

SCAN

2018 2019

annual report



**Sports,
Cardiovascular,
and Wellness
Nutrition**

a dietetic practice group of the

eat right. Academy of Nutrition
and Dietetics

SCAN's Mission, Vision, and Credo

Mission

Optimize health and human performance through the integration of nutrition with sports, physical activity, cardiovascular health, and well-being.

Vision

A world where all people perform to their potential powered by nutrition and physical activity.

The SCAN Credo

As a dietetic practice group of the Academy of Nutrition and Dietetics, SCAN is dedicated to nutrition for sports and physical activity, cardiovascular health, and wellness. We hold to a set of essential beliefs that form the basis of our mission and vision and are manifested through the principles of excellence, integrity, and credibility that are evident in all our endeavors. These beliefs are embodied in the relationships we build and maintain with our constituents as we fulfill our responsibility to them.

Those Seeking Information

We educate consumers about sound nutrition practices and how these can nourish the body and reduce the risks and impact of disease. We do this first by doing no harm and next by providing sound, evidence-based information. Our audiences include athletes, consumers, health and fitness professionals, the media, and members of the food and nutrition industries and regulatory agencies. We recognize the diverse backgrounds of these constituents and tailor our services accordingly.

SCAN Members Seeking Community

We acknowledge members as our greatest resource and embrace their diversity. We provide them with strong leadership that is centered on a food first approach to achieving peak performance and optimum health and wellness. We recognize our members as preeminent authorities in their areas of practice, and seek on their behalf new opportunities for research, innovation, and professional growth. We provide prompt and courteous support, timely information, and a forum for the exchange of ideas in a safe and collegial environment. We offer leadership development, opportunities to serve and network, and professional recognition.

Health Care and Industry Seeking Partners

We collaborate with entities that share our commitment to using the best science and healthful eating practices to guide the public in making sound nutrition choices. Using our collective resources, we empower people to take charge of their health, reduce the risk of preventable illness, and maximize performance. We maintain the highest standards of ethical behavior as set forth by the Academy of Nutrition and Dietetics.



SCAN's Goals

- SCAN members are recognized and chosen as experts in food and nutrition for human performance across sports and physical activity, cardiovascular health, and wellness.
- SCAN members value the integration of three practice areas to provide comprehensive evidence-based medical nutrition therapy to improve the health of those we serve.
- Members and prospective members view SCAN as key to professional success.

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A Message from the Chair

A Year of Strategic Changes and Expanded Horizons

The past fiscal year (FY 2018-2019) has been an exciting time of change and some firsts for SCAN. In July 2018, the SCAN Executive Committee spent a few days strategically planning and updating our mission and vision to meet the changing needs of dietetics and our future as professionals in this field. The update to our mission and vision focuses on the addition of human performance as a focus area instead of just physical activity.

Why human performance? The goal of our new mission is to be more inclusive and consider all human activities in the quest to optimize performance. SCAN's new vision and mission embrace the power of nutrition to tap the full potential of human performance for individuals across a range of physical, cognitive, occupational, and life stage realities. SCAN is strongly committed to our practice areas (sports nutrition, cardiovascular nutrition, and wellness) and this new effort seeks to amplify our programming in current areas and expand the aperture of our skill sets to the next level of human performance. SCAN is the first dietetic practice group to focus on this up-and-coming arena and we are proud to break into this new frontier!

Another exciting highlight for SCAN in FY2018-2019 was introducing our new focus on deliberate development of leadership. We will be working to streamline and increase opportunities for professional development and growth for our members. Toward this end, we created an executive-level leadership director to propel this initiative forward.

I'm excited to see what is next for SCAN as we embrace human performance and focus on increasing our professional development opportunities for our members.

Lindzi Torres, MPH, MS, RDN, CSSD
2018-2019 SCAN Chair

1982-1983	Francis Trakis-Fisher
1983-1984	Marilyn Schorin
1984-1985	Nancy Muir
1985-1986	Janet Horowitz
1986-1987	Jacqueline Marcus
1987-1988	Jean Storlie
1988-1989	Jeannette Harris
1989-1990	Jackie Berning
1990-1991	Karen Reznik Dolins
1991-1992	Kristine Larson Clark
1992-1993	Linda Zorn (Newcomb)
1993-1994	Martin Yadrick
1994-1995	Nicki Zeidner
1995-1996	Lynn Umbreit
1997-1998	Karen Ross
1998-1999	Ruth Carey
1999-2000	Rita Johnson
2000-2001	Kris Bradsher
2001-2002	Karen Kratina
2002-2003	Mary Kaye Sawyer-Morse
2003-2004	Ellen Coleman
2004-2005	Michele Macedonio
2005-2006	Chris Rosenbloom
2006-2007	Leslie Bonci
2007-2008	Roberta Anding
2008-2009	Hope Barkoukis
2009-2010	Gale Welter
2010-2011	Tara Coghlin-Dickson
2011-2012	D. Enette Larson-Meyer
2012-2013	Ingrid Skoog
2013-2014	Jenna Bell
2014-2015	Carol Lapin
2015-2016	Eve Pearson
2016-2017	Karen Collins
2017-2018	Cheryl Toner
2018-2019	Lindzi Torres
2019-2020	Jennifer Ketterly



SCAN's Accomplishments

Making Needed Changes Today for a Promising Tomorrow

From beginning to end, fiscal year 2018-2019 reflected a time for adopting changes to prepare for a new decade and the future of dietetics. Starting with a refinement of SCAN's mission and vision, SCAN then proceeded to focus on expanding members' expertise and visibility through new initiatives, deepened relationships, and relevant programs and services.

An All-Inclusive Mission and a Broader Vision

The new changes in SCAN's mission and vision are important to members—but why? As is true with other organizations, a mission defines the approach taken in the present to reach the vision and goals of the organization in the future. By updating SCAN's mission and vision in July 2018, the Executive Committee broke new ground for widening the potential reach and skill sets of SCAN members. That means that members can look forward to new and expanded learning opportunities in the future. SCAN's updated mission and vision are shown on page 2 and explained in "A Message from the Chair" on page 3 of this report.

Member Survey: Gauging Your Needs

Once again, the SCAN Member Survey proved to be a highly useful mechanism for helping the Executive Committee shape the programs, services, tools, and initiatives that members will find valuable. The feedback produced by such surveys is crucial to determine the best direction for meeting member needs, and SCAN thanks the many members who responded to the FY2018-2019

survey. Through their survey participation, respondents helped steer SCAN leaders in their work to advance the profession and serve members optimally.

New Emphasis on Member Leadership

One huge—and often untapped—benefit of SCAN membership is the array of opportunities for leadership and professional development. Becoming involved in these opportunities not only helps members progress professionally but also provides immeasurable personal satisfaction. To bring these leadership opportunities to the fore, SCAN devoted time and effort in FY2018-2019 to create a new position on the Executive Committee: the position of Leadership Director. Efforts relating to this new focus on leadership include streamlining SCAN's current volunteer roles, identifying gaps in the needs of SCAN's subunits, and providing opportunities for the professional development of our members.

Launching a New SCAN Website

Members have indicated that the SCAN website is important to them, making it critical that the website lives up to their expectations and meets their needs today and in the coming years. In FY2018-2019, SCAN's website underwent a major overhaul. The new and improved website is designed to increase engagement of members and expand digital capabilities for future programming. It also provides easier navigating for a better online experience.

In addition, www.scandpg.org has a refined new look and presents the changed official names of SCAN's practice areas, now referred to as Sports Performance, Cardiovascular Health, and Wellness & Wellbeing. As in the past, the website give members access to the Natural Medicines Database as well as a host of resources, tools, publications, webinars, career information, discussion forums, networking opportunities, and more.

Information-Packed Publications and Tools for Members

SCAN continues to provide publications to help members stay a step ahead and tools to help them educate and support clients. In FY2018-2019 these free member benefits, available online, included:



- **SCAN'S PULSE.** As SCAN's flagship publication and revered member benefit, *PULSE* delves into evidence and observations relating to sports, cardiovascular, and wellness nutrition. Featured are peer-reviewed articles, conference highlights, research summaries, book reviews, and more. In 2018-2019, members had the opportunity to earn up to 3 CPEUs from the quarterly *PULSE*.
- **SCAN Connection Newsletter.** The practice-focused *SCAN Connection*, compiled by teams from each of SCAN's subunits, brings together current trends and research as well as SCAN updates all in one place. Entering its second year in FY2018-2019, this newsletter is published quarterly.
- **The Beat.** Written by and for SCAN student members, *The Beat* quarterly newsletter offers a fresh collection of ideas and perspectives for this important segment of our membership. Each edition highlights an outstanding RD, graduate program, and dietetic internship, along with news and other information.
- **Fact Sheets.** Providing concise and authoritative information on various nutrition topics in SCAN's practice areas, SCAN's colorful fact sheets make outstanding tools to use with clients. In FY2018-2019, eight new fact sheets were added to the growing list of these popular resources.

Education To Help Members Excel

A high priority of SCAN is to provide education that sharpens members' skills as well as broadens and deepens their knowledge. The following educational offerings were available to members in FY2018-2019:

- **Webinars.** Taking advantage of the convenient "anytime, anywhere" programs offered at www.scandpg.org, many SCAN members turn to SCAN's on-demand webinars to obtain important information and trusted education. These webinars, presented by experts in the field, offer CPEUs and are free to members for the first month. In FY2018-2019, two new programs joined the list of webinar offerings.
- **2018 FNCE®.** At the 2018 Academy of Food & Nutrition Conference & Expo™ (FNCE®), the SCAN Spotlight Session explored "The Heart of an Athlete: Managing Hypertension in Athletic Population." In addition, a pre-conference program—the Enhancing Your Sports Nutrition

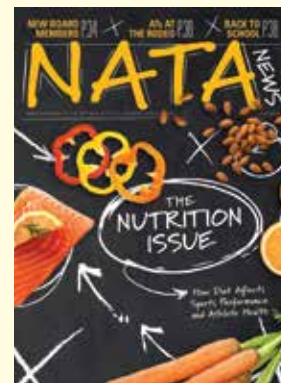
Practice Workshop—was presented by Gatorade Sports Science Institute. Examined were the evolving role of carbohydrates in sports nutrition; nutrition for injury recovery; and managing fuel stations on the road.

- **2019 SCAN Symposium.** The 35th Annual SCAN Symposium at the Pointe Hilton Tapatio Cliffs Resort in Phoenix, AZ was a high-energy gathering, as usual. Carrying the theme of *Navigating the Path to Wellness*, the 2019 SCAN Symposium drew hundreds of professionals and succeeded in equipping them with new knowledge, fresh ideas, and professional contacts. Among other highlights, the conference featured 27 stimulating educational sessions, top-notch speakers, and unrivalled networking activities.

SCAN Authors Spotlited in NATA News

Thanks to an impressive collaboration between SCAN and the National Athletic Trainers' Association (NATA), articles written by five SCAN members were prominently published in the July 2018 edition of NATA News.

The readership of this monthly magazine encompasses some 44,000 members of NATA, thus placing nutrition and SCAN dietitians center stage in the athletic training arena. Such heightened visibility among the nation's athletic trainers bodes well for SCAN dietitians as well as athletes.



Dubbed "The Nutrition Issue," the nutrition-related articles presented information on nutrition and athletic training; injury recovery and rehabilitation nutrition; hydration among young athletes; nutrient timing for athletes; metabolic syndrome; and the athletic trainer's role in protecting at-risk athletes from low energy availability.

Welcoming the Next Decade

With SCAN soon entering a new decade, there will be new territory to forge and wider horizons ahead. Guided by a new mission and vision to improve human performance for all individuals, SCAN is now more prepared to be an integral part of a new, more inclusive age. Through dedicated leaders and an involved membership, SCAN can continue to help members position themselves well and embrace the future.

Corporate Sponsors

Our Thanks to SCAN's Valued Sponsors

Sponsorship fills the gap between member dues and the level of funding needed to fuel benefits for our members. The vital support of sponsors enables programming such as *SCAN'S PULSE*, our website, the Annual SCAN Symposium, webinars, events at FNCE®, networking, leadership development, and more.

Our appreciation goes to the following sponsors who supported SCAN in FY2018-2019:

Build Up RDN
 California Dried Plum Board
 California Walnut Commission
 Chicago Bar Company LLC
 Eating Recovery Center
 CLIF Bar & Company
 The Gatorade Company
 General Mills Inc / Bell Institute of Health,
 Nutrition, & Food Safety
 Global Organization of EPA and
 DHA Omega-3s GOED
 Hilton Tapatio Cliffs Resort
 Hass Avocado Board
 International Spy Museum
 Lifeway Foods
 National Cattlemen's Beef Association
 National Dairy Council
 National Watermelon Promotion Board
 NOW Sports
 Orgain, Inc.
 POM Wonderful
 Simple Mills
 United Soybean Board

SCAN 2018-2019 Statement of Income and Net Assets

	FY2018-2019 Full Year Actual (\$)	FY2018-2019 Full Year Budget (\$)
Revenue		
Membership Dues	198,319	215,785
Meeting Registration Fees	64,129	93,365
Booth Space Rental	0	14,100
Continuing Ed. Material Sales	7,667	7,000
Royalties	11,257	10,900
Subscription Income	0	100
Grants/Contracts	110,000	185,000
Miscellaneous Receipts	50	0
Total Operating Revenues	391,422	526,250
Expenses		
Lodging	22,521	41,134
Subsistence	5,862	13,356
Transportation	31,618	54,646
Professional/Consulting	228,914	268,524
Postage	0	340
Freight	1,931	2,400
Office Supplies	27	1,100
Telephone	13	360
Teleconference Expense	4,005	1,445
Website Hosting	3,069	969
Depreciation	11,163	10,000
Other Expense	4,235	1,875
Books/Subscriptions	4,222	27,634
Member Dues/Seminar Fees	2,446	3,900
Credit Card Processing Fees	4,250	6,932
Outside Services	21,907	0
Donation to ADAF	4,566	4,905
Honorariums/Awards	16,059	21,400
Rental-Off Site	8,500	0
Audiovisual	41,013	31,929
Expo/Meeting Services	600	4,500
Foodservice	86,339	72,075
Printing/Copying	1,686	6,315
Total Operating Expenses	504,946	575,739
Operating Excess - Deficit	-113,524	-49,489
Investment Income	57,294	0
Net Income - Deficit	-56,230	-49,489

SCAN Awards and Honors



SCAN Achievement Award

Established in 1985, this award honors a member who has played a significant role in the evolution of our dietetic practice group.

1985 Merle Best	1994 Ellen Coleman	2003 Rita Johnson	2011 Roberta Anding
1986 Jean Storlie	1995 Kristine Clark	2004 Marty Yadrack	2013 Christina Scribner
1987 Marilyn Schorin	1996 Lori Valencic	2005 Karen Dolins	2014 D. Enette Larson-Meyer
1988 Jackie Berning	1997 Linda Zorn	2006 Marie Dunford	2015 Leslie Bonci
1989 Penny Kris-Etherton	1998 Nicki Zeidner	2007 Michele Macedonio	2016 Hope Barkoukis
1990 Georgia Kostas	1999 Lynn Umbreit	2008 Christine Rosenbloom	2017 Brenda Davy
1991 Nema Frye	2000 Karen Ross	2009 Nancy DiMarco	2018 Christine Karpinski
1992 Nancy Clark	2001 Ruth Carey	2009 Patti Steinmuller	2019 Carol Lapin
1993 Dan Benardot	2002 Julie Burns	2010 Ingrid Skoog	

SCAN Excellence in Practice Award

This award, created in 1997, recognizes a member's outstanding practice in one of SCAN's practice areas.

1997 Mary Dodds-Spoon	2005 Marilyn Holms	2012 Karen Collins	2016 Sharon Smalling
1998 Denise Ferko-Adams	2006 Nancy King	Alisa Krizan	2017 Kathleen Woolf
1999 Karin Kratina	2007 Karen Balnicki Wetherall	Nanna Meyer	2018 Meridan Zerner
2001 Melinda Manore	2008 Nancy Clark	Eileen Stollefson Meyers	2019 Geeta Sikand
2002 Sondra Kronberg	2009 Lisa Carlson	2013 Satya Jonnalagadda	
2003 Susan Kundrat	2010 Reba Sloan	2014 Tara Coghlin Dickson	
2004 Brenda Davy	2011 Karen Daigle	2015 Jessica Setnick	

SCAN Student Award

Created in 2013, this award recognizes a student member for outstanding achievement and commitment to SCAN.

2013 Sara Shipley
2014 Lauren Kort
2019 Alexis Moore

SCAN Distinguished Scholar Award

First awarded in 2007, this honors a member or nonmember who has made an outstanding contribution to research or the practice of dietetics as a result of continued commitment to scholarship.

2007 Louise Burke
2011 Melinda Manore
2015 Jennifer Burris
2016 Tanya Halliday
2018 Cortney Steele

SCAN Ambassador Award

This award salutes a nonmember who has championed the role of registered dietitian nutritionists and SCAN in the promotion of healthy, active lifestyles.

2009 Dan Riley
2011 Patricia Babjak
2016 Linda Van Horn
2017 Stella Lucia Volpe

Sports Dietetics-USA Meritorious Service Award

This award, created in 2010, recognizes exceptional volunteer services to the SD-USA subunit and SCAN.

2010 Suzanne Girard Eberle
2017 Ralph La Forge

SCAN's 2019 Honorees

SCAN has a long tradition of honoring members who demonstrate high achievement and excellence in practice. Congratulations to the three members most recently honored by SCAN:

2019 SCAN Achievement Award

Carol Lapin

2019 SCAN Excellence in Practice Award

Geeta Sikand

2019 Student Award

Alexis Moore

SCAN Leadership



SCAN salutes our volunteers, whose contributions to our programs, services, and initiatives are enormous—they keep our profession moving forward. Members interested in becoming a SCAN volunteer should visit www.scandpg.org/volunteer-scan/. Shown here are SCAN's elected and appointed leaders for the past and current fiscal years.

2018-2019 Executive Committee

Chair

Lindzi Torres

Chair-Elect

Jennifer Ketterly

Past Chair

Cheryl Toner

Treasurer

Lynn Ciadella Kam

Secretary

Sherry Stastny

Director of Communications

Cara Harbstreet

Director of Member Services

Karen Reznik Dolins

Director, Sports Dietetics-

USA (SD-USA) Subunit

Elizabeth Abbey

Co-Directors, Wellness and

Cardiovascular Nutrition

(Wellness/CV) Subunit

Mark Hoestein

Geeta Sikand

Director of Events

D. Enette Larson-Meyer

Leadership Development

Director

Gretchen Fivecoat

SCAN Delegate to

House of Delegates

Jean Storlie

Editor-in-Chief,

SCAN'S PULSE

Mark Kern

Interim Executive Director

Adriana Legried

Academy DPG Relations

Manager

Rita Brummett

Nominating Committee

Michele Macedonio, Chair

Jackie Buell

Cheryl Toner

Allison Parker

James Seeger

2019-2020 Executive Committee

Chair

Jennifer Ketterly

Chair-Elect

Chris Karpinski

Past Chair

Lindzi Torres

Treasurer

Lynn Ciadella Kam

Secretary

Caroline A. Mandel

Director of Communications

Cara Harbstreet

Director of Member Services

Michelle S. Rockwell

Director, Sports Performance

Subunit

Linda Boyer-Samuels

Director, Cardiovascular

Health Subunit

Geeta Sikand

Director, Wellness &

Wellbeing Subunit

Mark Hoesten

Director of Events

Robert Anding

Leadership Development

Director

Gretchen Fivecoat

SCAN Delegate to

House of Delegates

Jean Storlie

Editor-in-Chief,

SCAN'S PULSE

Mark Kern

Executive Director

Tresha M. Russell

Academy DPG Relations

Manager

Tresha M. Russell

Nominating Committee

Caroline Sullivan, Chair

Josephine Connolly-

Schoonen

Katy Figel

Sally Hara

Lindzi Torres

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www.scandpg.org