions, and ideas during these three occasions.

The HOD Leadership team will be posting a summary of all discussions and motions. As your delegate, I will review the motions, pose questions, and provide additional comments between 5/3 and 5/6. The revised motions will be posted again on 5/10. Deliberation on motions will occur between 5/17 and 5/20, and voting will take place from 5/24 to 5/27. Results will be posted on 5/31 under the HOD page on the ADA website. The voting record of all delegates will be made public on the ADA website as well.

Please read below for a preliminary summary of what was discussed this year. I strongly encourage you to contact me via email or through our WSDA website to share your thoughts on these issues. Your feedback will assist me in voting in a representative manner. Strong themes throughout the HOD meeting circled around mobilizing members and making sure your voices are heard. Our future depends on each and every one of you.

**Mega Issues:**

Dr. Ethan Bergman provided us with a brief summary of the top Mega Issues that were identified. The HLT will further refine and combine these themes and present them to the HOD. There were over 16 repeated ideas. Seven of the top themes included:

- **Education:**
  - Education and training for our future that addresses the lack of internships and considers alternative pathways to becoming an RD.
  - Expand the opportunities to become an RD so that we have enough qualified professionals in all areas of dietetics to make sure we have a strong foothold in the future.

- **Image/Brand:**
  - Strengthen the image/brand of our profession.
  - Clarify the use of RD in conjunction with nutrition, which is often what the public recognizes.

- **Reimbursement Issues:**
  - Expanding MNT while regulating CMT. Increase reimbursement for RD services by insurance companies.

- **Scope of Practice:**
  - Protect and expand our scope of practice.

- **Informatics:**
  - Position RDs to take advantage of new technology and social media sites.
  - Consider tele-health opportunities.

- **Health Reform:**
  - Ensure that RDs are included in the Health Care Reform act.
  - Utilize the Medical Home model to include RDs.

Continued on next page
This is a very simple summary. More details will be posted on the HOD webpage.

We also spent a great deal of time discussing our Market Place Relevance and future changes driving dietetic workforce supply and demand. We were posed with two questions:

1. How do dietitians become more nimble and proactive?
2. How do dietitians demonstrate value and worth?

There were wonderful, passionate discussions. One of the overriding themes was to examine the structure between the DPG's, MIG's and Affiliates so that ideas are shared and implemented sooner.

Another topic was the need to empower dietitians with more business and marketing skills and possibly make this an area of expertise. No matter what your area of practice, you need to be business savvy and know how to position yourself for the future. It was also suggested that ADA develop a webpage of HOT TOPICS or TRENDS and give RD's the "elevator" speech to be able to talk to people about these issues.

Over the next month, I will be discussing with the other 126 delegates what our next Mega Issues will be and what we as ADA need to do to ensure our market relevancy. We will also be voting on the motion to create an Associate Membership. This discussion has been going on for over nine months now and we will be making a decision this month (and again I welcome your input).

It is an honor to serve as your Delegate to ADA. I encourage you to post your thoughts on our Facebook page and start lively discussion about the aforementioned issues. You can also email me (afrederick@lifecaresoln.com) or give me a call. The next HOD meeting will be conducted just prior to FNCE this fall in San Diego, California.
OVERWHELMED BY MOUNTAINS OF PROFESSIONAL INFORMATION?

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WSDA Communications Report
Kim Larson, RD, CD – Director of Communications

Happy Spring! The WSDA communications team has been working hard these past few months to find and coordinate media opportunities for local Registered Dietitians. If your local WSDA district affiliates have events or media opportunities coming their way, please send me an email. WSDA would like to assist you in promoting your event/s and media work to get maximum exposure and increase your visibility to the public. A recent example of this was a Healthy Kids Day initiated by the YMCA’s of Snohomish County that took place on March 16th. The North Sound Dietetic Association volunteered to man a booth at this community-wide event held at 5 different area YMCA’s—thank you to all the RD’s who participated in this wonderful event! WSDA Communications assisted them by putting together a press release and sending it out to all the local papers and news outlets. Your work matters and the public needs to read about Registered Dietitians making a difference in their communities and towns.

All requests for press releases that pertain to District events or media opportunities, etc. can be sent to Kim Larson, Director of WSDA Communications via email KimDLarson@comcast.net. Please send a brief description of the event, date, contact name and phone number and Kim will contact you regarding the details. You will need to plan ahead to allow the appropriate lead time for the press release process (two months) and sending it out to media outlets on WSDA letterhead. Procedures are being developed for the PR process and will be sent to all the WSDA districts as soon as they are completed.

Thanks to everyone who has joined our WSDA FACEBOOK Group page. We will be discontinuing our other “page” to streamline our Facebook presence. Check out the added info and help us keep the discussion alive and current with your posts about your nutrition work, interesting findings or thoughts on all things nutrition related!

ADA is keeping us abreast of many new opportunities for Registered Dietitians to take advantage of as Washington State begins Health Care Reform. In March 2010, the Federal Health Reform Law was passed, along with many projects that will provide real opportunities for Dietitians in our state. If you are interested in learning more about these grant-based opportunities, please send an email to Kim Larson, KimLarson@comcast.net.

Another opportunity for RD’s to become involved and make an impact on local community health efforts is the Let’s Move Campaign. We encourage all district associations to become involved and participate as the nutrition expert with the Mayors and towns of these Washington cities that are identified as participants in our state: Airway Heights, Bremerton, Cheney, Friday Harbor, Kenmore, Langley, Olympia, Seattle, Stanwood, Tacoma and Vancouver. It is crucial for RD’s to be a known and viable presence at these meetings to help develop a plan of action to implement outreach and events in each respective locale for the Let’s Move campaign programs. We need to lead the program development and help plan the implementation phases for the nutrition/food piece of this national initiative. Examples of program goals include: Helping parents make healthy family choices, creating healthy schools, providing access to health and affordable food, and promoting physical activity. For more information on the Let’s Move Cities and Towns initiative and how you can get involved go to: http://www.letsmove.gov/blog/2010/06/11/lets-move-cities-and-towns/ or contact Janet Beary, our WSDA President.

Last, but certainly not least, a separate communications sub-committee has been formed to focus on our licensure efforts. This designated committee will meet monthly and will be aligned with the licensure messaging and goals going forward to advance our grassroots educational efforts. Goals will include promoting the many significant roles of the Registered Dietitian to the public and our local legislators and increasing the visibility of our profession to help secure our place as a licensed and qualified healthcare provider this next year.
Got News?

The deadline for the next issue of Express is June 30, 2011.

We look forward to including your information.