

# Cultures of Gender and Age

a member interest group of the



Academy of Nutrition  
and Dietetics

# Annual Report

June 1, 2018 – May 31, 2019

## COGA Vision

Foster the development and improvement of food, nutrition and health care focusing on member needs in regard to gender and age.

## COGA Mission

COGA Member Interest Group is a community of members interested in networking and collaborating throughout all ages of their careers and across genders.

## COGA Goals

- Offer members a connected community of togetherness and networking.
- Increase competence of members through leadership, education and professional development.
- Advocate for COGA communities throughout the Academy.
- Advocate and showcase knowledge and diversity of COGA throughout the Academy
- Identify potential sponsors that align with COGA.

## MEMBERSHIP

The 2018-19 inaugural year ended with a total membership of 1385:

Status	Total
Active	982
International	1
Life	7
Retired	213
Staff	11
Student	171
Total	1385

These numbers increased slightly but consistently during the year, although fell short of the estimated number envisioned with the merging of three groups. Special efforts were initiated to recapture the significant numbers of non-renewed members.

## **COGA Social Media**

Website: [www.coga.webauthor.com](http://www.coga.webauthor.com)

Facebook: [@CulturesOfGenderAndAge](https://www.facebook.com/CulturesOfGenderAndAge) COGA

Twitter: [@NOMIN\\_RDN](https://twitter.com/NOMIN_RDN)

**COGA Contact:** COGALeadership@gmail.com

## **EXECUTIVE COMMITTEE**

The Executive Committee (EC) was comprised of qualified, interested leaders from each of the original groups. Positions on the EC were appointed as the work of the group became more defined and as priorities were established. Many EC members gave extra time and effort, performing not only their appointed role but willingly supporting the initiatives in whatever was needed. The first COGA Executive Committee included:

Chair: Joyce Scott-Smith, MS, RDN, LDN

Chair-elect/ Nominating: Kathryn Lawson, MS, RDN,

Secretary: Jane Dunn, MS, RD, CD

Treasurer: Donna Smith Becker, MS RDN

Membership: Susan Glessner, MS, RD

Communication: Gerald Painter, MS, RD, LDN, CPXP

Education: Sandra Carpenter, MS, MEd,RDN, LDN, CDE

Jonathan Valdez MBA, RDN, CSG, CDN, CCM, ACE-CPT

Diversity: Ashlee\_Linares-Gaffer, MS, RDN

Sponsorship: Dylan Bailey, MS, RD

Academy Relations Manager: Rita Brummett

Executive Committee provided leadership to COGA via 10 regularly scheduled monthly conference calls and 1 face-to-face meeting at FNCE<sup>®</sup> 2018, Washington, DC. A Calendar of Work (COW) was developed and utilized to plan for upcoming priorities and for tracking accomplishments. The COW also served as a guide for new EC members to gain a better understanding of their roles and timelines. Noteworthy agenda items included:

- The engagement in an internal exercise, utilizing member data and survey responses, to brainstorm and consider brand rearticulation of the newly formed COGA. The decision to not rebrand for the 2019-2020 year was concluded.
- The barriers to participate in the elections for 2019 as identified by the Nominating Committee. COGA requested the Academy's approval to not prepare a ballot for the upcoming year. Academy approval was given.

## FINANCIALS

2018-19 Program of Work/Budget was prepared and approved. The overall financial performance was on-budget.

Revenue     \$12,500 (\$5 membership fees)

Expenses     \$14,457

Reserves     380%

Total Net Assets (as per May, 2019) \$57,994

Sponsorship was recognized as an additional revenue stream and efforts were made to identify potential sponsors. The Sponsorship Chair drafted and published the COGA MIG sponsor/sponsorship FAQ and guidelines. Although no sponsorship revenues were finalized during the first year, valuable contacts were established.

Funds to support Second Century, Academy Foundation; ANDPAC; and 6 FNCE® student stipends were allocated.

## MEMBER BENEFITS

### Professional Development

The Education Committee offered three free webinars across the membership year. One was in collaboration with a dietetic practice group and two were original and planned to meet the interests of the members:

- “Food Cults - Where Science and Skepticism Collide: Closing the Gap Between Nutrition Knowledge and Food Beliefs”
- “The What and Why of IDDSI (International Dysphagia Diet Standardization Initiative “
- “Culinary Medicine: The Role of Dietitian as Teacher, Innovator & Researcher

A total of three Continuing Education Units were offered; Webinars were recorded and available to members on the website.

The Membership Committee provided two scholarships for on-line Certificate of Training for a topic of the member's choice. Two members were randomly selected from twenty-three members who expressed interest.

EC members collaborated and submitted two joint-COGA sessions that were accepted:

- Spotlight Session Proposal for 2019 FNCE<sup>®</sup> entitled "Growing Together: Diversifying Dietetics Through Mentoring"
- Today's Dietitian 2019 entitled "Mind the Gap! Navigating the Inter-Generational Workplace in Dietetic Practice"

## Networking and Connecting

2018-19 FNCE<sup>®</sup>, Washington, DC

- MIG Showcase was planned to offer opportunities to connect with new and prospective members; fifteen new members were signed-up at the showcase and two Eatright store gift certificates were awarded to those who entered the drawing.
- Member Reception Members and those interested in becoming members learned more about COGA at the reception. The Academy Diversity Committee Chair was present at the reception and suggested collaborative effort between the groups. In addition, 4 Academy Student Liaisons and students scholarship winners were in attendance.

The Communications Committee worked diligently, supporting the EC priorities and recognizing that one key to member satisfaction is communication and knowledge of what is happening with COGA.

- Developed a Calendar of Communications to guide them in sharing regular, frequent and relevant information from both COGA and the Academy Media Kit.
- Established a social media presence, creating both a new Facebook page and Twitter account for COGA. Timely posts to Facebook and Community Discussion and Communications Boards totaled over thirty for the year.
- Coordinated with other EC members to design and blast three formal eupdates, which included links to specific initiatives and information. Eupdates were adopted by COGA to be the substitute to newsletters.

## Member Recognition

The Membership Committee initiated a Member Spotlight Program. Three COGA members and their significant accomplishments were recognized via all communication venues and included on the website.

Complimentary COGA membership was granted to three Academy members who did not renew their COGA membership during the transition year. They were identified upon completing a survey tool prepared specifically for non-renewing members.

Annual Report Prepared by: Joyce Scott-Smith, MS, RDN, LDN, Immediate Past Chair