

Dietitians in Integrative and Functional Medicine

a dietetic practice group of the
 Academy of Nutrition and Dietetics

Dietitians in Integrative and Functional Medicine

Annual Report 2017-2018

Respectfully submitted by:

Mary Purdy, MS, RDN Past Chair

VISION

Optimize health and healing with integrative and functional nutrition

MISSION

Empower members to be leaders in integrative and functional nutrition

VALUES

Innovation, Integrity, and Compassion

General:

Website: www.IntegrativeRD.org

JOIN HERE: <https://integrativerd.org/join/>

Facebook: <https://www.facebook.com/integrativerd/>

Twitter: <https://twitter.com/integrativerdn>

Instagram: <https://twitter.com/integrativerdn>

Email address for contacting: MaryPurdyRD@gmail.com or info@integrativeRD.org

Membership numbers:

June 1, 2017: DIFM = 4765 total members

May 31, 2018: DIFM= 5228

We gained 463 members to close out the year at a total of 5228 DIFM members.

Executive Committee:

Elected Officers: June 1, 2017 – May 31, 2018

*Voting Member

*Chair, Mary Purdy, MS, RDN

*Chair-Elect, Danielle Omar, MS, RDN

*Past Chair, Kelly Morrow, MS, RDN, CD

*Secretary, Denine Rogers, MS, RDN LD, FAND

*Treasurer, Dana Elia, MS, RDN, LDN, FAND

*Nominating Chair, Stephanie Harris, PhD, MS, RDN, LD

Nominating Committee Chair Elect, Susan Linke, MBA, MS, RD, LD

*DPG Delegate 2016-2019, Mary Beth Augustine, RDN, CDN, FAND

All Committees, Subgroups, Work Groups, or Ad Hoc Committees

1. Executive Assistant/Web Editor: Amy Jarck
2. Diversity Committee
 - a. Miho Hatanaka, RDN
 - b. Denine Rogers, MS, RDN LD, FAND
 - c. Rita Kashi Batheja, MS, RDN, CDN, FAND, AFMCP
3. Nominating Committee
 - a. Jessica G Redmond, MS, RD, CSCS
4. Newsletter Committee
 - a. Newsletter Editor: Sarah Harding Laidlaw, MS, RDN, MPA, CDE
 - b. Newsletter Associate Editor: Jena Savadsky Griffith, RDN
 - c. Holly Van Poots, RDN, CSP, FAND
 - d. Dina Ranade, RDN, LD
 - e. Racquel Praino, BASC, RDN
5. Member Services Committee
 - a. Monique Richard, MS, RDN, FAND
6. Sponsorship Chair
 - a. Bridgitte Carroll, MS, RDN, LDN
7. FNCE® Planning Co-Chairs
 - a. Mary Alice Gettings, MS, RDN, LDN, CDE
 - b. Ann Sukany-Suls, M.Ed, RDN, LD

8. Policy Advocacy Committee
 - a. Lisa Shkoda, BS, RDN, CNSC, CSP, FAND
 - b. Christine Benson
9. Marketing Committee
 - a. Chair: Michelle Loy, MPH, MS, RDN
 - b. Malorie R Blake, MS, RDN, LDN, CLT
 - c. Olivia Wagner, MS, RDN, LDN
 - d. Melissa Groves, MS, RDN
10. State Coordinators
 - a. State Coordinator- CA: Danica Cowan, MS, RD
 - b. State Coordinator- CA: Sangeeta Shrivastava, PhD, MS, RDN
 - c. State Coordinator-FL Marilyn Smith-Gordon, EDD, RDN, CSSD, LDN
 - d. State Coordinator-NY: Jessica G Redmond, MS, RD, CSCS
11. Network Chair
 - a. Alicia Trocker, MS, RDN
 - b. Mary Therese Hankinson, MBA MS RD
12. Professional Advancement Chair & Associate
 - a. Kory DeAngelo, MS, RDN
 - b. Therese Berry, MS, RDN, LD, CNSC
13. Student Member Co-Chairs
 - a. Anita Davila, BS
 - b. Staci Belcher, RDN
14. Volunteer Chair
 - a. Kelly Morrow, MS, RDN, FAND
15. Mentorship and Coaching Chair
 - a. Lesli Bitel, MBA, BS, RDN, LD
16. Connecting Educators Chair
 - a. Aarti Batavia, MS, RDN, CLT, CFSP, IFMCP
 - b. Jessica Redmond, MS, RDN

Key Activities and Accomplishments of DIFM DPG 2017-2018:

Theme for the year was Simplify, Strengthen, Strategize

1. Distributed a Future Practice Survey April 2017
2. Completion of the Joint DIFM DPG and DPBRN Project: Role Delineation and Decision-Making Frameworks for Integrative and Functional Medicine RDN's: Descriptive Mixed Methods Research
3. Two Informational handouts created and approved:
 - a. Anti-Inflammatory Diet
 - b. Fermented Foods
4. Initiated first Diversity Stipend and Diversity webinar series

5. 16 DIFM board members funded to attend FNCE® in Chicago, IL
 - a. Well attended Student panel
6. 10 DIFM Executive Committee and Leadership Team members funded to attend Spring Leadership Retreat in Seattle, WA
7. State coordinator events in California and Florida and NY
 - a. Very active group in California with own Facebook page and meet ups as well as CEU events.
8. Local DIFM meet ups throughout the summer 2017 in Chicago and Seattle partnering with Nutrition Entrepreneurs
9. Continued to utilize the new communications platform called SLACK that has helped us stay connected and organized on our projects
10. Distributed a Membership Needs Survey
11. Connected with and shared resources/handouts/webinars with fellow DPG's like HEN and DHCC
12. Many successful Social Media campaigns
 - a. Recipe and other contests to increase engagement
13. SOP (Standards of Practice) & SOPP (Standards of Professional Performance) are being revised with – workgroup members include, Sudha Raj, Diana Noland, Monique Richard and Academy www.eatrightpro.org/sop
 EC Reviewer or Authors - EC Reviewer: Monique Richard; mmr2v@mtmail.mtsu.edu , Author: Diana Noland; Diana@diananoland.com , Author: Sudha Raj; sraj@syr.edu

DIFM has the 3rd highest selling module from the Academy, The Online Certificate of Training Program in Integrative and Functional Nutrition - 3411 registered as of May 2018 *Module 3 – Detoxification of the Online Certificate of Training Program in Integrative and Functional Nutrition is currently unavailable for purchase as it is undergoing a mandatory revision per the Academy of Nutrition and Dietetics provider requirements through the Commission on Dietetic Registration.*

EC Members funded to attend meetings:

Lisa Shkoda, Policy Advocacy Chair and Chris Benson attended the PPW 2017 fall meeting

Mary Beth Augustine represented DIFM at the HOD meeting at FNCE October 2017

Number of EC meetings: 10 by phone and 2 in person

1. Spring Leadership Retreat FY 2017-2018 held May 3-6, 2018 in Isle of Palms, (Charleston), SC
2. FNCE® 2017 Meeting in Chicago, IL October 2017

Policy Advocacy Chair, Lisa Shkoda funded to attend PPW 2017

Involvement in the Academy National Elections:

2017 Dietitians in Integrative & Functional Medicine (DIFM) – 27.27%

FNCE® Summary:

1. EC meeting information:

Thursday, October 19, 2017 at 3pm and Friday, Oct 20, 2017: 8:30am-5:30pm

2. DIFM Symposium: <https://integrativerd.org/event/difm-symposium/>

Feed Your Genes. Feed Your Brain.

Saturday, October 21, 2017

11:00 am to 3:30 pm

McCormick Place West (Convention Center), Room W187 ABC

2301 S. King Drive • Chicago, Illinois 60616

11:00 to 12:30 p.m. Implementing Genomics: Understanding How Genetics Impacts Nutritional Recommendations for Cognition and Mental Health presented by Nathan Morris, M.D.

12:30 to 1:30 p.m. Light Lunch and Vendor Time

1:30 to 3:00 p.m. Integrative and Nutritional Strategies for Anxiety presented by James Greenblatt, M.D.

Approved by the Academy for 3 CPEs

Thank you to our program sponsors!

Pure Encapsulations

Emerson Ecologics

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Integrative Therapeutics

Thanks to our DIFM SWAG BAG Contributors!

Biena

Grainful

Integrative Therapeutics

Simple Mills

DIFM's Member Appreciation Event at FNCE®

Monday, October 23, 2017

Hyatt Regency Chicago, Room Plaza AB

6:30 pm to 8:30 pm
Exclusively Sponsored by PURE Encapsulations

Student Panel

Monday, October 23, 2017
Hyatt Regency Chicago, Room Plaza AB
8:30pm to 9:00 pm
Immediately following the Member Reception

No FNCE® Spotlight Session in 2017

New/ significant projects, investments, programs, etc.

Dietetics Practice Based Research Network
(DPBRN) research project with research fellow, Emily Goodman, MS, RD, LD. total project estimated around \$85K, split between POWs 2016-2017 and POW 2017-2018

In conjunction with the research project, the Best Available Evidence: A New Clinical Decision Tool to Guide Critical Thinking Website launched, <https://integrativerdtool.org/>

Second Century Donation of \$5000

Newsletters/Electronic Communication:

Number of issues sent to members: 4 printed newsletters. 4 digital/e-versions sent via eblast and posted to archives.

Identify key topics/articles and if there was CPEU provided

1. Summer 2017
2. Fall 2017
3. Winter 2018
4. Spring 2018

2018 Spring Newsletter E-Version

Nutrition and Pain Management: Putting Pain Relief on the Menu - **CPE Article**

How Research Translates to Supplement Innovation

Potential Botanical Use in Pain Management

Mind-body Theory of Chronic Pain: Are We Ready to Embrace the Work of Dr. John Sarno

Mind-Body Practices for Pain Management: The Pilates Method and Chronic Low Back Pain

Hyperuricemia and Related Painful Diseases

A Nutritional Approach to Cognitive Decline

2018 Winter Newsletter E-Version

Nutritional Regulation of Endothelial Function for Reducing Cardiovascular Disease Risk

Integrative Therapies for Binge Eating Disorder

Donating Blood Reaps Significant Rewards

The Herbal Gram/Chili Pepper: New Research Bolsters Evidence of Hot Chili Peppers' Health Benefits

Fall 2017 Newsletter E-version

Medical Cannabis: Considerations for Dietitians Working in Oncology- **CPE Article**
Subclinical Hypothyroidism-Controversial Treatment

2017 Summer Newsletter E-Version

The Biochemistry of Cannabis: THC, CBD, and the Endocannabinoid System
Influence of the Microbiome on Reproductive and Metabolic Health in Women
Confronting Cancer with Diet
Daily Detox at Dinner

Newsletter Editor: Sarah Laidlaw, MS, RDN

Newsletter Associate editor: Jena Savadsky Griffith, BA, BASC, RDN

Newsletter Copy Editor: Holly Van Poots, RDN, CSP, FAND

Newsletter CPE Editor: Shari B Pollack, MPH, RDN

Newsletter section on the DIFM website: <https://integrativerd.org/archived-newsletters/>

Highlight any upgrades to the newsletter from the previous year: The only upgrade or change is occurring in the FY 2018-2019 , we are moving from the four printed to one printed newsletter and four digital newsletters. Sarah Harding Laidlaw will retire as Newsletter editor at the end of FY 2017-2018 and Jena Savadsky Griffith will begin as Newsletter Editor in June 2018.

Webinars:

Topic, speaker and credentials, and date of all webinars

Identify if CPEU was available for any

Include sponsorship information if applicable

Consider hyperlinking to webinar section of the DPG/MIG website if webinars were recorded

2017-2018 DIFM Webinars

<https://integrativerd.org/webinars-archived/>

Date	Title	Speaker	CPE
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7/14/2017	Mastering your Money Mindset presented by Lesli Bitel, MBA, RDN, LDN, CLT, CWC, DIFM Coaching and Mentoring Chair		
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9/18/2017	Interview Series with Lesli Bitel: A Talk with Mary Purdy, MS RDN		CPE Offered
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11/7/2017 Interview Series with Lesli Bitel: A Talk with Sheila Dean DSc, RD, LD, CCN, CDE, IFMCP CPE Offered

1/10/2018 Interview Series with Lesli Bitel: The Mindfulness-Based Integrative Dietitian; Tips to Transform our Personal and Professional Practice...A Talk with Andrea Lieberstein, MPH, RDN, RYT CPE Offered

2/21/2018 Interview Series with Lesli Bitel: Elevating Our Role as RDN & Expanding our Toolbox: Tips in Applying IFMNT in Any Setting, A Talk with Monique Richard, MS, RDN, LDN, RYT-200 No CPE Offered

3/14/2018 Interview Series with Lesli Bitel: How to Practice Legally in Person and Online, A Talk with Lisa Fraley, JD, CHHC, AADP No CPE Offered

1/23/2018 Your Brain on Food -- Nutrition for the Mind by Mary Purdy, MS RDN - CPE Offered

2/27/2018 Healthy Food for All: Challenges to and Strategies for Promoting Access to Nutritious Food by Jenna Umbriac, MS, RDN - CPE Offered

3/13/2018 Be the Change You Want to See: Getting Started in Public Policy by Lisa Shkoda, BS RDN CNSC CSP FAND and Christine Benson MPH RDN - CPE Offered

4/19/2018 Understanding the Diverse Cultures and the Use of CAM in Muslim Populations by Sara Elnakib, RD MPH CHES - CPE Offered

5/17/2018 Ayurveda, an Ancient Indian Medical System gaining strength as a complementary medicine in the West by Pushpa Soundararajan, RDN, LD, MBA, AHE, AFNC, CYI - No CPE Offered

7/11/17 Estrogen and Cardiovascular Health: Nutritional Implications for Perimenopausal and Postmenopausal Women by Dr. Felice Gersh- CPE Offered. SPONSOR—Pure Encapsulations

11/8/2017 A Proactive Path to Good Health: A Targeted Healthy Weight Management Program by Caroline Cederquist, MD - CPE Offered - SPONSOR -- Pure Encapsulations

12/12/2017 Social Media Survival Course for Dietitians by Ginger Hultin, MS RDN CSO - CPE Offered

2/15/2018 Diabetes in the African American Population: Improving Outcomes with Traditional Diets and Integrative Nutrition by Constance Brown-Riggs MEd, RD CDE CDN - CPE Offered

4/25/2018 Integrating Yoga into Nutrition Therapy by Beverly S Price RD MA E-RYT-200, C-IAYT, CEDRD-S - CPE Offered

5/10/2018 Nutrition Care Process from an Integrative and Functional Perspective by Cynthia Bartok, PhD, RDN and Kelly Morrow, MS, RDN, FAND - CPE Offered

Awards: List awards offered and winners along with their credentials

1. Diversity Stipend was \$500, and the recipient was Cynthia E. Johnson, DrPH, MS, LDN, CHES
2. Randomly Selected Winner from those who completed the Membership Survey:
Name Karen Leverett
3. Public Policy Stipend: 2017 \$500 Public Policy Workshop attendance stipend awarded to: Lisa Bunn, CSCS, RD
4. The winners of the 2017-2018 DIFM awards, awarded at FNCE® 2018
Lifetime Achievement- Susan Allen-Evenson RDN, LDN, CCN, FMN
Excellence in Service- Sudha Raj PhD, RDN, FAND
Outstanding Student- Angie Wu
5. The winners of 2016-2017 DIFM Awards, awarded at FNCE® 2017
DIFM Visionary Award – Rita Batheja MS RDN CDN FAND
Excellence in Service – Alicia Trocker MS, RDN, IFNCP
Excellence in Practice – Lisa Dorfman MS, RD, CSSD, LMHC, FAND
6. Research Grants
 - a. Linda Knol, PhD, RD and Kristi Crowe-White, PhD, RD: \$5000 (member). Title of project: REDOX ME: An investigation of the relationship between oxidative stress biomarkers and mindful eating practices
 - b. Terry Podolak, RD, CDE, and Minakshi Roy, MS, RD: \$2000 (member runner-up). Title of project: Effect of probiotics on immunosuppressive drugs associated diarrhea in renal transplant recipients.
 - c. Kristin Hoddy, PhD, RDN: \$1000 (student). Title of project: The microbiome as a mediating link between the effect of diet quality on sleep quality

Networks (if applicable)

List all Networks:

1. We maintained our existing network relationships with the American Botanical Council, Arizona Center for Integrative Medicine, International Society of Nutrigenetics and Nutrigenomics (ISNN), The Center for Mind-Body Medicine, University of Kansas Medical Center, Dietetics & Nutrition-Integrative Medicine. This is an area we are actively trying to increase offerings to our members by

engaging network partners to provide continuing education and mentorship. We are working towards a partnership with the Integrative Healthcare Policy Consortium. Awaiting approval from the Academy.

2. **Include any events the DPG was involved in with Networks this year:** Alicia Trocker, MS, RDN, Associate Network Chair, met with representatives of the International Society of Nutrigenetics and Nutrigenomics (ISNN) when attending their annual conference.
3. **Booth at the Integrative Healthcare Symposium in New York, February 2018**
4. Representation at annual Plant-based Prevention Of Disease Conference in North Carolina

State Coordinator Organized CA Symposium: Unraveling the Details on Nutritional Genomics and GI Health

Saturday November 4, 1:00 PM to 4:00 PM

Venue: Art Institute of CA Orange County

Organizer Sangeeta Shrivastava PhD, RDN

California Coordinator DIFM DPG

“Nutritional influences on inflammation of GI disorders”

Diana Noland MPH, RDN, CCN,

Nutrigenetics, Nutrigenomics, Epigenomics, Oh My!

Cary Kreutzer, EdD, MPH, RDN, FAND,

Sponsorship:

SPONSORS:

Emerson Ecologics

Gaia Herbs, Inc.

Integrative Therapeutics

PURE Encapsulations

Orgain

University of Western States

Simple Mills

Grainful

Biena Foods

Rhythm Foods

KabritaUSA

Kitchfix

Know Foods

Financial Information:

Total Revenue

Total Expenses

Reserves and reserve %

Financial Information:

Total Revenue

Budget: \$239,415

Actual: \$231,174

Total Expenses (include both budget and actuals)

Budget: \$292,344

Actual: \$232,346

Reserves \$446,910 and reserve % **153%**

Deficit:

Budget: -\$12,222

Actual: -\$1,170

Prepared By: Mary Purdy, MS, RDN and Amy Jarck, Executive Assistant



Spring Leadership Retreat May 2018