

Women's Health *REPORT*

A QUARTERLY PUBLICATION OF WOMEN'S HEALTH DIETETIC PRACTICE GROUP

WH DPG ANNUAL REPORT June 1, 2015 – May 31, 2016

Mission: Empowering members to be the most valued source of nutrition expertise in women's health throughout the lifespan.

Vision: Optimizing the future of women's health at all ages.

Membership: Professionals addressing women's nutrition care issues throughout the lifespan and working to optimize women's health at all ages and life stages including preconception, prenatal, postpartum, lactation and menopause.



OVERVIEW 2015-2016: The activities completed in 2015-2016 were centered on the following strategic plan goals:

- Build an aligned, engaged and diverse membership
- Proactively focus on emerging areas of women's health and nutrition across the lifespan
- Ensure women's health issues are part of public policy and legislative agendas

Over the last year the WH Leadership Team continued efforts to put the DPG among the top resources for women's health and nutrition through thoughtful curation of Women's Health Report and webinar topics, increased engagement and networking on social media and the WH website, as well as the WH DPG-planned Food & Nutrition Conference & Expo™ (FNCE®) Spotlight Session. Highlights of these accomplishments and projects from the past year include:

- Upgrades and new additions to the WH DPG website, including a new Member Marketplace to promote WH member products and services to other Academy of Nutrition and Dietetics (Academy) members and the general public. Listings on the Member Marketplace are available for an annual fee of \$20 each, which will serve as a source of revenue for the DPG.
- Ongoing support of an Academy project for the Evidence Analysis Library on Malnutrition in Pregnancy slated for completion within the 2016-17 membership year. The

intent of this project is to improve the quality of nutrition care through the development of evidence-based professional resources.

- Webinar series offering continuing professional education credits (CPEUs) for both the live versions and archived recordings.

Open to members for free, and non-members for a small fee – another small source of revenue. Overall, a total of 222 people viewed (live or recorded) the following WH webinars:

- *Eating Disorders in Pregnancy*, March 2016
- *Breast Cancer and Weight Considerations*, April 2016 (open to Oncology DPG members)
- *Most Common Supplements Used by Oncology Patients: If, When and Why*, May 2016 (hosted by the Oncology DPG, open to WH members)
- *Nutrition Challenges for Women with Diabetes*, May 2016
- Ongoing development of a WH Mentoring Program to pair student members and those who are new to the profession with seasoned member professionals who have a similar focus to encourage skill enhancement, explore potential career pathways, and map out future goals. New online application unveiled at the end of this MY.
- Inception of a Social Media Team charged with expanding the WH DPG's presence across various social media platforms, and increasing participation of WH members as well as the public.

Continued on page 3

in this issue

From the Chair and Editor	2
From Place Settings to MYPLATE	4
2016 WH DPG Award Winners	6
2016 Public Policy Recap	7
In Memory of Dr. Miriam Harriett Labbok	8
Academy Second Century	9
WH DPG 2016-17 Leaders	10



Chair

Catherine Sullivan, MPH, RDN, LDN,
IBCLC, RLC

Publications Editor

Kathleen Pellechia, RDN

Assistant Publications Editor

Lee Crosby

Resource/Book Reviewer

Jessica Redmond, MS, RD, CSCS

Research Coordinator

Christine Garner, PhD, MS, RD, CLC

Member Spotlight

Lauren Manaker, MS, RD, LD

Design and Layout

Steve Bonnel

Editorial Board

Miri Rotkowitz, MA, RD

Denise Andersen, MS, RDN, LD, CLC

Kathleen Pellechia, RDN

Catherine Sullivan, MPH, RDN, LDN,
IBCLC, RLC

Heather Goesch, MPH, RDN, LDN

Karlee Golightly, RD, LD, RYT

Reviewers

Helen W. Lane, PhD, RD

Kendra Tolbert MS, RDN, CDN, CLC

Dolores M Wolongevicz, PhD, RD, LDN

Please send any questions or comments to
publications@womenshealthdpg.org

The Women's Health Report (ISSN-3233) is an online quarterly publication of the Women's Health Dietetic Practice Group (WH DPG) of the Academy of Nutrition and Dietetics. 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 Publications Editor at publications@womenshealthdpg.org.

The statements in this publication do not imply endorsement of the WH DPG or the Academy of Nutrition and Dietetics. © 2016.

We're on the web!

www.womenshealthdpg.org

FROM THE CHAIR Catherine Sullivan, MPH, RDN, LDN, IBCLC, RLC



Welcome to the new membership year of the Women's Health DPG. It is an honor and privilege to serve as your Chair. I look forward to meeting many of you, and seeing our practice group grow over the next year.

I have worked in the areas of nutrition, public health, and human lactation for twenty years. In my current role as Director of the Carolina Global Breastfeeding Institute in the Department of Maternal and Child Health at the University of North Carolina at Chapel Hill, I run our CAAHEP accredited pathway 2 lactation training program – similar to a dietetic internship, but for individuals who want to become Board Certified Lactation Consultants.

I hope you were able to join us at FNCE® for our featured Women's Health DPG Spotlight Session The 4th Trimester: Implications for Assessment and Care of Women with Endocrine Abnormalities. This session featured Dr. Alison Stuebe, renowned maternal and fetal medicine and breastfeeding medicine specialist, and Lindsey Hurd Reeves, registered dietitian, board certified lactation consultant, and childbirth doula. Attendees explored the unique needs of women in the "4th Trimester," including assessment of maternal health and the impact of endocrine conditions on lactation sufficiency. During the Spotlight Session, we honored our DPG award winners, who are highlighted in this issue. Plan to see a write-up of the session itself in an upcoming issue.

I would like to take a moment to recognize Heather Goesch, MPH, RDN, LDN for her service to the WH DPG, who now serves as your Immediate Past Chair. She has been a tremendous asset to the DPG, taking on various roles over the years, but also to me personally in my role as Chair. She is always willing to help and provide historical context, which is invaluable to me. We have such wonderful, active volunteers who serve our DPG. Thank you to all of you for your dedication and service.

If you have any questions or are interested in serving in a leadership role, please contact me at chair@womenshealthdpg.org

FROM THE EDITOR Kathleen Pellechia, RDN



Hello WH members! It is such an exciting time to be your Publications Editor, and I welcome you to Issue 1 of the Women's Health Report for this membership year. This year marks the Academy of Nutrition and Dietetics' centennial, and in each of our 2016-2017 issues, we will highlight some aspect of 100 years of women's health and nutrition. In this issue we also bring you our Annual Report from last year so you can see all that was done on your behalf and with your support.

I did not get to FNCE® this year, but hope you did and could attend our Spotlight Session on the 4th Trimester. If not, we have highlights to share with you in an upcoming issue. I would like to congratulate our award winners (see inside this issue to learn about them), and encourage each of you to apply for one of the three WH awards next year.

As a reminder, we are always on the lookout for contributing authors for our newsletter. If you are interested, please reach out to me directly at publications@womenshealthdpg.org.

Wishing you a wonderful fall!

ADMINISTRATION: *The WH DPG Leadership Team, including elected officers, committee chairs, and Academy staff met monthly via conference call to conduct business, plus one face-to-face meeting at FNCE®. Membership was represented by elected and appointed officers both at FNCE® 3-6 October 2015 in Nashville, TN (including Reimbursement Representative and Treasurer Trainings, plus DPG Town Hall), and at the Academy's Public Policy Workshop (PPW) 23-24 June 2016 in Washington, D.C. (Note: PPW did not physically occur during membership year 2015-2016.)*

LEADERSHIP:

Elected officers:

- **Chair:** Heather Goesch, MPH, RDN, LDN
- **Past Chair:** Lisa Akers, MS, RD, IBCLC, RLC
- **Chair-elect:** Catherine Sullivan, MPH, RDN, LDN, IBCLC, RLC
- **Treasurer:** Dawn Ballosingh, MPA, RD, LMNT
- **Nominating Committee Chair:** Maria Bournas, MS, RD
- **Nominating Committee Chair-Elect:** Sarah Borowicz, MS, RDN, LDN
- **Academy House of Delegates Delegate:** Denise Andersen, MS, RDN, LD, CLC

Committee Chairs:

- **Membership:** Maya Feller, MS, RD, CDN, CLC

Coordinators/Other Leaders

- **Policy and Advocacy Leader:** Lisa Eaton Wright, MS, RDN, LDN
- **Membership Retention Coordinator:** Katie Leahy, MS, RDN, LD
- **Mentoring Coordinator:** Judy Simon, MS, RD, CD, CHES
- **Reimbursement Rep.:** Rita Kashi Batheja, MS, RDN, CDN
- **Awards Coordinator:** Ginger Carney, MPH, RD, LDN, IBCLC, RLC
- **Publications Editor:** Kathleen Pellechia, RDN
- **Assistant Publications Editor:** Wendy Baier, RDN

MEMBERSHIP: *As of 31 May 2016 the WH DPG had 819 members. This total includes 588 active members, 2 lifetime members, 12 international members, 22 retired members, 189 students, and 6 Academy staff.*

Member Benefits:

- Quarterly electronic newsletter *Women's Health Report (WHR)*; some articles available for CPEUs
- WH DPG website redesigned in the 2014-2015 membership year, and continually updated for better viewing and functionality on both desktop and mobile platforms, including:
 - o Archive of past *WHR* issues and WH webinars
 - o Listing of WH News and Events
 - o Resources specific to women's health and nutrition across the lifespan
 - o Members Forum
 - o NEW digital application for WH Mentoring Program
 - o NEW Member Marketplace
 - o NEW pages dedicated to Policy and Reimbursement
- Electronic mailing list (EML)
- Three (3) DPG-sponsored webinars; live and recorded versions available for CPEUs
- Social media networking – Facebook and Twitter (@WomensHealthDPG); Pinterest account coming soon

- Three (3) annual WH member awards opportunities: Excellence in Practice in Women's Health, Emerging Professional in Women's Health, Outstanding Student in Women's Health

The WH DPG website received 7,867 page views during the 2015–2016 MY. The WH DPG Facebook page has 717 likes, the WH Twitter account has 298 followers, and the WH DPG EML has 461 members.

NEWSLETTER PUBLICATIONS *(Women's Health Report)*

Issue 1 - Gut Microbiome and Women's Health feature, Development of the 2015 Dietary Guidelines, Getting the Women's Health Word out through Social Media, Member Spotlight, Research Brief, House of Delegates (HOD) Fact Sheet

Issue 2 - 2014-2015 WH DPG Annual Report, Diet Therapy for Interstitial Cystitis/Bladder Pain Syndrome feature, Organic Fruits and Vegetables: Are They Worth the Price?, WH 2016 Awards Winners, International Members Spotlights, HOD Fact Sheet

Issue 3 - Summary of FNCE® 2015 Spotlight Session – Women's Health, Prenatal Nutrition and Infant Outcomes: A Public Health Perspective, FNCE® Highlights, Committee for Public Health/Community Nutrition Chair Interview, Preconception Nutrition: Getting Your Body Ready for Motherhood, Book Review – The Virtual Breastfeeding Culture: Seeking Mother-to-Mother Support in the Digital Age, Research Brief, Update on Academy's Dietetics Practice Based Research Network

Issue 4 - Alzheimer's Disease and Dementia: Role of Diet, Exercise and Overall Lifestyle feature, Updates on the Zika Virus, Healthy Aging and Brain Health Resources for Dietitians, Summary of 2015-2016 Webinar Series, Member Spotlight, HOD Fact Sheet, Update on WH Member Marketplace, WH Member Benefits

FNCE® Nashville 2015 Activities:

- Annual Leadership Team face-to-face meeting and brainstorming session
- WH DPG-planned Spotlight Session – Women's Health, Prenatal Nutrition and Infant Outcomes: A Public Health Perspective featuring Jamie Stang, PhD, MPH, RDN and Helene Kent, MPH, RDN
- WH DPG booth at the DPG/MIG Showcase staffed by Leadership Team members
- Collaboration with the Public Health and Community Nutrition DPG to staff the Mother's Room
- Registration stipends awarded to two students

FINANCIAL OUTCOMES:

Total Revenue: \$20,456

Total Expenses: \$28,117

CONTACT INFORMATION:

Web Address: www.womenshealthdpg.org

Facebook: www.facebook.com/WHDPG

Twitter: twitter.com/WomensHealthDPG

This issue marks the first *Women's Health Report* of the 2016-2017 membership year, and it is made all the more exciting by the celebration of 100 years of the Academy of Nutrition and Dietetics. It is an honor to serve as your Editor, and I am thrilled to be just one small part of the legacy of our practice group and the association. As part of the centennial celebration, each issue this year will feature content related to 100 years of women's health and nutrition, and in particular, will highlight the women who helped shape our profession.

When I was in middle school home economics in the mid-90s, trying to make meringue, sew a pillow, and properly set the table, I had no idea I would ultimately choose a career rooted in that field. Many of the first nutritionists were born out of work in home economics, especially during war times when home economists and nutritionists were utilized to help conserve food, and dietitians in hospital settings helped with foodservice and managing illness with diet (1). The following quote is from an engaging book about the history of nutrition and nutrition education by Helen Denning Ullrich:

"The few women who pursued studies in the science fields in the early 1900s found that research or teaching positions in the basic sciences were not open to them. They often ended up in home economics departments, which focused on training women for their roles as wives and mothers" (2).

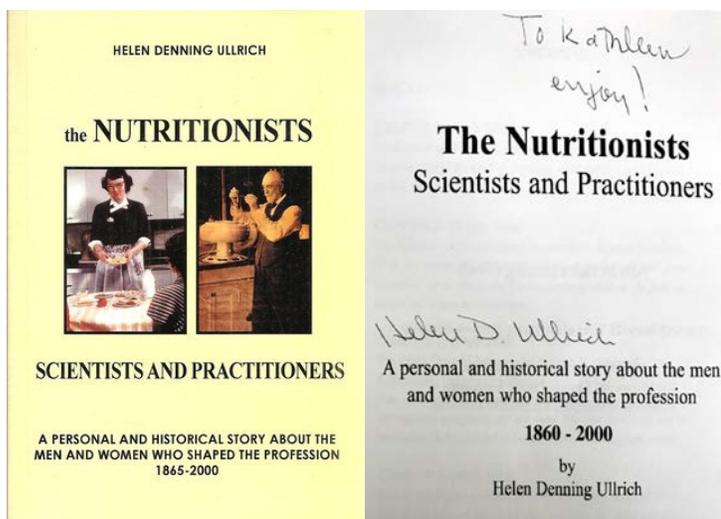
Helen was a founding member of the Society for Nutrition Education and Behavior, for which she was Executive Director from 1967 to 1983, as well as an extension specialist for multiple universities including Pennsylvania State University and the University of California. She was a pioneer in nutrition and education and "recognized that although it is critical for scientists to conduct research on how nutrients promote health and prevent disease, it is quite another thing to motivate people to make daily food choices based on that body of knowledge" (3). As a lover of history, I was fortunate to request a copy of Helen's book from her shortly before her passing in 2006, and I will always cherish her message to me on the inside cover.

The year 2017 marks 100 years of the Academy, formerly known as the American Dietetic Association (ADA). Founded by a small group of 100 dietitians in Cleveland, Ohio in 1917, the ADA was established to bridge the gap between the scientist and the practitioner so that the "feeding of as many people as possible be placed in the hands of women trained to feed them in the best manner known" (1). With annual dues of one dollar, and 39 charter members, the ADA set out on its course to establish a place for dietetics professionals in nutrition and health under the leadership of nutrition pioneers such as Lulu Grace Graves and Lenna Francis Cooper. Lulu Graves started a training course for clinical dietitians at Cornell University, while Lenna Francis Cooper was director of the School of Home Economics at Battle Creek Health Care Institution in Battle Creek, Michigan. During the first meetings of the association, four areas of practice were identified including diet therapy, teaching (dietetics education), social welfare (community nutrition), and administration (food systems management) (1). We still proudly practice in these areas today, as well as in many new and exciting areas including informatics, social media, business/retail, and wellness.

Men and women historically had different roles in the study and practice of nutrition, with men primarily leading the research effort. Funding and laboratory equipment were more readily available to men, who had backgrounds in such disciplines as physical chemistry, biochemistry, agricultural chemistry, and animal science. Women working in nutrition science focused on issues related to food and human nutrition – particularly maternal and child nutrition. "There are several explanations for this link between women and human nutrition. First, they were frequently employed in situations where their colleagues and students were primarily women; these associates were readily available to serve as study subjects. Second, resources were always limiting. Laboratories and equipment were either donated from male-dominated departments and institutions or from philanthropy" (4). Yet, many women more than knocked at the door of opportunity.

Icie Macy Hoobler was the first woman to serve as head of a division of the American Chemical Society. Working in the field of biological chemistry, she earned a PhD from Yale in 1920 (rare for women at that time), and was named the first director of the Children's Village in Redford, Michigan in 1930. Her work on maternal and child nutrition brought her notoriety and Icie received the Francis P. Garvan Medal honoring women in chemistry in 1946 for work on the effect of diet on the composition of mother's milk (5).

Agnes Fay Morgan created a human nutrition research program at the University of California at Berkeley and served as the first chair of its nutrition department. She was likely the only married woman to have a PhD (organic chemistry) in the early 1900s (4). When she accepted a faculty position in the Department of Home Economics at Berkeley in 1915, her annual salary of \$1,800 was \$600 less than the salaries paid to male faculty. Her research on "woman's issues" focused on the vitamin content of processed foods, and she was the first to identify that the food preservative



sulfur dioxide “had a protective effect on vitamin C and a damaging effect on thiamin” (4). Her research also focused on exploring the etiology of low weight gain in children; however, her most recognized discovery related to pantothenic acid and adrenal gland function, namely that “pantothenic acid is essential for normal pigmentation of hair and skin” (4). In 1955, she published work in the *Journal of Nutrition* that showed for the first time that a woman’s bone density decreases between ages 50 and 65, and that serum cholesterol has a relationship to the intake of dietary fat (4).

Sarah Tyson Rorer has often been given the title of “America’s First Dietitian” for being one of the first cooks to work in the area of nutrition (6). Upon taking her first cooking class, she later recalled thinking, “Before I had taken the second lesson I saw the great possibilities of right living and a well-organized school of domestic science. In fact, I saw, a hundred years ahead, the influence that this knowledge would have over the health and homes of the people.” In 1882 she founded the Philadelphia Cooking School where, in addition to cooking classes, she offered instruction in chemistry and “preparing proper meals for both the sick and healthy.” She had a “diet kitchen” where physicians could request the testing of special meals for the sick, and her school offered classes and outreach to the most impoverished areas. She was also a frequent columnist in *Ladies Home Journal* and published over 50 cookbooks (6).

Louise Stanley was appointed instructor in home economics at the University of Missouri in 1907, and held a Master’s degree from Columbia University and a PhD from Yale. She began work-

ing with the US Department of Agriculture in 1914 in the Office of Experiment Stations, and in 1923 was appointed chief of the Bureau of Home Economics. She conducted research in the 1920s and 1930s on the “proper nutritional elements of the human diet” (7). Louise left her mark on nutrition and health in the United States, helping contribute to research that led to the development of national dietary guidelines – what is our MyPlate today.

These are only a few of the women who helped shape the profession of dietetics and the study of nutrition and health. We will continue to explore the roots of our field in our next newsletter. It is only in looking where we have been that we can truly see where we are headed and more importantly how far we have come.

References

1. Winterfeldt, Esther et al. *Dietetics Practice and Future Trends*. Sudbury, MA: Jones and Bartlett. 2011.
2. Ullrich, Helen Denning. *The Nutritionists: Scientists and Practitioners. A Personal and Historical Story about the Men and Women Who Shaped the Profession 1800-2000*. Berkeley, NY: Helen Denning Ullrich. 2004.
3. Helen Denning Ullrich, nutrition educator and 2005 CNR Citation recipient, dies at 84. University of California Berkeley. <https://nature.berkeley.edu/news/2006/03/helen-denning-ullrich-nutrition-educator-and-2005-cnr-citation-recipient-dies-84>. March 2006. Accessed September 30, 2016.
4. King, J. Symposium: Historically Important Contributions of Women in the Nutrition Society: The American Society for Nutritional Sciences Diamond Jubilee Symposium. *The Journal of Nutrition*. 133: 3693–3697, 2003.
5. New York Times Obituary. Icie Macy Hoobler Dies at 91; Nutrition Studies Won Award. <http://www.nytimes.com/1984/01/13/obituaries/icie-macy-hoobler-dies-at-91-nutrition-studies-won-award.html>. January 1974. Accessed October 6, 2016.
6. Michigan State University. Feeding America: The Historic American Cookbook Project Digital Collection. http://digital.lib.msu.edu/projects/cookbooks/html/authors/author_rorer.html. Accessed October 26, 2016.
7. University of Missouri. Food Revolutions: Science and Nutrition (1700 – 1950). <https://library.missouri.edu/exhibits/food/stanley.html>. Accessed October 26, 2016.

The advertisement features the logo for the Academy of Nutrition and Dietetics (eatright) at the top. Below it, the title "MNT Provider" is prominently displayed in a large, blue, serif font. Underneath the title, the text "Your source for practice management news" is written in a smaller, green, sans-serif font. The main body of the ad contains a paragraph describing the newsletter as a free, essential resource for Registered Dietitians (RDs) published monthly. To the right of this text is a stack of three sample newsletter pages, showing various articles and sections. Below the paragraph is a bulleted list of topics covered in the newsletter: Reimbursement, Billing, Coding, Practice and business management, and Healthcare reform issues. At the bottom of the ad, there is a call to action: "To read the latest issue, visit: www.eatright.org/mnt".

NEW ONLINE MEMBER MARKETPLACE PROVIDES OPPORTUNITY FOR WH DPG MEMBERS TO SHINE

The Women’s Health (WH) DPG is excited to announce its new Member Marketplace where members can feature new books, webinars, training series, etc. that they have developed.

The WH DPG Member Marketplace exists to promote the sale of WH DPG member products and services to other Academy of Nutrition and Dietetics members (Academy), as well as to the general public.

ELIGIBILITY

Only current WH DPG members are eligible to participate.

FEE

The fee per listing is \$20 per Academy membership year (June 1 - May 31).

Review the complete guidelines or submit a product using our online form. Questions can be directed to publications@womenshealthdpg.org.

2016 WH DPG AWARD WINNERS



Excellence in Practice in Women's Health

Lisa Akers, MS, RDN, IBCLC, RLC, FAND

Lisa Akers is a Registered Dietitian Nutritionist (RDN), a Fellow of the Academy of Nutrition and Dietetics (FAND), and an International Board Certified Lactation Consultant (IBCLC). She completed her Bachelor and Master of Science Degrees in Clinical Dietetics from James Madison

University, and is currently enrolled there again to earn her PhD in Strategic Leadership Studies. The focus of her doctoral research is leveraging systems change through nonprofit healthcare organizations; more specifically, examining the quality of maternity services in US healthcare systems.

Lisa has been working in the field of public health and human lactation for over 15 years. Her former position as State Breastfeeding Coordinator supported and promoted breastfeeding endeavors for all of the Commonwealth of Virginia, which includes the development of public policy and media campaigns, curricula, publications and training; oversight of the Virginia WIC Breastfeeding Peer Counselor Program; and service as the Virginia Department of Health liaison to the Virginia Breastfeeding Advisory Committee.

Lisa has served on numerous national and international boards including the International Lactation Consultant Association (ILCA), the WH DPG, and the United States Breastfeeding Committee (USBC). Over the past 16 years Lisa has worked to ensure that numerous portions of federal and state legislation were supportive of breastfeeding. She attends General Assembly hearings in Virginia each year, was present at the Academy's Congressional Briefing at the White House for the Breastfeeding Promotion Act of 2011, and worked with employers to ensure that breastfeeding employees were supported following enactment of the Affordable Care Act in 2009. Lisa continues her advocacy efforts today as an Academy representative on the USBC, and through her current role on the Board of Directors of ILCA, advocating for the RDN in the arena of skilled lactation care.

Lisa was actively involved with the WH DPG for seven years beginning in 2009 when she assumed the role of Listserv Coordinator. She was elected Chair-Elect in 2013, served as Chair in 2014, and finally Immediate Past-Chair from 2015 to 2016. She also served as an Expert Workgroup member for the Academy's Evidence Analysis Library, as a reviewer for the previous position paper on the Promotion and Support of Breastfeeding, and as a reviewer for the reproductive section of the Academy's Nutrition Care Manual.



Emerging Professional in Women's Health

Traci Briant Causey, MS, MBA, SNS

Traci Briant Causey is Programs & Education Manager for Seafood Nutrition Partnership, an organization focused on inspiring a healthier America through partnerships that raise awareness about the essential nutritional benefits of eating seafood. She currently works on programs designed for women in

underserved communities to help reduce risks of cardiovascular disease through diet modification. Prior to her current position, Traci held management roles within higher education foodservice, K-12 school nutrition, and WIC. In her spare time, Traci volunteers with community organizations that support women and children health initiatives.

Traci is a graduate of the University of Louisiana at Lafayette with a Bachelor of Science degree in Dietetics, and holds the degrees of Master of Business Administration and Master of Science in Food Systems Administration from Texas Woman's University. She is certified as a School Nutrition Specialist through the School Nutrition Association and as a CDC Work@Health Trainer with the Centers for Disease Control and Prevention.



Outstanding Students in Women's Health

Lee Crosby

Lee Crosby is a dietetic intern with Virginia Tech who has a long-standing interest in women's issues and health. As an undergraduate at the University of Virginia, she served as a sexual assault hotline responder and advisory committee member with the Sexual Assault Resource Agency in

Charlottesville. She has also tutored moms with young kids in GED science and writing, and taught a short series of health and nutrition lessons. Lee is also author of a food and nutrition blog called Veggie Quest geared toward women that features healthy recipes and informative articles on topics like emotional eating and nutrition for reducing breast cancer risk.



Leila Shinn

Leila Shinn received her Bachelor's degree in Food Science and Human Nutrition with a concentration in Dietetics from the University of Illinois at Urbana-Champaign in May 2015. She is currently completing her dual dietetic internship-Master's program at Rush University Medical Center in Chicago, with expected graduation in

May 2017. Her degree focus is Clinical Nutrition, and her thesis in progress is titled "Infant Feeding Practices in the First Six Months of Life and Subsequent Growth Performance." Leila has served as the WH DPG Website Coordinator since June 2015.

our vision

"Optimizing the future of women's health at all ages."



Members of the WH DPG Leadership at the 2016 Public Policy Workshop (from left to right): Denise Andersen, Lisa Eaton Wright, Rita Kashi Batheja, and Dawn Ballosingh

The 2016 Public Policy Workshop (PPW) in Washington, DC did not disappoint! As the Policy and Advocacy Leader (PAL) for Women's Health, I had the privilege and pleasure of attending and representing the members of our DPG. This food and nutrition advocacy summit focuses on critical policies that impact the health of our nation and our profession. It is a unique learning opportunity that positions attendees to advocate at this conference and beyond, both on the Hill and in home districts.

Our involvement in public policy and advocacy as nutrition professionals is a critical part of advancing our profession into the future. This year, the Academy's PPW focused on three main priorities, but the training began long before we landed in DC. There were monthly webinar trainings for policy leaders and attendees, in addition to written issue briefs and talking points to familiarize attendees with the various bills. This dual preparation helps promote comfort with the material before meeting with legislators, and ultimately trains Academy members to become the voice of nutrition that Congress trusts.

Dietitians and DTRs advocated for three major policy initiatives at PPW 2016:

- **Child Nutrition Reauthorization Act** is a broad piece of legislation that includes school meals, Farm to School Program, Child and Adult Care Food Program, Fresh Fruit and Vegetable Program, Summer Food Service Program, and WIC. These programs employ many members who are leaders in this area, and impact millions of children on a daily basis. As of September 15, 2016, there is potential for movement of the Senate version of this bill. Stay alert for an Action Alert!

- **Treat & Reduce Obesity Act** in Medicare removes unnecessary barriers to allow a variety of qualified practitioners, such as RDNs, to effectively treat and reduce obesity through Intensive Behavior Therapy (IBT), and to authorize coverage for FDA-approved

weight loss drugs to complement IBT. According to Institute of Medicine and the U.S. Preventative Services Task Force, RDNs are the most qualified food and nutrition experts.

- **Preventing Diabetes in Medicare Act** will help prevent cases of diabetes in the Medicare population by allowing medical nutrition therapy (MNT) to be provided by a dietitian or nutrition professional for individuals with diabetes, prediabetes or a renal disease, or for individuals at risk for diabetes. This bill is both clinically- and cost-effective, allowing Medicare coverage of MNT for patients with prediabetes or diabetes risk factors. In addition, MNT provided by an RDN is an effective, evidence-based intervention that has consistently been shown to be cost-saving for preventing and treating people with prediabetes.

I am always listening for sound bites that I can use when advocating for food and nutrition issues with my legislators. This little gem came straight from Academy President-Elect Donna Martin: "We're selling health." Yes, we are selling health – health through nourishing food and smart nutrition policy. It's for the health of our nation, and for the health of the old, the young and every age between. Sell on!

Call to Action:

- **Choose to be informed!** And then use that information to be an advocate for our profession.
- **Make a connection!** Get to know your affiliate Public Policy Panel leaders; visit your congressperson in their home office.
- **Bust a move!** Respond to action alerts! Go to eatrightpro.org, select Advocacy, then select Action Center.

Remember: *It's your profession. Own it. Advocate for it!*



Note to the reader: The WH DPG is proud to share that Lisa Eaton Wright, MS, RDN, LDN, was named the winner of the 2016 Award for Grassroots Excellence, the Academy's top award for nutrition advocacy. Lisa has held numerous leadership roles in key areas of the dietetics profession including the Women's Health dietetic practice group serving as the Policy and Advocacy Leader (PAL). She has also served the Illinois Academy of Nutrition

and Dietetics as a policy leader, former president and a key affiliate leader during Illinois' 2012 licensure efforts. Lisa received the award at the 2016 Public Policy Workshop.



Photo Courtesy of UNC Gillings School of Global Public Health

The world of Maternal and Child Health got a little quieter on August 13, 2016 with the passing of the legendary Dr. Miriam Labbok. Miriam was not only a physician trained in pediatrics, preventive medicine and epidemiology, she was also an International Board Certified Lactation Consultant who dedicated her life to enhancing the lives of families across the globe. Over her storied career she worked for Georgetown University, Johns Hopkins, the World Health Organization (WHO), the United States Agency for International Development (USAID), and the United Nations Children's Fund (UNICEF). At UNICEF she served as Senior Advisor, and at USAID she was Chief of the Nutrition and Maternal/Infant Health Division. She served as a content expert on countless committees and boards, notably as North American Representative to the Steering Committee of the World Alliance for Breastfeeding Action (WABA), and as a founding member of the Academy of Breastfeeding Medicine.

Miriam's 53-page Curriculum Vitae reads like a short novel, featuring more than 150 publications and even more presentations. She is well known for her early research in the Lactational Amenorrhea Method of birth control and Breastfeeding Friendly Healthcare. Her accolades are many, with the most recent being the US Breastfeeding Committee's Legacy Award, the Crystal Rose from Reaching Our Sisters Everywhere, and the Pat Martens Award for Excellence in Research from the Journal of Human Lactation.

A strong and vocal advocate for women's rights around birth and breastfeeding, Miriam believed to her core that breastfeeding was not just a child nutrition issue, but the basis for maternal and child health, well-being, and mortality. In 2006, Miriam was recruited from her position as a Senior Advisor at UNICEF NY to be the Founding Director of the Carolina Global Breastfeeding Institute (CGBI) at the University of North Carolina at Chapel Hill. At that time, Miriam was the sole employee and able to mobilize master's students into joining her in her pursuit to develop CGBI into a premier academic institute. The institute is now known for a decade of work in the areas of research, service, and training. Currently, the CGBI team consists of two faculty members with one additional vacancy, five full-time employees, two part-time employees, and numerous students and scholars.

Miriam retired a few months earlier than planned this past spring to focus on her health. In May of 2016, UNC honored a decade of CGBI work under her leadership, and the stories of her legacy were motivational and quite moving. This marked the last time she spoke publicly about her lifetime achievements and of her love for maternal and child health. During the celebration Dean Barbara Rimer announced Miriam's intention to give the school a research endowment to further her legacy – a true demonstration of this love.

Although not traditionally trained in nutrition, Miriam was a friend to our field and a true leader in the promotion, protection and support of breastfeeding around the world.

[Click this link to read more on Dr. Labbok.](#)

CONGRATULATIONS TO OUR CHAIR,
Catherine Sullivan, MPH, RD, LDN, IBCLC,
for her recent appointment as director of the
Carolina Global Breastfeeding Institute (CGBI),
based in the UNC Gillings School of Global Public
Health's Department of Maternal and Child Health.
Thank you for this commitment!

A Thriving World: Creating a future where people and communities flourish through the transformational power of food and nutrition

The world faces unique threats to ensuring the health of all people and communities: a rapidly growing population, the dual burden of undernutrition and obesity and escalating rates of chronic disease. The combination of limited food options and poor food choices, in both developed and developing countries, contributes to exorbitant costs — in quality of life, health care expenses and loss of human and economic productivity.

These enormous challenges cannot be solved by any organization working alone. However, organizations who recognize that these challenges represent innovative opportunities throughout the food, nutrition and health system can collaborate to change the trajectory of health in the world.

Improving access to healthful food and driving innovation are imperative to scaling health and nutrition strategies globally. Through collaboration, these opportunities include:

- Building on the latest human behavior research to support better decision-making around food.
- Supporting advancements in the prevention and treatment of malnutrition, obesity and chronic disease.
- Pairing developments in genetics, nutrition informatics and information technologies with emerging health care models to deliver care and improved outcomes, opening a new space for innovation.

And with this focus on food and nutrition as the basis for good health, communities can thrive in unprecedented ways.

The Academy's Second Century represents a moment to continue the conversation and take action with those who are at the forefront of creating positive global change.

For the past 100 years, the Academy of Nutrition and Dietetics has been dedicated to building a profession that optimizes health through food and nutrition. In 1917, the profession was pioneered by a visionary group of women committed to contributing their knowledge and service to the biggest food and nutrition challenge of the day — nourishing the population in the face of severe food shortages in the U.S. and in Europe during World War I.

Today, the Academy is the world's largest organization of food and nutrition professionals, representing more than 100,000 registered dietitian nutritionists and nutrition and dietetics technicians, registered, working across the food and health spectrum in hospitals, foodservice, academia, business, wellness, agriculture and private practice. Together, with its members and allied health professionals, the Academy has spent the last century improving the nation's health through research, education and advocacy.

The Academy is charting a new vision for the future, grounded in an extraordinary commitment to collaboration, a focus on service and an emphasis on accelerating the progress towards solving the greatest food and nutrition challenges of the 21st century — creating a world where people and communities flourish because of the transformational power of food and nutrition.

2016-2017 WOMEN'S HEALTH DIETETIC PRACTICE GROUP LEADERS

Executive Committee

Chair

Catherine Sullivan, MPH, RDN, LDN, IBCLC, RLC

Chair-Elect

Katie Leahy, MS, RDN, LD

Past Chair

Heather Goesch, MPH, RDN, LDN

Treasurer

Dawn Ballosingh, MPA, RD, LMNT

Chairs/Coordinators

Social Media Coordinator

Miri Rotkovitz, MA, RD

Membership Chair

Maya Feller, MS, RD, CDN, CLC

Manager, DPG Relations

Susan DuPraw, MPH, RD

Nominating Committee Chair

Sarah Borowicz, MS, RDN, LDN

Nominating Chair-Elect

Carrie Dennett, MPH, RDN, CD

Committee Coordinators

Website/Electronic Mailing List (EML) Coordinator

Leila Shinn

Publications Editor

Kathleen Pellechia, RDN

Assistant Publications Editor

Lee Crosby

Policy and Advocacy Leader

Lisa Eaton Wright, MS, RDN, LDN

Academy House of Delegates Representative

Denise Andersen, MS, RDN, LD, CLC

Membership Retention Coordinator

Maria Bournas, MS, RD

Reimbursement Representative

Rita Kashi Batheja, MS, RDN, CDN, FAND

Awards Coordinator

Ginger Carney, MPH, RD, LDN, IBCLC, RLC, FILCA

Research Coordinator

Christine Garner, PhD, MS, RD, CLC

Mentoring Coordinator

Judy Simon, MS, RD, CD, CHES

Please send any questions or comments to
info@womenshealthdpg.org.

