Welcome all to a new membership year. As your new chair, it is my pleasure to announce that this issue will be the first of an unprecedented four online issues planned for this year. Thanks to the talented leadership of Miri Rotkovitz, MA, RD, our Communications Chair, and Jamie Mok, MS, RD, our Publications Editor, we have three additional information-packed issues on deck, so stay tuned. (As always, all issues will be available through our website, women'shealthdpg.org)

This issue highlights FNCE activities from San Diego this past September. FNCE was particularly exciting for me, as all the planning I had done as Chair-Elect the year before was realized with great success.

On Saturday, our Executive Committee’s annual meeting generated new ideas such as the possibility of funding a research question for the ADA’s Evidence Analysis Library. (We’ll need your input about that in the near future). In addition, we discussed our newest addition, a delegate to the House of Delegates, a position which begins this spring. Our DPG is finally getting representation! That afternoon we learned about the historic ADA name change to Academy of Nutrition and Dietetics. On Sunday we held a joint member reception with the Pediatric Nutrition and Nutrition for Education of the Public DPGs. For the first time we held an evening event, and it was truly memorable. Our sponsors were thrilled to see such a diverse group of dietitians mingling. We couldn’t have done it without the help of Sunsweet Growers Inc, the California Date Commission, the California Walnut Commission, and the Latino Infant Nutrition Initiative.

On Monday we spent the morning meeting and greeting visitors at our booth during the DPG Showcase. At our raffle, we gave away a Women’s Health DPG membership for a student, as well as two gift certificates to the ADA Store. Our DPG-sponsored Spotlight Session, entitled “Fetal Alcohol Spectrum Disorders: Impact on Mother and Child” was held in the afternoon. Dr. Jennifer Thomas began the session, highlighting current research on the effect of choline mitigating the effects of Fetal Alcohol Spectrum Disorders. Our very own Alyce Thomas, RD, who you will read more about in this issue, spoke on screening tools for alcohol use, and prevention of malnutrition during pregnancy. Our next issue will feature articles by both speakers, a great way to read about what you may have missed in San Diego.

I’m happy to announce that our Nominating Committee succeeded in submitting next year’s ballot for Chair-Elect and Nominating Committee Member as a single slate, as well as in finding us a new Membership Chair. More on these special volunteers inside.

I have a busy year ahead of me, but would enjoy hearing from members about what they would like to see happen in this amazing DPG. Contact me at whdpgchair@gmail.com.

Continued on page 2
Happy Autumn WH members! As the new Publications Editor, I am honored to be a part of this publication and excited for the upcoming year! I would like to thank the exceptional past Publications Editor, Olivia Eisner, MPH, RD, IBCLC and the Executive Committee for their warmth and support in allowing me this unique opportunity.

Fall is the perfect season for our DPG to turn a new leaf. This year we are launching a 100% electronic newsletter, which means members can access the latest in women's health anywhere and anytime. The new online layout is designed to make your reading experience simple and enjoyable. We are just dishing out the same fresh material in an eco-friendly fashion. On behalf of the Publications team, we greatly appreciated your interest and continue to welcome ideas and constructive feedback.

Without further ado, I present you the first Women’s Health Report of the ADA year! Fresh from an eventful FNCE, we are kicking off this first issue with exciting highlights from San Diego, California. ADA President Sylvia Escott-Stump, MA, RD, LDN kicked off the conference at the Opening Session with the announcement of the new name of our organization, Academy of Nutrition and Dietetics. Between a number of info-packed sessions and endless vendor samples, WH members gathered for a few special events. This year our DPG teamed up with the Pediatrics DPG and Nutrition Education for the Public DPG to host what turned out to be a very successful members banquet. At our Spotlight Session on Fetal Alcohol Syndrome Disorder, Chair Maria Pari-Keener, MS, RD, CDN presented speaker Alyce Thomas, RD with the first member award honoring her professional contribution to women’s health. Be sure to check out all the snapshots taken throughout the long weekend. I hope to meet more of you in Philly next Fall!

The Women’s Health Report (ISSN-3233) is a quarterly publication of the Women’s Health Dietetic Practice Group (WH DPG) of the American Dietetic Association. The WH Report features articles, as well as information on programs, materials, positions, and products for use of its readers. News of members, book reviews, announcements of future meetings, requests for information, or other items of interest to women and reproductive nutrition dietetics practitioners should be sent to the Newsletter Editor by the next published deadline date.

Subscription information: Subscriptions are available for those are ineligible for ADA membership for $32 (domestic); $35 (international) to the WH Secretary. Back issues of the publication may also be ordered. Members: $5 each; Non-members: $10 each.

The statements in this publication do not imply endorsement of the WH DPG or the American Dietetic Association. © 2011.

We’re on the web! www.womenshealthdpg.org
(Top LF) Stephanie, Maria, Jeanne Blankenship at the DPG Members Reception. (Below LF) Dawn with visitor at our booth at the DPG Showcase. (Below Center) Stephanie at our booth at the DPG Showcase. (Below RT) Maria with Mya Jones, our new DPG manager at the DPG Members Reception.

(Above LF) Stephanie Harrason from Sunsweet Growers at the DPG Members Reception. (Above RT) Maria, NEP Chair-elect Vivian Haley-Zitlin, and Dawn at the DPG Members Reception. (Bottom LF) Maria and Alyce Thomas at the DPG Members Reception. (Bottom RT) Stephanie with visitor to booth at the DPG Showcase.
The American Dietetic Association, the world’s largest organization of food and nutrition professionals, will change its name effective January 2012 to the Academy of Nutrition and Dietetics.

The announcement of the name change was made September 24, by ADA President Sylvia Escott-Stump, MA, RD, LDN, at the Opening Session of the 2011 Food & Nutrition Conference & Expo in San Diego, Calif.

“ADA has been in existence since 1917, after working to feed the troops healthfully during World War I. Protecting the nutritional health of our citizens is the highest priority of ADA. Consumer confusion about where to find the most qualified nutrition expert has led to unfortunate consequences and added expense,” Escott-Stump says. “The name Academy of Nutrition and Dietetics promotes the strong science background and expertise of our members, primarily registered dietitians. Nutrition science underpins wellness, prevention and treatment.”

“An academy is ‘a society of learned persons organized to advance science.’ This term describes our organization and immediately emphasizes the educational strength of our advice and expertise,” says Escott-Stump.

“Adding ‘nutrition’ communicates our dedication to improving the nation’s health. Keeping ‘dietetics’ supports our history as a food and science-based profession. Thus, the Academy of Nutrition and Dietetics quickly and accurately communicates our identity—who we are and what we do.”

In 2010, ADA’s Board of Directors announced it was considering a name change. Surveys were conducted to solicit member recommendations and a work group was convened to study the issue further. Members, staff and the Board of Directors spent more than a year deliberating on a name that best reflects the science-based expertise of registered dietitians, who comprise the majority of members, in the areas of treatment and wellness alike.

The Academy’s award-winning website will remain www.eatright.org, and the colorful Eat Right logo will stay a part of the Academy’s graphic identity.

“In addition to increasing external awareness of our mission, vision and goals, changing our organization’s name will have an important effect internally, for each of us,” says Escott-Stump. “Do we possess the self awareness to adapt to an organizational name that draws upon where we have been, and projects forward a vision for where are and where we want to be? Of course I believe the answer to be yes.”

“The American Dietetic Association served us—and served the health of the public—for nearly 100 years,” says Escott-Stump. “I hope every member will now draw upon the strengths and values that have defined us since 1917, be aware of the universe of opportunities that await us, and each in our own way go forward and show the world what it means to be the Academy of Nutrition and Dietetics.”

“I like it. I think it portrays a more scientific, professional organization. I especially like the word “Nutrition” in the name because now the public can relate what registered dietitians are really all about. I think just the word “Dietetic” makes many think about just food preparation and delivery, but “Nutrition” carries that a step further and connects it with our focus of how food affects the human body.” - Ginger Carney, MPH, RD, LDN, IBCLC, RLC, FILCA Director, Clinical Nutrition Services St. Jude Children’s Research Hospital Memphis, TN
WOMEN'S HEALTH DPG AWARD FOR EXCELLENCE IN PRACTICE IN WOMEN’S HEALTH

By Maria Pari-Keener, MS, RD, CDN   WH DPG Chair

It was my pleasure this year at FNCE to present Alyce Thomas, RD with our first ever award for Excellence in Practice in Women’s Health. After reading Alyce’s bio, it is easy to see how much she deserved the award. I presented it to her right before she took the podium for our DPG-sponsored Spotlight Session entitled “Fetal Alcohol Spectrum Disorders: Impact on Mother and Child.” You can read Alyce’s thank you letter on page six to understand what the award meant to her.

Alyce’s Bio
Alyce Thomas is the Perinatal Nutrition Consultant at St. Joseph’s Regional Medical Center in Paterson, NJ. She began her career in dietetics as a Social Planning Nutritionist in Halifax, Nova Scotia, prior to moving to the U.S. She is a former Nutrition Services Coordinator and a WIC Coordinator.

Alyce has been active in local, state and national dietetic associations. She was a Professional Issues Delegate in the House of Delegates of the American Dietetic Association and is the current Editor of the Diabetes Care and Education DPG’s On the Cutting Edge. She is also active in other organizations, serving as an advisory board member of the Black Infant Mortality Reduction Resource Center, and is the first registered dietitian appointed to the Governor’s Council on the Prevention of Mental Retardation and Developmental Disabilities. She is a current member and former Chair of the New Jersey State WIC Program Advisory Council.

She co-authored the American Dietetic Association Guide to Gestational Diabetes Mellitus, and wrote the “Preexisting Diabetes and Pregnancy” chapter of the American Association of Diabetes Educator’s The Art and Science of Diabetes Self-Management Education: A Desk Reference for Healthcare Professionals. She was also the theme editor of the recent diabetes and pregnancy issue of On The Cutting Edge, a publication of the Diabetes Care and Education Dietetic Practice Group. Alyce was a member of the writing committee for the American Dietetic Association’s Nutrition Practice Guidelines for Gestational Diabetes Mellitus and is a current member of the evidence-based analysis workgroup for gestational diabetes mellitus.

Alyce has presented at numerous conferences on maternal nutrition including the American Dietetic Association’s FNCE.

She received her B. Sc in Home Economics from Mount Saint Vincent University in Halifax, Nova Scotia and completed her dietetic internship at the Montreal Diet Dispensary.

WH DPG AND ADA AWARD INFORMATION

For more information or to access the applications, please visit, www.womenshealthdpg.org

ADA Foundation Awards
Abbott Nutrition Award in Women’s Health. This award is given to recognize dietitians who make significant contributions to the importance of nutrition in women’s health. Contributions may be in the areas of research, education or service. Award amount: $1,000.

Mary Abbott Hess Award for Recognition of an Innovative Food/Culinary Effort. This award is given to encourage dietetics professionals to make original and innovative efforts in food and culinary education. Award amount: $1,000.

Anita Owen Award of Recognition for Innovative Nutrition Education. This award is given to encourage development of and recognize excellence in innovative and unique models for dietetics information and/or innovative services for delivery of nutrition education to the public. Award amount: $1,000.

For more information or to access the applications, please visit, http://www.eatright.org/foundation/awards/. Questions may be directed to 800/877-1600, ext. 4821 or blabrador@eatright.org.
November 4, 2011

Maria Pari-Keener, MS, RD, CDN
Chair, Women’s Health DPG
294 Sherman Street
Brooklyn, NY 11218

Dear Maria:

I want to express my heartfelt thank you to the Women’s Health DPG for the Excellence in Women’s Health Award. I was especially honored to be the first recipient.

While reflecting on the years from the time a small group of dietitians met in Anaheim, CA to discuss the formation of a DPG different from any existing group until now, the growth of this group has been phenomenal. Who could have imagined that the group would expand their scope of practice from perinatal nutrition to women’s health?

As I said in San Diego, I feel like a proud grandmother, who has not only seen her children grow up, but also the next generation of dynamic leaders. I chuckle when I remember that we had no food or beverage at our first reception at FNCE (because we had no money) and now, you’re giving out awards. But, the one thing that has not changed is the passion of the members and leadership and I still see it today.

It has been wonderful serving in so many different capacities within Women’s Health. As you continue to trail blaze, know that I will cheer you on, but at the same time challenge you to continue to bring women’s health issues to the forefront of an association whose members are predominately...women.

Warmest regards,

Alyce Thomas
Women's Health (WH) DPG has been working to encourage the active engagement of as many members as possible through the enhanced website at www.womenshealthdpg.org, the EML and the recruitment of members to participate on various committees, task forces and special projects. As always, we continue to provide members with personal and professional development opportunities to excel and grow through networking, leadership development and specialization. The following report highlights our efforts and achievements.

Membership
- Membership as of May 31, 2011 was 821.

Leadership - Officers for 2010-11 year:
Chair: Stephanie Bess, MS, RD, LDN, CLC
Chair-elect: Maria Pari-Keener, MS, RD, CDN
Treasurer: Judy Simon, MS, RD, CD, CHES
Secretary: Diane Whelan, MPH, RD
Past Chair: Denise Andersen, MS, RD, LD, CLC
Nominating Committee Chair: Gail Frank, DrPH, RD, CHES

Administration
- WH DPG was represented by elected and/or appointed officers at the following meetings:
  - Annual ADA Leadership Institute, Scottsdale, AZ, June 10-13, 2010
  - ADA Food & Nutrition Conference & Expo (FNCE), Boston, MA, November 6-9, 2010
  - ADA Public Policy Workshop, Washington, DC, February 2011

FNCE Activities
- WH collaborated with the Public Health and Community Nutrition DPGs to staff the Mother's Room at FNCE.
- WH hosted a member breakfast/networking event with the Nutrition Education for the Public and Medical Nutrition Practice DPGs with sponsorship from SunSweet.
- The Chair and Chair-Elect participated in the ADA hosted “Townhall Meeting”.
- The Executive Committee participated in the DPG Showcase.
- WH provided two student FNCE stipends in the amount of $100.00 each.

Financial Outcomes
- Expenses totaled: $20,086.00
- Revenues totaled: $29,749.00

Member Services
- A Facebook page was created for WH DPG this year and currently has 58 followers.
- WH DPG Electronic Mailing List (EML) continued to be a great member service with over 350 members participating.
- WH DPG web site: www.womenshealthdpg.org was well utilized by members seeking past issues of newsletters, teleconference slides and other resources.
- WH DPG continued using Vertical Direct to send periodic e-blasts to members to ensure all members received key information.
- Two awards were created and offered to members in 2011: the Outstanding Student in Women's Health and the Excellence in Practice in Women's Health Award.

Continuing Education and Professional Development
- WH DPG provided the following webinars and teleconferences as a member benefit:
  - “Women’s Health & Soy: What Your Patients Need to Know” was provided for an extended period via the WH website through sponsorship from the United Soybean Board.
  - “ADA Nutrition Care Manual Webinar” was provided on January 2011. This webinar was for existing members interested in learning more about the Nutrition Care Manual (NCM), and an introduction to the new Pediatric Nutrition Care Manual (PNCM).
  - “Navigating the Evidence Analysis Library and its Resources in Women’s Health” was provided on March 22, 2011. The purpose of this webinar was to educate the audience on how to navigate the Evidence Analysis Library, specifically women's health topics. Case studies on breastfeeding and gestational diabetes (GDM) were discussed.
  - “Oh My! What’s New in Gestational Diabetes” was provided May 13, 2011. This webinar provided current recommendations for working with women with GDM including information from the ADA Evidence Analysis Library.

Member Services
- A member survey was conducted in the summer of 2010 to learn more about our membership and their needs. Results were printed in the “Women's Health Report” Volume II 2010-2011.
- The new member welcome packet was revised to be current and 100% electronic.
Publications
The WH DPG produced several publications and continued to work to provide up to date information via this important member benefit. Featured newsletter topics included:

• Summer 2010
Breastfeeding: Good for mom. Good for baby. Good for planet?
Kitchen Plastics
Keeping Green at the Machine: Tips for Green Computing

• Volume 2 2010-2011
Interstitial Cystitis: What Dietitians Should Know
Kids Eat Right: American Dietetic Association Campaign to Focus on Childhood Obesity Prevention

Alliances/Networks
• WH DPG networks are in transition with new representation needed for La Leche League (LLL) and limited contact with the International Board of Lactation Consultant Examiners (IBLCE), previously represented by member Claire Dalidowitz, MS, MA, RD, IBCLC. Ginger Carney, MPH, RD, LDN, IBCLC, RLC, continues to participate in International Lactation Consultant Association (ILCA) events.

Corporate Sponsorship
• Sunsweet sponsored the Membership Breakfast Reception at FNCE 2010.
• The United Soybean Board sponsored a continuing education opportunity.

Goals and Strategies
The Women’s Health (WH) DPG Strategic Plan was revised in 2010-2011.

GOAL 1:
Build an aligned, engaged and diverse membership

STRATEGY 1:
Increase total membership by 5% annually over 5 years by adding new members and maintaining existing members.

Strategy 2:
Obtain member input biennially.

Strategy 3:
Network with potential and current members through FNCE events annually.

Strategy 4:
Grow leaders in Women’s Health by participating in the Leadership Institute and providing student scholarships.

GOAL 2:
Proactively focus on emerging areas of women’s health nutrition across the lifespan

STRATEGY 1:
Support women’s health issues within The ADA organization by reviewing position papers and providing feedback upon request.

Strategy 2:
Ensure members are aware of emerging issues by communicating via newsletter, listserv, FNCE session support and research chair correspondence.

Strategy 3:
Identify areas of expertise and interest within the membership via biennial survey of members.

Strategy 4:
Impact the research agenda by developing white papers and proposals for clinical practice updates on key issues as defined by the membership.

GOAL 3:
Ensure women’s health issues are part of public policy and legislative agendas

STRATEGY 1:
Make members aware of relevant Public Policy issues via newsletter, listserv and webinars.

Strategy 2:
Send the Public Policy Chair to the ADA PPW annually.

WH Annual Report Update
What’s new with WH? Update from our Membership Chair Kathleen Pellechia, RD

Web site:
womenshealthdpg.org

October 2011, 194 visits, 494 page views
September 2011, 244 visits, 628 page views

EML
404 members as of 11/10/11

Facebook
92 followers as of 11/10/11

Like us on Facebook today!!
http://www.facebook.com/WHDPG
The House of Delegates conducted a dialogue on interdisciplinary teams on September 24, 2011. The purpose of the dialogue session was to:

- Identify strategic opportunities both inside and outside of the profession of dietetics for RDs/DTRs to operate in interdisciplinary teams;
- Determine what skills RDs/DTRs need to strengthen their skill set to initiate, lead and participate in interdisciplinary teams.

Based on the dialogue, a series of guiding principles were identified. The list provided is not all inclusive:

- Barriers identified include lack of skills (leadership, collaboration, negotiation, flexibility), institutional forces, lack of assertiveness and confidence, limited interdisciplinary teaming in dietetics education programs, and unwillingness or lack of opportunities to work in a team.
- Opportunities that exist include utilizing technology, interdisciplinary team role modeling, utilizing preceptors to teach skills for participating in teams, mentoring of new RDs/DTRs to work in teams, and building on current relationships that exist.
- Opportunities to create include involving local RD/DTR teams in community events, collecting data on effectiveness of interdisciplinary teams, developing interdisciplinary team resumes to promote value, offering educational activities for RDs/DTRs and other team members, and identifying key messages about the value of interdisciplinary teams.

Therefore, be it resolved that the House of Delegates supports the following recommendations:

1. Encourage RDs/DTRs to initiate participation on interdisciplinary teams and that would enhance services provided to customers.
2. Encourage RDs/DTRs participating on interdisciplinary teams to promote and demonstrate the value of these teams to all practitioners (i.e., articles, educational programs, data collection and reporting).
3. Encourage DPGs and affiliates to provide educational opportunities on interdisciplinary teams.
4. Request ADA’s Professional Development Team develop an action plan for addressing skill development related to interdisciplinary teams based on the HOD dialogue session outcomes including the following:
   - Establish an interdisciplinary team leadership track CPE program for educating RDs/DTRs and other professionals. This educational programming would be a model that demonstrates the profession’s desire to collaborate as part of the interdisciplinary team, as well as, our leadership to provide this opportunity to external audiences.
   - Provide educational opportunities to highlight the value of the RD/DTR team and their ability to establish and lead interdisciplinary teams.

Speaking of Green….

Serious about doing your part for the environment? Did you know you can opt out of receiving the print version of JADA by contacting Karen Noldan at knoldan@eatright.org.

For those who enjoy their print copies… the ADA Journal utilizes earth-friendly paper policies, including recycling not only paper, but where possible inks, emulsifiers, and office equipment (i.e. monitors, fluorescent bulbs) at Elsevier’s US and overseas offices. For more information on how Elsevier strives to be an environmental steward, check out their “green” policies and philosophies in detail at www.elsevier.com!

The Eat Right Marketplace – Your Virtual Sales Solution

The online Eat Right Marketplace allows you, our member, to promote your products, services or practice information to pre-qualified leads including dietitians and other health care professionals. Use this as an additional way to gain exposure for your products and services.

**Subscription Rates**

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Basic listings include a photo, description and web link. Featured listings include everything in Basic listing plus top placement in each category.

Visit www.eatright.org/marketplace to start selling today.
If you have any questions or concerns, e-mail marketing@eatright.org.
“Sunsweet Growers is committed to helping consumers lead healthier lives by providing a full range of delicious, convenient and naturally powerful foods. PlumSmart Juice is a delicious, crisp juice made from a special variety of plums, an all-natural source of nutrients that help regulate digestion. NEW Plum Amazin Diced Dried Plums offer a delicious, convenient way to add dried plums to your favorite recipes. They have more fiber, less calories and less sugar than raisins or cranberries.

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Please visit us at www.walnuts.org

California Dates have been growing in the desert oasis of the Coachella Valley of southern California for more than a century. A place where date palms flourish in high summer temperatures and low humidity with minimal rainfall during the summer and fall.

Since ancient beginnings, Dates have been a significant source of nutrition. Today, Dates are labeled by many as a superfood; a fresh, natural whole fruit that offers every body valuable nutrients and pure sweetness.

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The Latino Infant Nutrition Initiative (L.I.N.I.) is positioning appropriate infant feeding and nutrition, from the prenatal period through the first two years of life, as a primary prevention strategy in the fight against childhood obesity.

L.I.N.I.’s primary goal is to improve policy, systems, and services through positive social and environmental change for Hispanic infants, families, and communities utilizing the socio-ecological model to halt the ECHO trend.

Please visit us at www.liniproject.org

Got Case Studies?
The Women’s Health Report is looking for contributing authors to share case studies for our future publications

2010-2011 WH LEADERSHIP CONTACT INFO.

Executive Committee

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Maria Pari-Keener, MS, RD, CDN
whdpgchair@gmail.com

Chair-Elect
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THANK YOU TO OUR SPONSORS
NEW!

You Spoke, We Listened…

Submitting Nominations for National Honors and Awards Just Got Easier!

ADA is shining the spotlight on outstanding food and nutrition practitioners and supporters of the profession through its National Honors and Awards program. Don’t miss this chance to honor those who have advanced the profession, exhibited leadership and shown devotion to serving others in both dietetics and allied fields.

You may now submit your nominations entirely online! The submission deadline is midnight Central Standard Time on March 1, 2012. Award recipients will be announced in May 2012 and recognized at the ADA 2012 Food & Nutrition Conference & Expo in Philadelphia, PA.

Visit our website to learn more and to submit your honors and awards nominations online: www.eatright.org/nationalawards.

NEW! eMentoring System

Build the future of dietetics by becoming a mentor today

ADA invites you to share the knowledge and expertise you’ve developed through years of experience. Being a role model will ensure a solid foundation for the future of the dietetics profession. Becoming a mentor couldn’t be easier with ADA’s new eMentoring system.

This new online system will accept mentees as of June 1, 2011. Before we can accept mentees, however, we need mentors like you! This new offering will enable ADA member mentors and mentees to find optimal matches based on a variety of qualifications such as geographic location, years of experience and practice area. The system also provides comprehensive eMentoring tools to enhance online communication between both parties.

If you have 3 or more years of experience in dietetics, please go to www.adaementoring.com and click on “Register as a Mentor.”