



Dietitians in Integrative and Functional Medicine

a dietetic practice group of the
eat right® Academy of Nutrition
and Dietetics

2024-2025 Annual Report

Mission

To empower members to be leaders in integrative and functional nutrition

Vision

Optimal health and healing for all with integrative and functional nutrition

Respectfully Prepared by

Sarah Howell, RDN, LDN
Chair, 2024-2025

ROSTER 2024-2025

Executive Committee

Chair 2024-2025	Sarah E. Howell, RDN, LDN
Chair-Elect 2024-2025	Holly Van Poots, RDN, CSP, FAND
Past Chair 2024-2025	Linda Lockett Brown, ABD, RDN, LDN
Treasurer 2024-2026	Paulina Lee, MSHS, RD, LD
Secretary 2023-2025	Cary Kreutzer, EdD, MPH, RDN, FAND
House of Delegates Representative (HOD) 2022-2025	Nadine Braunstein, PhD RD LDN FAND <2024-2025>
Nominating Chair 2024-2026	Sue-Ellen Anderson-Haynes, MS, RDN, CDCES, LDN, NASM-WFS-CPT

Leadership Team

Ambassador Coordinator	Colleen Orbegoso, RD
Connecting Educators Chair 2023-2025	Claudia Sealey-Potts, PhD, RDN, LD/N, FAND
IDEA CoChair (Inclusion, Diversity, Equity and Access) 2023-2025	Analy Gonzalez, MPH
IDEA CoChair (Inclusion, Diversity, Equity and Access) 2023-2025	Elise Harrison, MS, RDN, CDN
IDEA (Inclusion, Diversity, Equity and Access) Associate 2024-2025	Darina Shannon, student
FNCE Planning Co Chair 2023-2025	Colleen Orbegoso, RD
FNCE Planning Co Chair 2023-2025	Analy Gonzalez, MPH
Marketing/Communications Chair 2023-2025	vacant
Membership Chair 2023-2025	vacant
Mind-Body Therapy Chair 2024-2026	Pamela Malo, MHS, RD, KYT
Network Chair 2024-2026	Kathie Swift MS, RDN, LDN, FAND, EBQ
Newsletter Editor 2024-2025	Jena S Griffith, RDN, IHC
Copy Editor 2024-2025	Holly Van Poots, RDN, CSP, FAND
Newsletter CPE Editor 2024-2025	Staci Belcher, MS, RDN, LDN
Newsletter News You Can Use	vacant
Newsletter/Botanicals/Supplements/Functional Foods	Dina Ranade, RDN, LD
Newsletter Mind Body Editor	Chrissy Barth, MS, RDN, RYT
Nominating Committee Chair-Elect	Rima Kleimer, MS, RDN, LDN
Nominating Committee Member	Chrissy Barth, MS, RDN, RYT
Policy Advocacy Leader (PAL) 2021-2024	Manju Karkare, MS, RDN, LDN, CLT, FAND
Policy Advocacy Associate 2024-2025	Jane Selitto, RDN
Professional Advancement Chair 2024-2026	Cindy H. Carroll, MS, RD, LDN, RN
Social Media Chair 2024-2026	Summer Xia, student
Sponsorship Chair 2024-2026	Valerie Warner, RD
Student Membership Chair 2023-2025	Rifqa Dacloush, MBA, BA, BS
Academy DPG Manager	Linda Stover
Executive Director	Amy Jarck

Regional Ambassadors: Annamarie Rodriguez, RDN, LDN, FAND; Melanie Murphy Richter, MS, RDN; Pamela Malo, MHS, RD, KYT; Tina Alexander, RDN, CDCES; Shana McClard, RD, LDN; Hannah Chamberland, Student; Andrea Valenti, RDN, LDN, CDN, IFNCP; Patricia Guay-Berry, RD, CSO, LD, IFNCP; Nancy Patin Falini, MA, RDN, LDN; Jena S. Griffith, RDN, IHC; Joycelyn Peterson, DrPH, MPH, RDN; Noelle Citarella, MS, RDN, CDN, IFNCP; Vicky Porter, MS

CHAIR'S MESSAGE

Sarah Howell, RDN, LDN

*Chair, Dietitians in Integrative and Functional Medicine
Dietetic Practice Group 2024-2025*



This was an exciting and eventful year for DIFM DPG! We have continued to provide top notch member benefits, execute higher level educational sessions, remained fiscally responsible, and expanded our networks to engage with allied healthcare providers.

Educational and professional growth were main themes throughout the 2024-2025 program year. We offered 6 educational opportunities throughout the year with many timely topics suggested by our members. Four webinars were presented at our Annual Virtual Spring Symposium focusing on planetary health and detoxification.

During FNCE®, many of our members presented educational sessions including two main presentations submitted to increase integrative and functional nutrition topics at the conference. Both of which were extremely well attended and reviewed!

Progress was made on the development of the Advanced Practice Certificate of Training Program along with the updated Level 1 Certificate of Training Program in collaboration with the Academy Foundation and Center for Lifelong Learning.

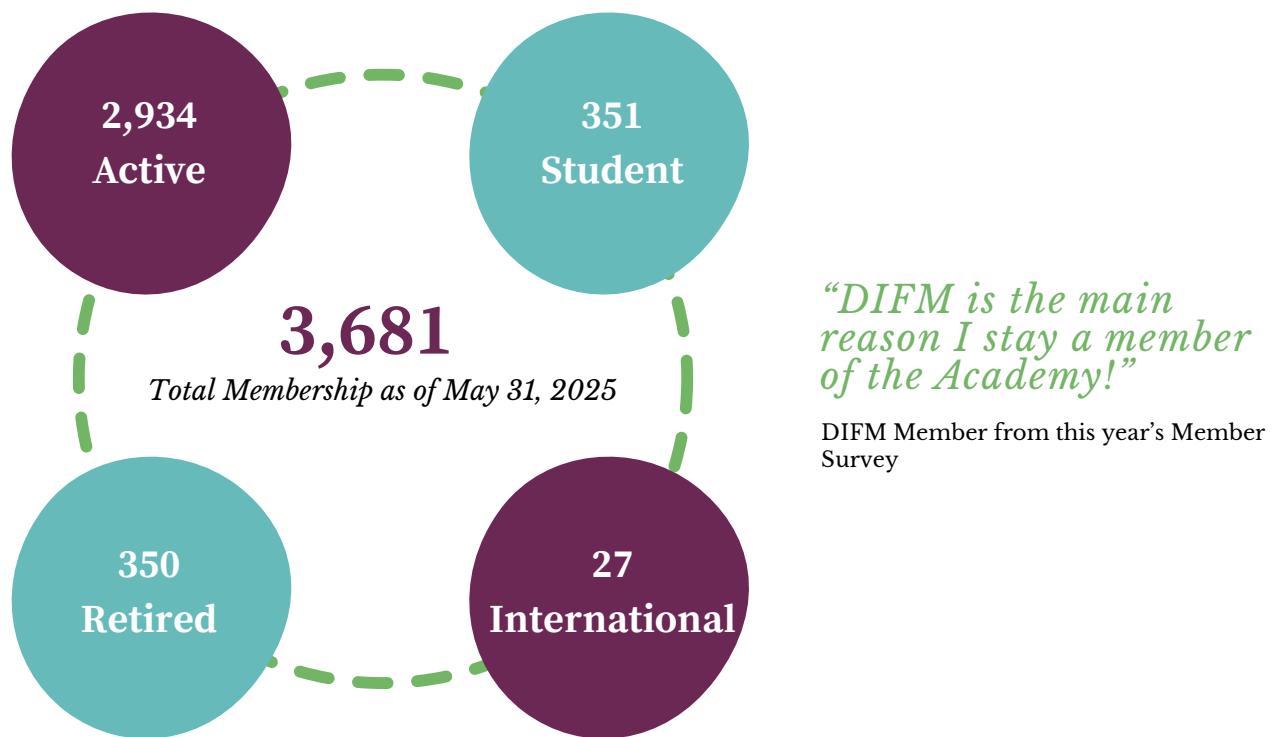
We also prioritized our presence at multiple conferences including the Integrative Healthcare Symposium, Food and Nutrition Conference and Expo®, Wisconsin Academy of Nutrition and Dietetics Annual Conference, Illinois Academy of Nutrition and Dietetics Annual Conference, and more! Connecting with allied healthcare professionals along with our members on a local level remain top priorities.

Thank you to our incredible team of volunteers this year on our Executive Committee and Leadership Team. Your time and dedication to DIFM, our mission, and our members is greatly appreciated.

A Year's Overview

MEMBERSHIP REPORT

Membership value remained our top priority for the 2024-2025 year. Although our membership numbers have declined year over year, this aligns with what the Academy is seeing overall. We continue to be the Academy's second largest DPG and strive to be number one in membership within the next five years.



*5 Lifetime, 2 Associate, 11 Staff, and 1 Guest

MEMBERSHIP SURVEY

In the spring of 2025, we sent out our Annual Membership Survey. Our members provided us with ideas for educational topics they were interested in learning more about. The survey confirmed our member's favorite benefits including webinars, newsletters, and access to NatMed Pro and Examine Database. Around 70% of members surveyed are within their first 10 years of practice as registered dietitians. Eighty-five percent of members surveyed agreed or strongly agreed with DIFM's current mission and vision. Our DIFM Discussion Board remains robust and filled with enlightening conversations and topics.



NOMINATING COMMITTEE

Our Nominating Committee was hard at work this year. The committee recruited excellent volunteers to join our Executive Committee and Leadership Team. We were also pleased to announce and award four outstanding members during our FNCE® Member Reception in Minneapolis. Over 100 members gathered to reunite, connect, and honor our awardees.

AWARDS

Lifetime Achievement

Sudha Raj, PhD, RDN, LDN

Excellence in Practice

Chrissy Barth, MS, RDN, RYT

Excellence in Service

Melissa Groves Azzaro, RDN, LD

Outstanding Student

Rifqa Dacloush, MBA, BA, BS*

*RDN, LDN Credentialed May 2025





A Year's Overview

FINANCIAL HIGHLIGHTS

By the end of May 2025, DIFM DPG generated \$149,847.06 in revenue, supported by strong membership dues and a \$21,000 in grants/donations. Expenses were well managed, coming in at \$213,001.05 against a budget of \$265,477.00, resulting in significant savings. Overall, as of March 2025, our reserves remain very strong at \$765,218, representing 286% of the 2025 budget—providing excellent financial stability moving forward.

Prepared by Paulina Lee, RDN, LDN

REVENUE	YTD ACTUAL	YTD BUDGETED
MEMBERSHIP DUES	\$117,301.66	\$126,500.00
MEETING REGISTRATION FEES	\$10,956.20	\$15,000.00
MERCHANDISE SALES	\$85.20	\$0.00
SUBSCRIPTION INCOME	\$504.00	\$0.00
GRANT/CONTRACTS	\$21,000.00	\$37,000.00
Total Operating Revenues	\$149,847.06	\$178,750.00

EXPENSES	YTD ACTUAL	YTD BUDGETED
LODGING	\$11,050.92	\$9,625.00
SUBSISTENCE	\$3,584.69	\$5,760.00
TRANSPORTATION	\$8,503.84	\$12,200.00
PROFESSIONAL/CONSLTNG	\$87,735.85	\$94,173.00
POSTAGE	\$832.96	\$3,250.00
OFFICE SUPPLIES	\$358.96	\$1,500.00
COMMUNICATIONS	\$1,171.79	\$927.00
WEBSITE HOSTING	\$7,377.40	\$9,100.00
OTHER EXPENSES	\$1,781.11	\$1,226.00
BOOK/SUBSCRIPTIONS	\$46,563.80	\$59,510.00
DONATIONS/CONTRIBUTIONS	\$1,000.00	\$1,000.00
OUTSIDE SERVICES	\$2,137.33	\$2,200.00
CREDIT CARD PROCSING FEE	\$2,100.00	\$2,100.00
HONORARIUMS/AWARDS	\$19,399.45	\$37,642.00
AUDIO VISUAL	\$1,489.47	\$114.00
EXPO/MEETING SERVICES	\$3,411.21	\$7,850.00
FOOD SERVICE	\$10,587.89	\$16,200.00
PRINTING/COPYING	\$225.10	\$1,100.00
Total Operating Expenses	\$213,001.05	\$265,477.00
Operating Deficit	\$63,153.99	(\$86,727.00)
Total Investment Income	\$55,786.65	-
Net Investment Reserves as of March 2024	\$765,218.00	-



SPONSORSHIPS AND NETWORKS

We sincerely appreciate the generous support of our 2024-2025 sponsors! Funds raised through sponsorship enables DIFM to exceptional benefits to members, growth and educational opportunities, and consistent publications like our newsletter.

Our Network Chair and Sponsorship Chair fostered invaluable connections with allied health professionals and companies that aligned with DIFM's Mission and Vision.



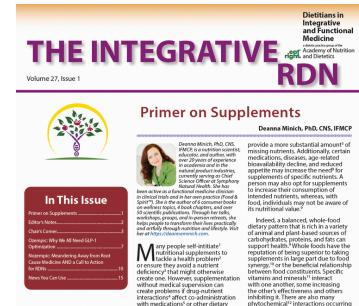
A Year's Overview

NEWSLETTER

This year our newsletter team successfully produced 2 digital and 1 print education of the Integrative RDN newsletter.

A few of our most-viewed articles include

- *Nozempic: Meandering Away from Root Cause Medicine AND a Call to Action for RDNs* by Jena S. Griffith, RDN, IHC
- *Primer on Supplements* by Deanna Minich, PhD, CNS, IFMCP
- *The State of Dietitian Private Practice: Navigating Today's Challenges* by Jennifer McGurk, RDN, CDN
- *Targeting Period Pains with Omega-3s: An Integrative and Functional Nutrition Perspective* by Dr. Abrar Al-Shaer, PhD, RD, LDN



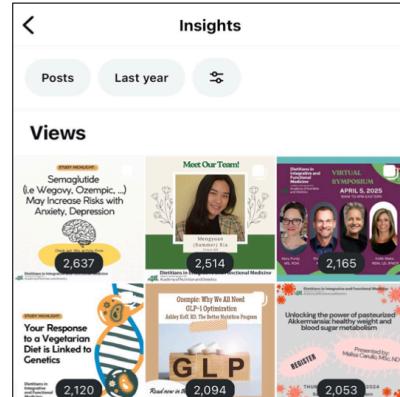
"I want to start this new year off with gratitude for you and DIFM executive teams efforts completed in 2024. I have seen the rise in GLP-1 usage and already the plateaus and regain of weight and old habits returning in patients. I have addressed this with our providers in 2024, regarding the need for a trifold protocol- which has been received with some engagement. I am realizing I will need to be more verbal and persistent with individual patients. Jena S. Griffith's article in the 2024 Fall Integrative RDN is the evidenced-based, references and protocol details I need to encourage me forward. The whole Fall journal was helpful, but Jena's understandable style of writing showed me the evidence and made sense to me."

Jean Anderson, RDN
DIFM Member since 1985

SOCIAL MEDIA

Top-performing content on Instagram:

- Educational posts
- Evidence-based info
- Spring Symposium coverage
- Webinars
- Group photos



PROFESSIONAL DEVELOPMENT

This year our Professional Development Team (Professional Advancement Chair, Executive Director, and Sponsorship Chair) helped to organize 10 continuing education and learning opportunities.

Topics this year included

Akkermansia presented by Malisa Carullo, MSc, ND (Metagenics)

Using GLP-1 injectables with clinically shown supplement, Calocurb, for lasting weight health presented by Dr. Edward Walker, PhD and Ashley Koff, RD

Bio-K+ Probiotics: Product Overview and Clinical Benefits presented by Marie Christine Robitaille and Vanessa Cavallaro, MS, RD, LDN

From Hesitation to Action: Mastering the Use of Supplements in Clinical Practice presented by Abrar Al-Shaer, PhD, RDN, LDN

Estrogen Signaling in Oncology: The complex dance between ligands, receptors and plant phytoestrogens presented by Lise Aschuler, ND, EMBA

Immune Insights for Dietitians: Evaluating Clinical Approaches for Food Sensitivities presented by Abrar Al-Shaer, PhD, RDN, LDN and Elyse Krawtz, MS, RDN

2025 Virtual Symposium Presentations

Restoring Vibrant Health: The Role of Integrative and Functional Nutrition in Detoxification presented by Kellie Blake, RDN, LD, IFNCP

Toxins and Plastics in Our Diet presented by Rolf Halden, PhD, PE

Nourishing from the Ground Up: The Critical Link Between Soil Health and Human Wellness presented by Mary Purdy, MS, RDN

Detoxification Genetics presented by Yael Joffe, PhD, RD