



2015-2016 Annual Report for Research Dietetics Practice Group

Submitted by 2015-2016 Chair –

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Mission, Vision, and Goals of the Research Dietetics Practice Group (RDPG)

RDPG Mission:

The Research Dietetic Practice Group is leading the future of dietetics by promoting the conduct and application of research related to food, nutrition and dietetics.

RDPG Vision:

The Research Dietetic Practice Group will provide members with information and networking to allow them to be the valued source for conducting, interpreting, and applying research related to food, nutrition, and dietetics.

RDPG Strategic Plan Goals for the Year:

- Website
 - Have a central location where members can access member benefits such as The Digest, Electronic Mailing Lists, Archived Monthly E-Blasts, research funding opportunities, webinars, and award information
 - Have a centralized (noncloud-based) located for storage of Executive Committee-only documents (FNCE® forms, Executive Committee roster, etc)
 - Goal met February 2016
- Alignment
 - Update the Guiding Principles so that each Executive Committee member (voting and non-voting) has a specific list of job duties and a time bound volunteer description
 - Organizational Chart created
 - Goal met December 2015
- Funding
 - Network at FNCE® and EC to secure funding for member benefits which may include monies to help support website redesign, poster awards, pilot grants, and webinars
 - Goal met by May 2016 and continues to be a focus for RPDG
- Webinars
 - Begin a more consistent webinar presence, with the first one planned as a joint partnership between DuPont Nutrition & Health and RDPG
 - Goal met May 2016 and continues to be a focus for RDPG

Membership

As of May 31, 2016 (end of fiscal year) there were 943 RDPG members. RDPG membership numbers throughout this Academy year were consistent with the past two fiscal years.

	Fiscal Year 2015-16
Active	635
International	17
Life	6
Retired	13
Staff	6
Student	266
TOTAL	943

Membership Dues

Dues for RDPG increased to \$30 (was \$25 in the 2014-15 year) for Active members and remained \$10 for Student members. This increase was seen to assure that the benefits of the RDPG continue to expand for its members -- a tremendous newsletter with CPE opportunity; RDPG website; expanding award program, networking opportunities through mentorship, FNCE® events, etc.

Newsletter: *The Digest*

Four newsletters were sent electronically to all members. The newsletter format continued to be updated for a modern appeal. The newsletter is now provided 100% by online dissemination. The contractor for *The Digest* was Premier. As per RDPG structure and timeline, a new *The Digest* coordinator was chosen from a strong list of candidates; Ginger Quick's term ended May 2016 and Cheryl Reifer's term began March 2016 to allow overlap for training.

Executive Committee Conference Calls/Meetings

Monthly EC conference calls were conducted (90 minutes each); one in-person EC meeting was conducted at 2015 FNCE®. Additional calls were as-needed to assist with FNCE® presentations, 2016-17 Program or Work Planning, and website design.

Executive Committee Conference Calls/Meetings

Three new positions were created on the Executive Committee.

- Membership Chair. Although traditionally the work of the Past Chair, a specific member was appointed to focus on increasing member insight, interest, and retention.
- ACEND Liaison. There is a large overlap of RDPG members who are faculty. With potential changes to future practice, RDPG appointed a liaison to both attend the ACEND Town Halls and to keep RDPG updated on the future practice model and encourage member engagement.
- Second Century Liaison. To meet Academy request, this position was created as a point-person to encourage members to complete the Visioning Survey and be a direct resource between RDPG and The Academy to identify areas that drive our changing practice.

House of Delegates representative voted to become a voting member upon the Guiding Principles being approved December 2015, increasing voting member count to seven total EC members.

Financial Status

An Academy and RDPG goal is to maintain % reserve at 100. This is done to balance depletion of finances as well and use member funds toward programs, services, and awards that are important to our members. The website

is a large expense. The Academy pays up-front for the website expense, and RDPG incrementally pays The Academy back over a five year period so funds are allocated into reserves to budget paying for the website.

Research DPG 2015-16 Program of Work End of Year Treasurer Report by EJ Reverri
RDPG 2015-16 End of Year

Revenue Budget: \$ 33,090

Actual Revenue: \$ \$32,618

Difference: \$ 472

Expense Budget: \$ 34,664

Actual Expense: \$ \$27,374

Difference: \$ 7,290

Investment Reserve: \$47,771

Investment Reserve Percentage: 138 %

Budgeted Excess/Deficit: -\$ 1,574

Actual Excess Deficit: \$ 5,379

Electronic Communications

- Website (www.researchdpg.org). The Website Committee Chair and Committee selected a contractor, Dry Wash Media, to revise the RDPG website homepage and additional page templates, transition the old website content to the new website, provide a fully integrated content management system that will permit non-technical RDPG members to instantly update website content, and create a system allowing for seamless integration of current RDPG members from the Academy Data Management Information System (DMIS) to active member status on the website. The updated RDPG website went “live” February 2016. In addition to the member benefits previously mentioned, the RDPG member-only section of the website now is capable of tracking percentages of membership who read e-blasts, read *The Digest*, and take the CEU quiz. The goal for RDPG tracking is to focus monies on areas most important to members. A separate section was created by Dry Wash Media to house Executive Committee-only documents such as past FNCE® forms, working documents in-progress, etc.
- Email. All RDPG communication was moved to a centralized address of ResearchDPGChair@gmail.com that is regularly monitored by the Secretary.
- Electronic Mailing List (EML). New EML guidelines were approved by the EC in February 2016. The guidelines can be found on the RDPG website. The Google Groups EML was discontinued in April 2016. To access the EML, all members now need to opt-in to receiving them via the Your Profile section of the website. Multiple email communications have encouraged membership on how to opt-in. The website-based EML currently has 150 members opted-in. To send a message to the EML, the email is “list@researchdpg.org.”
- LinkedIn. Social media guidelines for LinkedIn and Facebook were approved March 2016 and are housed on the RDPG website. This is a member-only benefit and can be found under “Research Dietetics Practice Group.”
- Facebook. A new public-access page was started in March 2016 under “RDPG - Research Dietetic Practice Group.” The page currently has 63 “likes” and additional volunteerism in the 2016-17 year will expand on regular updates.

2015 FNCE® Pre-Conference Symposium

A 2015 FNCE® Pre-Conference Symposium was co-planned by the RDPG and sponsored by PepsiCo on Saturday, October 3, 2015, 1:30 – 3:30pm, offering two continuing education hours. An estimated 200 attended the session. Presenters discussed the new research of how low calorie sweeteners can be

applied to weight management, hunger and satiety, and human health; presenters explored the physiology of taste modification and its applications in weight management; and Academy communication experts presented on how to use the information in clinical practice. Attendance was \$10 for RDPG and non-RDPG members. Presenters included:

- Kathryn Keim, PhD, RD, LDN – Professor at Rush University, coauthor of the Academy position statement on non-nutritive sweeteners, and RDPG member
- James Hill, PhD – Professor at the University of Colorado Denver
- Alexander Bachmanov, DVM, PhD – Monell Chemical Senses Center
- Connie Diekman, Med, RD, CSSD, LD, FADA, FAND – Director of University Nutrition at Washington University in St. Louis

FNCE® Spotlight Session

Our FNCE® spotlight session proposal *“The “Weight” is Over: The Role of the Dietitian in Behavioral Approaches to Improve Health Outcomes”* was presented on Tuesday, October 6, 2015 from 9:45 – 11:15am. An estimated 100 attendees were present. At the end of the presentation, the attendees were able to explain the theoretical approaches that behavioral health professionals employ to move patients to improved health outcomes; describe clinical studies where the counseling skills of the dietitian were critical to outcomes; and discuss ways in which dietitians can incorporate and apply skills and concepts with a focus on improving lifestyle behaviors.

Presenters included:

- Karin Pennington, MS, RDN, LD, FAND – moderator and RDPG Chair
- Rebecca Krukowski, PhD – Assistant Professor at The University of Tennessee Health Sciences Center, CDR Trainer for Adult Weight Management Program
- Catherine Champagne, PhD, RDN, LDN, FADA, FAND, FTOS – Professor and Chief of Dietary Assessment and Nutrition Counseling and Pennington Biomedical Research Center at Louisiana State University, RDPG member

Academy Collaboration

- National Elections. RDPG had the highest member voter turnout of 37% among all DPGs in the Academy. The Academy awarded one FNCE® 2016 registration to those who voted. In a randomized drawing, Catherine Champagne won.
- Student Week and Survey. RDPG partnered with The Academy to host an online student forum the second week in April. RDPG EC members Rachel Paul, Nicole Litwin, and Karin Pennington facilitated discussions. Rachel Paul created and compiled a survey of student membership to gauge student focus and interest in the DPG. The survey will assist in development of RDPG student resources and FNCE® presentation materials during the Research Symposium on Monday, October 17, 2016.
- Research Month. Council on Research Liaison and Past Chair Alanna Moshfegh suggested an Academy Month to encourage practice and application of research in the profession. Alison Steiber, Chief Science Officer at The Academy, presented this concept at the February 2016 EC meeting. The first annual Research Month was held May 2016.

Corporate Sponsors

The RDPG Sponsorship Prospectus 2015 was developed detailing broad areas of sponsorship opportunities available. This one-page prospectus was shared with potential parties interested in supporting the research activities of the RDPG.

During the past year, our corporate sponsors were DuPont Nutrition and Health that supported a Pilot Grant Award, three Student Poster Awards, and a webinar titled *“Dietary Protein and Appetite”* that was held Tuesday, May 17 from 12 – 1pm CST; The Sugar Association that supported a Pilot Grant; and Tate & Lyle via FoodMinds that supported the Executive Committee in-person meeting at FNCE®.

Awards

Eight awards (all received award certificates, poster and pilot grant awards received money) were given by RDPG at the Breakfast Meeting during 2015 FNCE®. An estimated 65 RDPG members were in attendance in Nashville. The awards and recipients included:

Published Paper First Author Award

Lenka Shriver, PhD

University of North Carolina Greensboro

Shriver et al. Child gender and weight status moderate the relation of maternal feeding practices to body esteem in 1st grade children. *Appetite* 2015; 89: 62–69.

Junior Faculty Author Award

Sarah A. Johnson, PhD, RD, CSO

Florida State University

Johnson, SA, et al. Daily Blueberry Consumption Improves Blood Pressure and Arterial Stiffness in Postmenopausal Women with Pre- and Stage 1-Hypertension: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial. *JAND* 2015; 115 (3): 369-377.

The DuPont Nutrition & Health / Research DPG Student Competition and Awards (\$500)

Emily Hill

The Ohio State University

Growing HOPE: a comprehensive garden---based health and nutrition education program for cancer survivors

Amanda Oakley

University of Illinois, Urbana-Champaign

Food Security and Household Food Preparation Utensils and Equipment

Chenin Treftz

University of Nevada, Reno

Hydroponic Raspberries: Determining Differences in Yield, Bioactive Compounds, and Taste Preferences.

DuPont Nutrition & Health/Research DPG Early Career Research Scientist Pilot Grant Program (\$1500)

Mary-Jon Ludy, PhD, RDN and Robin Tucker, PhD, RD. Weight Gain: Cause or Effect of Gustatory and Olfactory Hyposensitivity. Bowling Green State University.

The Sugar Association/ Research DPG Pilot Grant Program (\$3000)

Francene Steinberg, Ph.D., R.D. Effects of whole egg consumption versus yolk-free egg substitute consumption on HDL composition and function. University of California, Davis.

Research DPG Member of the Year Award

Christopher A Taylor, PhD, RDN, LD, FAND

50 Year Members Honored at RDPG Breakfast Meeting at 2015 FNCE®

Jean Ramsay

Names of Elected Officers* and Committee Chairs and Members (* = voting)

Chair* Karin Pennington, MS, RDN karin.pennington@gmail.com	Chair-elect* Lauri Byerley, PhD, RD lbyerley@msn.com
Past Chair* and Research Council Liaison Alanna Moshfegh, MS, RD alanna.moshfegh@ars.usda.gov	Secretary* Brook Harmon, PhD, RD Bharmon1@memphis.edu
Treasurer* Elizabeth Reverri, PhD, RD ejreverri@gmail.com	HOD Delegate* Mara Vitolins, DrPH, MPH, RDN mvitolin@wakehealth.edu
Nominating Committee Chair* Jennifer Hanson, PhD, MS, LD Jhanson2@ksu.edu Nominating Committee Members Mary-Jon Ludy, PhD, RD mludy@bgsu.edu Nancy Emenaker, PhD, MED, RDN emenaken@mail.nih.gov	<i>The Digest</i> Editor-in-Chief Virginia Quick, PhD, RD gingermquick@gmail.com <i>The Digest</i> Student Editor Chelsea Schulman, MS, RD schulman.chelsea@gmail.com
CPE/EML Administrator Ines Anchondo, DrPH, MPH, RDN, CSP, LD ines.anchondo@ttuhsc.edu	ACEND Liaison Andrea Hutchins, PhD, RD andrea.hutchins@uccs.edu
	LinkedIn Chair Nicole Litwin, MS, RD nicolelitwin@gmail.com
Website Committee Chair Elizabeth Parker, PhD, RD elizabeth.parker@ars.usda.gov Website Committee Members Janet Roseland, MS, RD janet.roseland@ars.usda.gov Chris Taylor, PhD, RDN, LD, FAND chris.taylor@osumc.edu Kevin Klatt kck68@cornell.edu Karin Pennington, MS, RDN, LD, FAND karin.pennington@gmail.com	Membership Chair Kyleigh Kirbach, MS, RD kyleigh@withinnutrition.com
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	Student Representative Co-Chairs Rachel Paul rachel.paul@tc.columbia.edu

Fundraising Committee Chair

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