

Academy Update

The Top Ten Factors Impacting Your Career

Dr. Glenna McCollum, MPH, RDN
President 2013-2014



C OLLABORATION
L EADERSHIP

I NNOVATION

M ENTORSHIP

B ALANCE

The Academy Positions Us



1

Our Goals Are Strategic



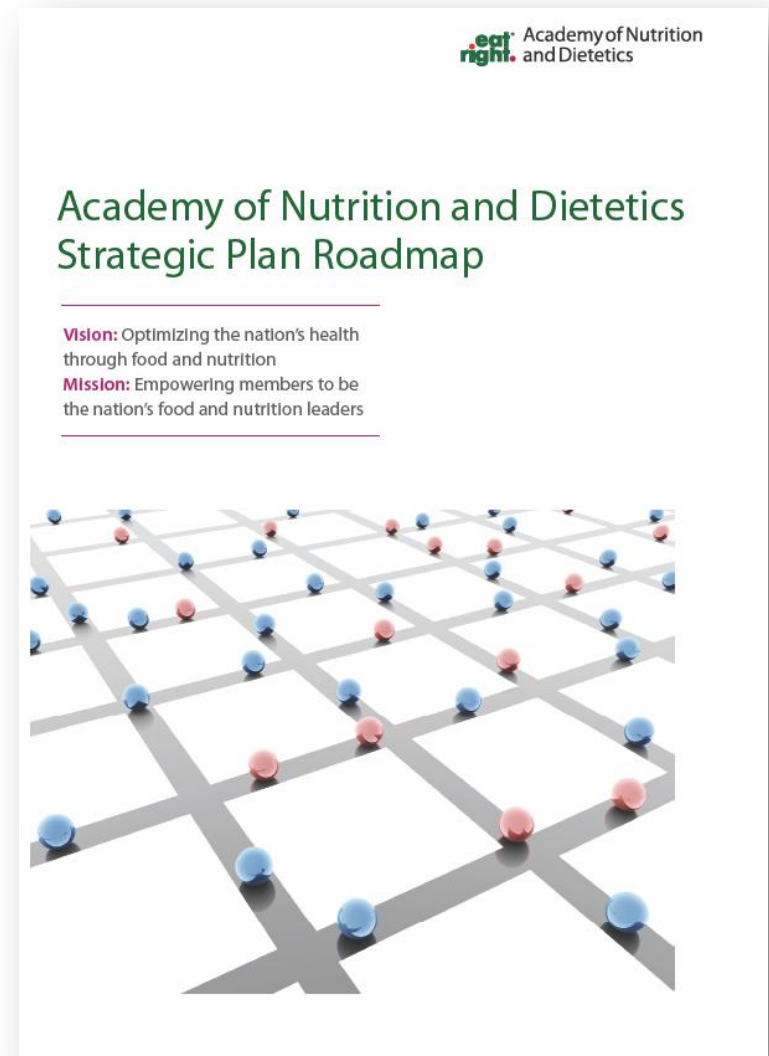
Mission and Vision

Academy continues to pursue our mission...

empowering members to be the nation's food and nutrition leaders...

...and our vision...

optimizing the nation's health through food and nutrition.



Products



Practice

Skills



Successes

Leadership

Value

Knowledge

Services

Bright future



Diverse

2

New Credentialing and Recognition Opportunities



New Professional Designation

Nutrition and Dietetics Associate

- **Leadership opportunities in education and practice**
- **Ethical responsibility to provide recognition value to students who complete ACEND-accredited didactic program**
- **Cultivate multiple levels of practice, meet demand, build capacity for delivery of services**



Fellow of the Academy of Nutrition and Dietetics

- **Significant, sustained contributions**
- **Customer focus: Meet needs, exceed expectations**
- **Integrity: Act ethically, with accountability, for lifelong learning, commitment to excellence**
- **Innovation: Embrace change with creativity and strategic thinking**
- **Social Responsibility: Inclusivity, environmental, economic and social implications**
- **Fellows are why the public trusts and chooses Academy members**

Optional Credential for All RDs

eat right. Academy of Nutrition and Dietetics

Registered Dietitian Nutritionist

RDN



Top 10 Factors Impacting Your Career: Academy Update

3

Visioning, Ethics, Mega Issues



Vision for Education, Credentialing and Practice

Change has to start somewhere and there is no time to waste.

If the dietetics profession is not moving forward, it is being left behind.

– Council on Future Practice

Highest Obligation: Act Ethically Academy of Nutrition and Dietetics



Your Food and Nutrition Source

It's About Eating Right

In This Section

- [Who We Are](#) »
- [FAQs](#)
- [Diversity](#)
- [Position and Practice Papers](#) »
- [Work at Academy](#)
- [Governance/ Leadership](#) »
- [Join Academy](#) »

► Popular Diet Reviews

Featured Product



Special Feature

[MORE INFO](#) 

Healthy Eating Healthy Weight for Kids and Teens

Using a family-friendly approach, the authors present eight Academy-backed strategies for managing weight.

Code of Ethics

The Academy and its credentialing agency, the Commission on Dietetic Registration, believe it is in the best interest of the profession and the public it serves to have a Code of Ethics in place that provides guidance to dietetics practitioners in their professional practice and conduct.

PUBLISHED CODE OF ETHICS

The Code of Ethics Task Force reviewed and revised the 1999 Code of Ethics in March 2009. The Academy Board of Directors, Commission on Dietetic Registration and House of Delegates approved the revised Code in May 2009. The 2009 Code of Ethics was published in the August 2009 *Journal of the American Dietetic Association*, now *Journal of the Academy of Nutrition and Dietetics*, (pages 1461-1467). The 2009 Code is in effect as of January 1, 2010 and the 1999 version of the code is no longer valid.

- [Code of Ethics for the Profession of Dietetics and Process for Consideration of Ethics Issues — August 2009 *Journal* article](#)

EDUCATIONAL RESOURCES

A variety of educational resources have been created to assist practitioners in understanding the practical application of the Code of Ethics.

- [Ethics Committee](#)
- [Ethics Education Toolkit](#)
- [Ethics Continuing Education Resources](#)
- [Ethics Opinions](#)
- [Ethics in Action Columns](#)
- [Guidelines Regarding the Recommendation and Sale of Dietary Supplements](#)
- [Ethics Complaints and Violations](#)
- [Videos and Case Studies](#)
- [Promotional Pieces for Newsletters](#)
- [International Code of Ethics and Code of Good Practice](#)

ACADEMY CODE OF ETHICS 'FOR FURTHER READING' LIST

The "For Further Reading List" can be used by educators to direct reading and learning objectives for students in the area of ethics and ethical behaviors as a professional in dietetics. Practitioners can use the list to keep current on ethics and the impact on practice. This list was prepared by the Academy Ethics Committee and will be updated once per year, in August.

- [Code of Ethics 'For Further Reading' List](#)

Top 10 Factors Impacting Your Career: Academy Update

HOD Mega Issues 2013-2014

eatright.org/hod

Spring 2013:
***Hunger in America: Food and
Nutrition Insecurity Affects
All RDs and DTRs***

Fall 2013:
***Nutrition Services Delivery and
Payment***

Spring 2014:
Engaging Members in Research

Nutrition Services Delivery and Payment: The Business of Every Academy Member HOD Fact Sheet

House of Delegates

Fall 2013

HOD Fact Sheet: Outcome of the Fall 2013 HOD Meeting

The House of Delegates (HOD) conducted a dialogue on Nutrition Services Delivery and Payment on October 18-19, 2013. Over 185 delegates and interested Academy members convened in Houston, Texas to discuss this mega issue over two days. The backgrounder is available on the Academy Website at www.eatright.org/hod -Fall 2013 HO D Meeting- Meeting Materials. Prior to the meeting, delegates conducted a dialogue on where they work and how their services are paid for, as well as obtained this information from their constituents. This fact sheet provides a summary of the outcomes of the meeting.

The purpose of the dialogue session was for delegates and meeting participants to:

1. Identify relevant stakeholders and their needs.
2. Comprehend the impact that current and evolving health care delivery and payment models will have on ALL areas of practice.
3. Give examples of successful integration into evolving delivery and payment models.
4. Communicate the need for nutrition and dietetics practitioners to be an essential part of evolving health care delivery and payment models.
5. Promote information to members and stakeholders and encourage members to utilize Academy resources.
6. Empower members to lead efforts and seize opportunities to provide cost-effective nutrition services to optimize the public's health.

During the meeting, the House of Delegates completed the following activities:

1. Identified key stakeholders and their needs as it relates to delivery and payment models;
2. Identified a number of gaps to address the issue;
3. Identified opportunities to close the gaps; and,
4. Identified actions that members and the Academy can do to address this critical issue facing the profession.

Overview of the Process for Conducting this Dialogue Session

The purpose of the House of Delegates is to govern the profession of dietetics. As part of the House's role in governing the profession, the following steps were taken for conducting the dialogue session on Nutrition Services Delivery and Payment.

1. Released a backgrounder on the topic for dialogue on August 1. The backgrounder "Nutrition Services Delivery and Payment: The Business of Every Academy Member" was released to the HOD and the membership.
2. Solicited input to the backgrounder: Members were asked to submit information on where they work and how their services are paid for by September 30.

Top 10 Factors Impacting Your Career: Academy Update

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**Research
Highlights**



Childhood Obesity Research

- **BMI² study: Brief Motivational Interviewing to Reduce Child Body Mass Index**
- **NIH-funded follow-up to Healthy Lifestyles Research Study**



- **Increased understanding and use of research strengthens practice, provides better clinical services to patients and clients**
- **Online Toolkit: “Understanding the Basics of Research”**
- **Dietetics Practice Based Research Network: brings practitioners and researchers together**
- **Health Informatics Infrastructure: empowering RDs to accelerate outcomes research**

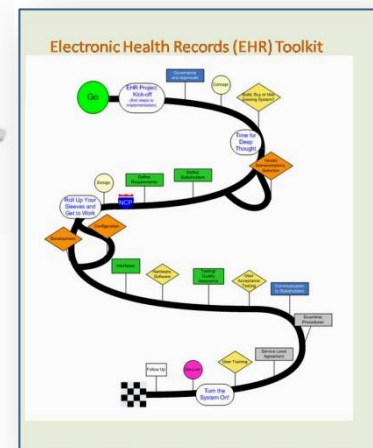
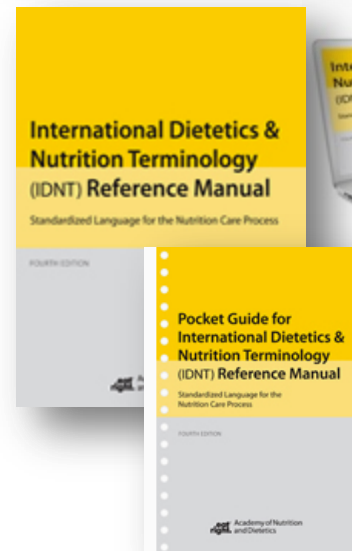
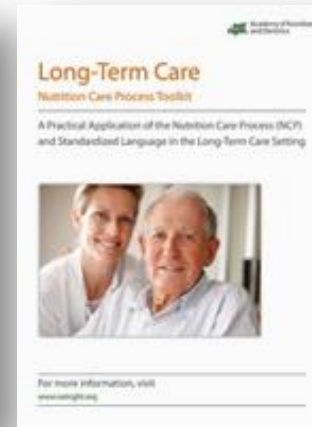
Dietetics Practice Based Research Network

- **Membership has doubled in last year**
- **Projects include staffing levels, malnutrition, preventing diabetes, nutrition education**
- **Partnerships with DPGs, other organizations to conduct research**
- **Adapting to member research needs based on survey**

Nutrition Care Process

Are you using all NCP resources to your advantage?

- **IDNT Reference Manual and Pocket Guide (4th ed.)**
- **Electronic Health Records Toolkit**
- **Specialty area toolkits**



New NCP Online

- **Easy to navigate**
- **Modern look**
- **User-friendly**
- **Logical flow**
- **No new purchase**

The screenshot displays the Academy of Nutrition and Dietetics website interface. At the top, the logo and navigation menu are visible. The main content area features a yellow banner for the "IDNT Nutrition Terminology Reference Manual, FOURTH EDITION, DIETETICS LANGUAGE FOR NUTRITION CARE". To the right of the banner is a circular diagram illustrating the Nutrition Care process: Assess, Diagnose, Intervene, and Evaluate. Below the banner, a large diagram titled "The Nutrition Care Process and Model" is shown. This diagram is a circular flowchart with a central core labeled "Relationship Between Patient/ Client/Group & Dietetics Professional". The core is surrounded by four quadrants: "Nutrition Assessment & Re-assessment", "Nutrition Diagnosis", "Nutrition Intervention", and "Nutrition Monitoring & Evaluation". Each quadrant contains specific sub-points. The entire process is framed by an outer ring labeled "Practice Settings" and "Health Care Systems", with additional labels for "Code of Ethics", "Dietetics Knowledge", "Social Systems", and "Local Training".

New International Website

Academy International Nutrition Care Process

A resource for international dietetics organizations

Academy International Nutrition Care Process is a new website that provides news and support to dietetic professionals outside the United States who are interested in the Nutrition Care Process and terminology.



Website Features:

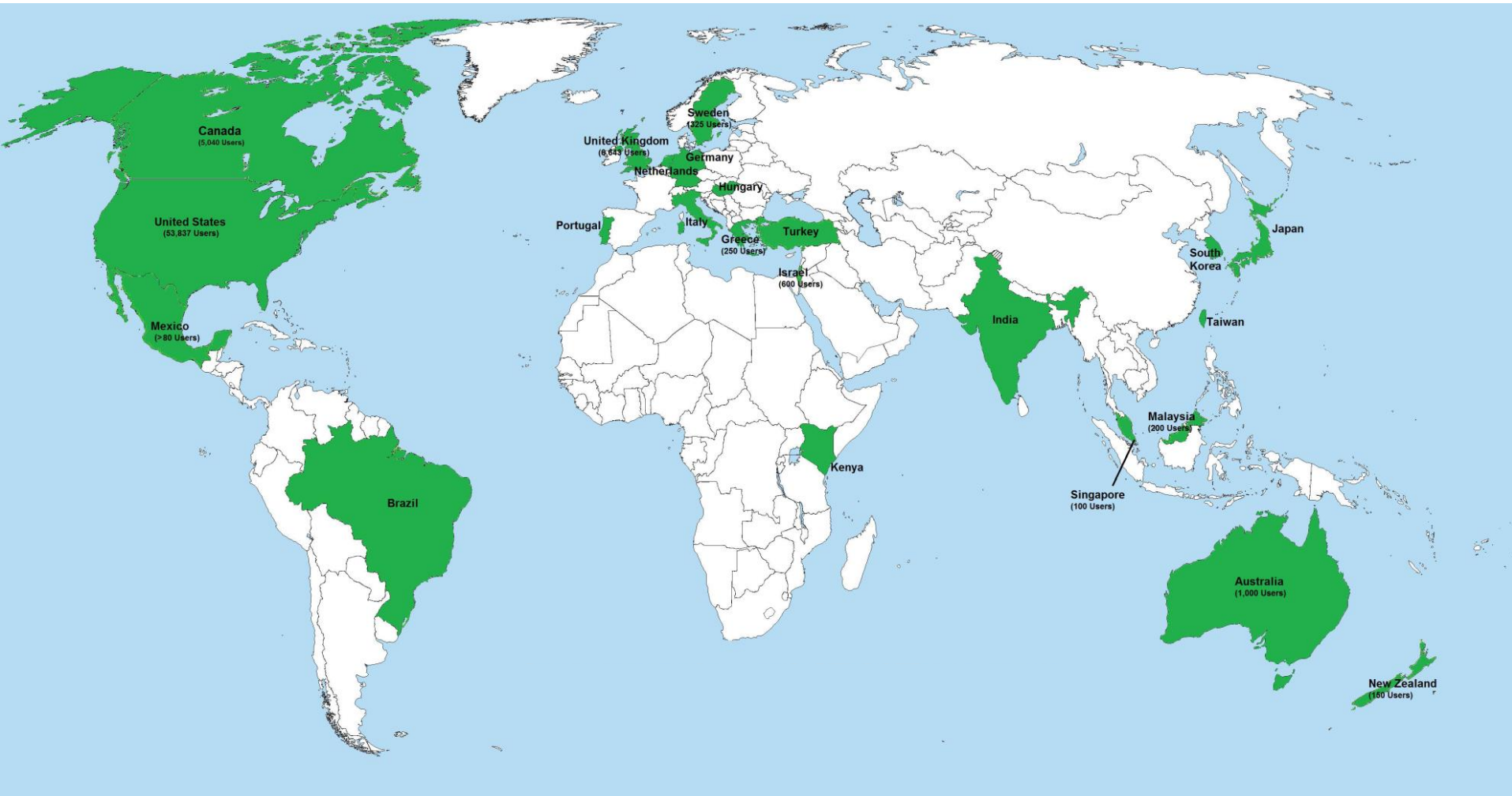
NCP Overview and Resources provide an introduction to each step in the NCP for those unfamiliar with the process. Additionally, there are also links to tutorials, the EHR White Paper, and a list of Frequently Asked Questions.

The **News** feature informs users of important meetings and deadlines relating to both the NCP International Work Group and the international efforts of the NCP Committee. Users can also view archived news to get a broad idea of the past work of each group.

The **International Documents** section gives international members and colleagues of the Academy of Nutrition and Dietetics the opportunity to submit articles that focus on using the Nutrition Care Process and terminology in different countries. There is a section with articles detailing the implementation process, case studies, education and training, and translations.

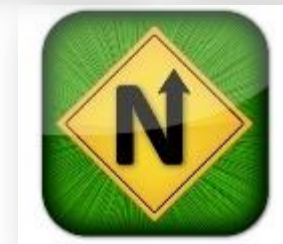
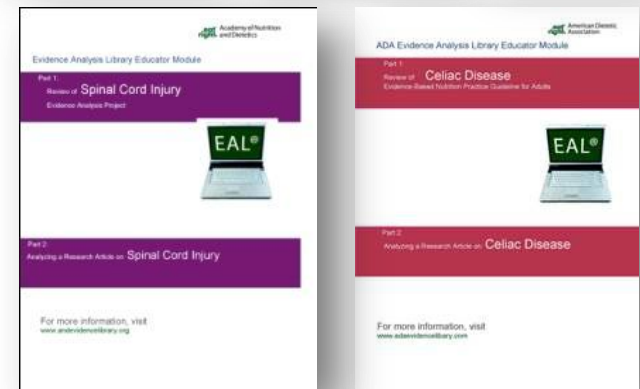
To view the Academy International Nutrition Care Process, please visit www.aaincp.webauthor.com
If you have any questions, please contact **Kay Howarter**, Director of EAL/NCP Business Development (khowarter@eatright.org) or **Robert Voss**, Web-Technical Assistant (rvoss@eatright.org)

Worldwide Terminology Usage



Evidence Analysis Library

- EAL summarizes best nutritional research on accessible website
- Questions, conclusion statements, evidence summaries, supporting documentation
- Systematically developed statements based on scientific research to assist practitioner and patient decisions
- Evidence-based practice nutrition toolkits, educator modules, presentations
- Newly updated *Nutriguides* app: 300+ recommendations, easily search for topics (\$1.99)



Academy of Nutrition and Dietetics Health Informatics Infrastructure

- **Putting NCP to work**
- **Feasibility testing with DPBRN members**
- **Supporting nutrition research**

Assessment	
IDNT Term	Value
glucose, fasting	225
glycosylated hemoglobin A1c measurement	6.9

Diagnosis	
Problem	Etiologie
excessive carbohydrate intake	<input type="checkbox"/> disor <input checked="" type="checkbox"/> food- <input type="checkbox"/> limite

Intervention
Target Etiology
food- and nutrition-related knowledge deficit

Monitoring and Evaluation	
Diagnosis	Monitors
excessive carbohydrate intake	

5

Public Policy



Academy leaders from LPPC and ANDPAC storm Capitol Hill

Targeted Priorities

Two major areas:

- **Consumer and Community**
- **Professional**

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facebook.com/eatrightANDPAC



Rep. Elijah Cummings (Md.)



Rep. John Shimkus (Ill.)

- **Prevention and treatment of chronic disease**
- **Nutrition through the lifecycle**
- **Quality food and nutrition**
- **Nutrition monitoring and research**



Consumer and Community Issues **eat right.** Academy of Nutrition and Dietetics



- **Farm Bill passed!**
- **Preventive health savings**
- **2015 Dietary Guidelines**
- **Older Americans Act**
- **Healthy Hunger-Free Kids Act 2.0**



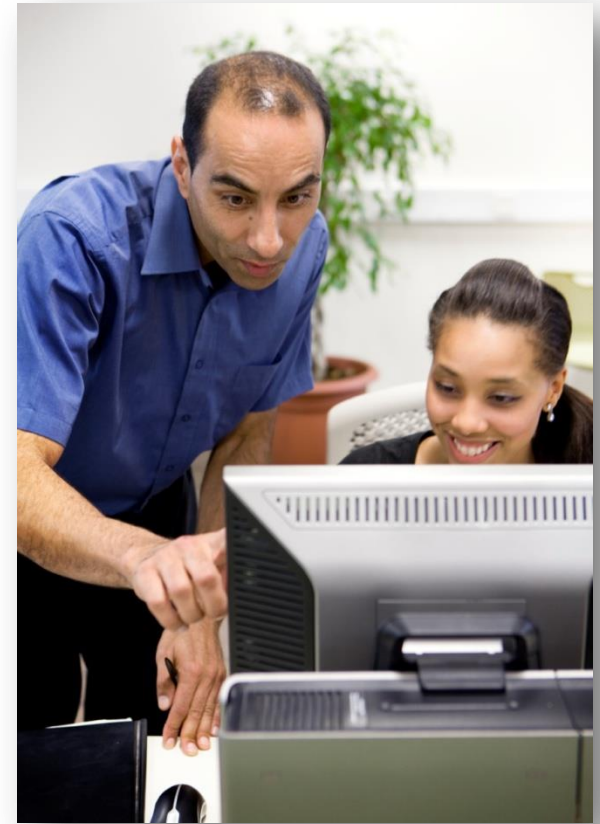
Professional Issues

- **Consumer protection and licensure**
- **Workforce demand**
- **Outcome-driven nutrition services**
- **Informatics**



Professional Issues

- **Reimbursement**
 - **Treat and Reduce Obesity Act**
 - **SGR/Medicare Reform**
 - **Alternative payment systems**
- **Consumer protection, licensure**
- **Workforce demand**
- **Nutrition informatics**



Public Policy Workshop



- **Legislative priorities**
- **Communications and leadership training**
- **Bring messages to Congress and back home**
- **Valuable professional development**

Advocacy = Credibility



Capitol Hill Meetings



District Meetings



PAC Events



ANDPAC Works for All of Us

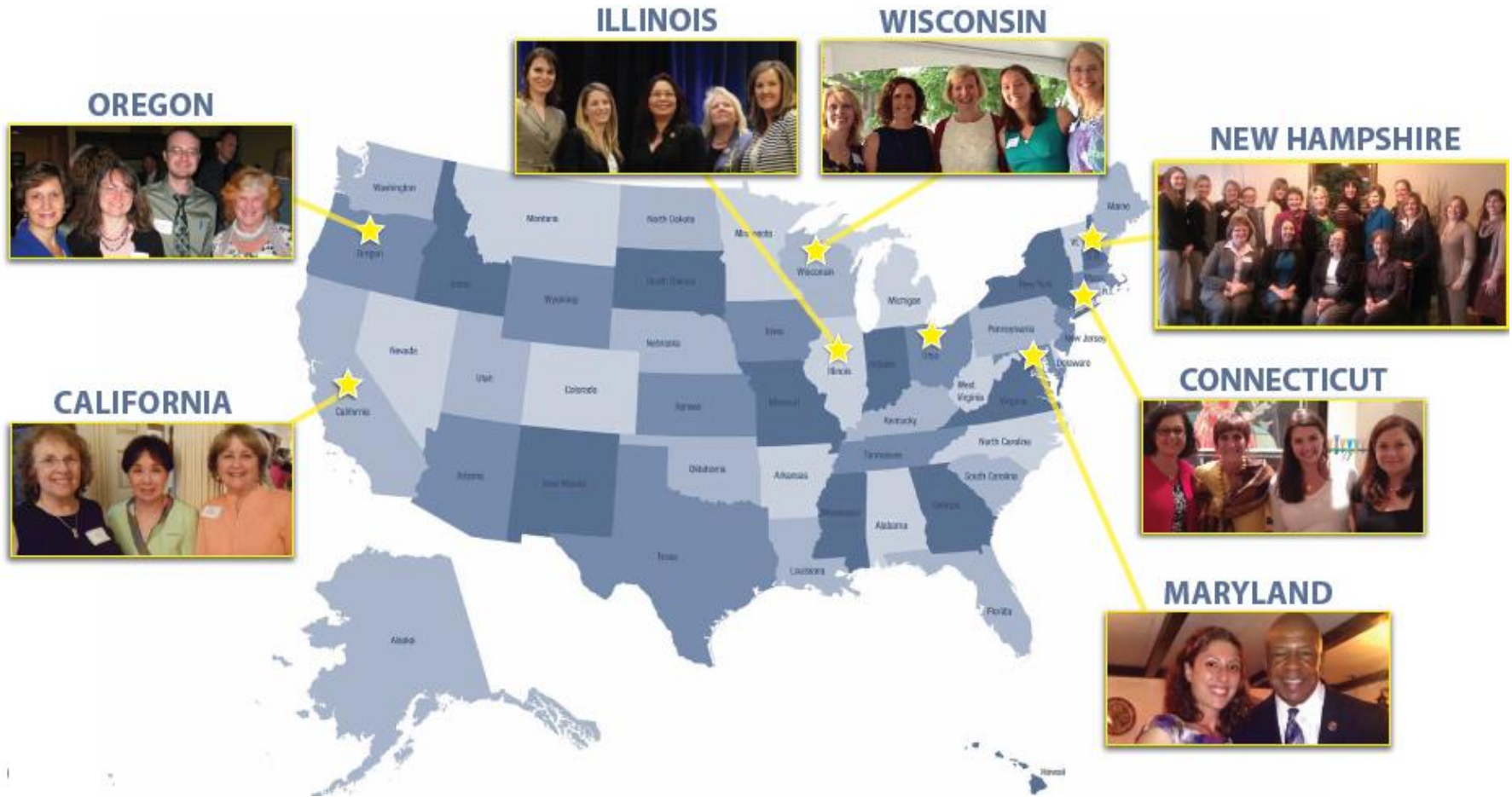
- **Only PAC focused on food, nutrition and health**
- **Members contribute to and benefit from ANDPAC**
- **Productive Congressional relationships get results**



**Rep. Bruce Braley (Iowa)
meets with Academy staff**

Advocacy Starts at Home

ANDPAC events with members of Congress



Be Active in Advocacy

- **Respond to Action Alerts**
- **Connect with your state public policy panel**
- **Follow on Twitter: @EatRightPIA**
- **Like: [facebook.com/eatrightANDPAC](https://www.facebook.com/eatrightANDPAC)**

**Sen. Mark Kirk (Ill.) meets
with Academy members**



6

eat
right. Academy of Nutrition
and Dietetics
Foundation

As the philanthropic arm of the Academy, the Academy of Nutrition and Dietetics Foundation focuses on:

- Food & Nutrition Research
- Scholarships
- Awards
- Kids Eat Right



Members Take Action

Educate, advocate, demonstrate expertise



kidseatright.org/volunteer
facebook.com/KidsEatRight
[@KidsEatRight](https://twitter.com/KidsEatRight)

7 Toolkits, 25 Presentations

- ***Healthy Breakfast. Everywhere You Go.***
- ***Healthy Snacking. In a Nutshell.***
- ***Family Champions. One Change at a Time.***
- ***Family Meals. Anytime. Anyplace.***
- ***Myth Busters. For Parents.***
- ***Hunger in Our Community. What We Can Do.***
- ***Healthy Eating. From the Ground Up.***

Family Meals. Anytime. Anyplace.



Family Meals = Healthier Families
There are many benefits to family meals, including an opportunity to provide nutrients you and your family need. These four nutrients are considered "gap" nutrients because most adults and children do not get enough of them:

Potassium

- Vegetables (potatoes, spinach, broccoli, and tomatoes), fruits (orange juice and bananas), dairy (milk and plain yogurt), seafood (halibut and clams) and beans



Dietary Fiber

- Beans and peas, vegetables (potatoes and greens), fruits (oranges and mangos), whole grain cereals, and nuts (1 oz. portion)



Calcium

- Low-fat dairy foods (milk, yogurt, cheese) and fortified foods (cereal, orange juice)

Vitamin D

- Fortified foods (milk, soy milk, orange juice, cereal), fish (salmon, tuna), and egg yolks

Simple Meal Ideas

Keep It Simple
pre-washed salad, pre-cut veggies, frozen fruits and veggies, canned fruits and veggies, long-lasting produce

Time-Saving Tips
bagged salad greens, whole grains that cook in minutes, instant brown rice, quinoa, whole grain pasta, pizza dough or crusts, long-lasting vegetables, leftovers

On-the-Go Meals
just wrap-it!, tacos-to-go, go anywhere sandwiches, pita stuffed with salad

Cook Once—Eat Twice
make extra, fill your oven every time you turn it on, double it up for example: bake some potatoes and a whole chicken

Quick Stove Top Pleasers
stir-fry, ham and beans, pasta with sauce, taco night, seafood curry, red beans and rice, meal-in-a-peel pot pie



Healthy Breakfast. Everywhere You Go.

ACTIVITY

Fruit	Vegetable	Whole Grain	Lean Protein	Low-Fat Dairy
Apple	Spinach	Cereal	Egg	1% Milk
Banana	Bell Pepper	Bread	Lean or Soy Sausage	Reduced Fat Cheese Slices
Berries	Tomato	English Muffin	Nuts	Reduced Fat Shredded Cheese
Raisins	Onion	Oatmeal	Seeds	String Cheese
Mango	Mushrooms	Crackers	Chicken Breast	Low-Fat Yogurt
Pineapple	Salta	Tortillas	Tofu	Soy Milk
Your Choice!	Your Choice!	Your Choice!	Your Choice!	Your Choice!

Write Down your ideas for healthy breakfast. Don't see what you like? Use the "Your Choice!" option to add in favorite healthy foods of your own! Use the back of this sheet for help with planning your breakfast.

My Breakfast Ideas:



Healthy Snacking. In a Nutshell.

Snacking Activity

Portable Snacks

Using what you learned today, list five healthy snacks that you can keep with you in the car, take to work, or keep in your gym bag. Each snack should include one or two food groups and have less than 200 calories.

1. _____
2. _____
3. _____
4. _____
5. _____

Cooler Snacks

List three snacks you could put in the cooler and take on a trip, field game, etc. Follow the same snacking rules: one or two food groups with less than 200 calories total.

1. _____
2. _____
3. _____

Public Kids Eat Right Website

eat right. Academy of Nutrition and Dietetics

The screenshot shows the homepage of KidsEatRight.org. At the top, there is a navigation bar with a search box, a 'My Recipe Box' link, and a 'Log in or Register' button. The main header features the 'KIDS eat right.' logo and a menu for age groups: 'all ages', 'baby', 'toddler', 'preschooler', 'gradeschooler', and 'teen'. Below this is a large green banner with the text 'Welcome to KidsEatRight.org' and a description of the site as a source for scientifically-based health and nutrition information. A photograph of a family (a woman, a man, and a child) sitting at a table eating is featured in the banner. The main content area is divided into several sections: 'shop smart' with a shopping cart icon and text about healthy lifestyle; 'cook healthy' with a cooking pot icon and text about involving children in meal preparation; 'eat right' with a plate icon and text about family meals; 'article of the week' featuring 'Kids Have Allergies? Meal Options at School' with a photo of a sandwich; 'hot tip' featuring 'Sell By, Use By. What Do They Mean?' with a photo of a food label; 'recipe of the week' featuring 'Lemon Fresh Tabbouleh' with a photo of the dish; and 'featured video' featuring 'Pretzel Crusted Chicken' with a photo of the chicken nuggets. At the bottom, there are social media icons for Facebook, Twitter, Pinterest, YouTube, and a 'Follow us online' link.

**3 million+
page
views**

**24,000+
Facebook
likes**

**16,000+
Twitter
followers**

Champions for Healthy Kids

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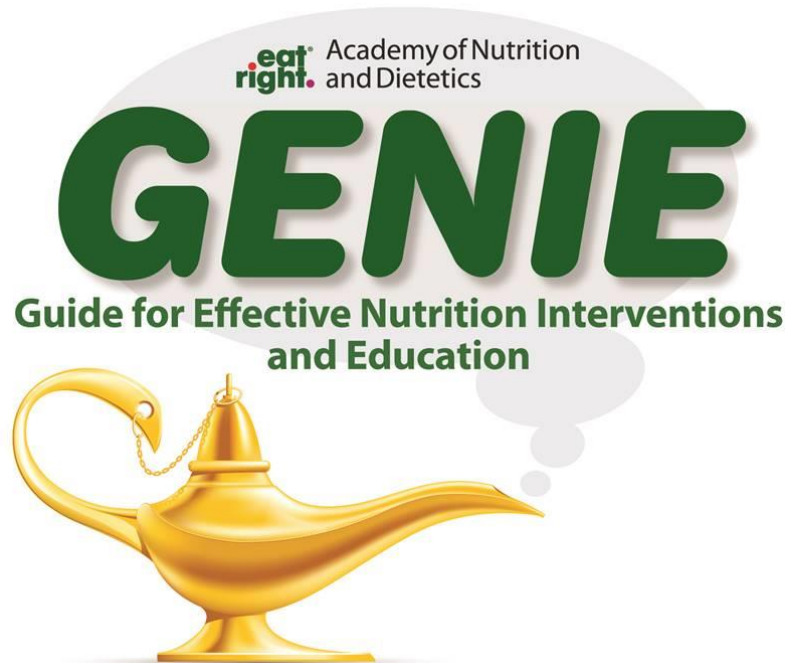


GENERAL MILLS FOUNDATION



- **11 years in partnership with General Mills Foundation**
- **\$20,000 grants to 50 nonprofits**
- **Innovative nutrition and physical activity programs for youth**
- **Applications must be submitted by RDN or DTR Academy member**

New: Online Checklist Tool



- **For program planners, evaluators, reviewers**
- **Effective nutrition education programs**

sm.eatright.org/GENIE

*funding support from the
ConAgra Foods Foundation*



Scholarships, Grants, Awards

- **\$461,950 through scholarships**
- **\$297,000 through research funds**
- **\$35,000 research grant funded through Food and Nutrition Research Endowment**
- **Endowment is fully funded by members**



7 Academy in the Media

Menu for U.S. Women's Hockey Team Is About Eating to Win



"If an athlete's hungry, I don't sleep," said Alicia Kendig, the dietitian for the United States' women's hockey team. She goes by the nickname Nutricia.

New York Times
February 8, 2014

30 Billion Media Impressions

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Print, broadcast, electronic



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New, Expanded Social Media



- [facebook.com/EatRightNutrition](https://www.facebook.com/EatRightNutrition)
- [facebook.com/AcademyofNutritionandDietetics](https://www.facebook.com/AcademyofNutritionandDietetics)
- [facebook.com/kidseatright](https://www.facebook.com/kidseatright)
- [facebook.com/NatlNutritionMonth](https://www.facebook.com/NatlNutritionMonth)
- [facebook.com/foodnutrimag](https://www.facebook.com/foodnutrimag)
- [facebook.com/eatrightANDPAC](https://www.facebook.com/eatrightANDPAC)
- [@foodnutrimag](https://twitter.com/foodnutrimag)
- [@eatright](https://twitter.com/eatright)
- [@eatrightFNCE](https://twitter.com/eatrightFNCE)
- [@eatrightPRO](https://twitter.com/eatrightPRO)
- [@kidseatright](https://twitter.com/kidseatright)
- [@eatrightPIA](https://twitter.com/eatrightPIA)
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- [google.com/+foodnutrimag](https://www.google.com/+foodnutrimag)
- [sm.eatright.org/GooglePlusKER](https://www.sm.eatright.org/GooglePlusKER)







EatRight Radio

Everyone wants to eat right. Give your listeners the chance to learn how with these brief, informative PSAs presented by experienced registered dietitian nutritionists. Or you can use the [downloadable scripts](#) to create your own eating right tips on your station. The content has been vetted by the Academy of Nutrition and Dietetics - the food and nutrition experts - so you can be assured the insights are both practical and accurate.

If you have questions or would like to create a regular nutrition feature on your radio station tailored specifically to your audience, contact media@eatright.org.

:30 PUBLIC SERVICE ANNOUNCEMENTS



	Melissa Joy Dobbins Get a Customized Diet from a Registered Dietitian Nutritionist LISTEN Download Fuel Your Sport LISTEN Download Eating Right Helps Prevent Disease LISTEN Download Eating Right When You're Pregnant LISTEN Download Make Fruits and Veggie Snacks More Appealing to Kids LISTEN Download
	Toby Smithson Cook Safely with a Food Thermometer LISTEN Download Osteoporosis and Nutrition LISTEN Download Eating Right Helps Reduce Your Risk of Cancer LISTEN Download Eat Right to Boost Immunity LISTEN Download Show Your Kids How to Eat Right LISTEN Download Why Choose Whole Grains? LISTEN Download Managing Diabetes or Preventing Type 2 Diabetes LISTEN Download
	Ethan Bergman Eating Right for Men LISTEN Download Colorful Foods Make Healthy Meals LISTEN Download
	Constance Brown-Riggs Eating Gluten-Free LISTEN Download Eating Right for Seniors LISTEN Download
	Amy Jamieson-Petonic Grocery Totes Can Carry Bacteria LISTEN Download Helping Your Kids Snack Right LISTEN Download
	Jim White Eat What You Enjoy, But Watch Your Portions LISTEN Download Drink Right: Water vs. Sugary Beverages LISTEN Download

- **Eating Right Minute on the air and online**
- **Free PSAs and regular segments for stations, websites, blogs**
- **Targeted populations**
- **Catalog of scripts for members to use in local markets**

- **Academy videos**

- **3,700 health provider waiting rooms**
- **600 Sam's Club stores**
- **Online**

- **Reaching 35 million viewers monthly**

youtube.com/EatRightTV



8



Stay Competitive: Professional Development

Advance Your Knowledge

- **Programming available at home, work**
- **Learn at your own pace**
- **Online training program: “Developing Your Role as a Leader”**

eatright.org/cpd



Distance Learning

Learn at your own pace and at your convenience. The CPD offers a number of online certificate of training programs, teleseminars, webinars and self-study options.

[More Information »](#)



Food & Nutrition Conference & Expo (FNCE)

Get the latest nutrition science information, learn about trends in foodservice and gain access to food and nutrition experts at the 2012 Food & Nutrition Conference & Expo.

[More Information »](#)



Advanced Degrees

A listing of advanced degree programs in nutrition, dietetics and related areas that should be used as a guide only. The list is not all-inclusive. Contact program representatives for complete details.



Face-to-Face Learning

Earn continuing professional education credits while you network with other food and nutrition professionals, enhance your skill set and help advance your career.

[More Information »](#)



CPE Toolkit

Expanded CPE Toolkit guides you through professional programs and meeting planning for continuing professional education. New speaker, marketing and logistical tips are included.

[Download the Toolkit »](#)



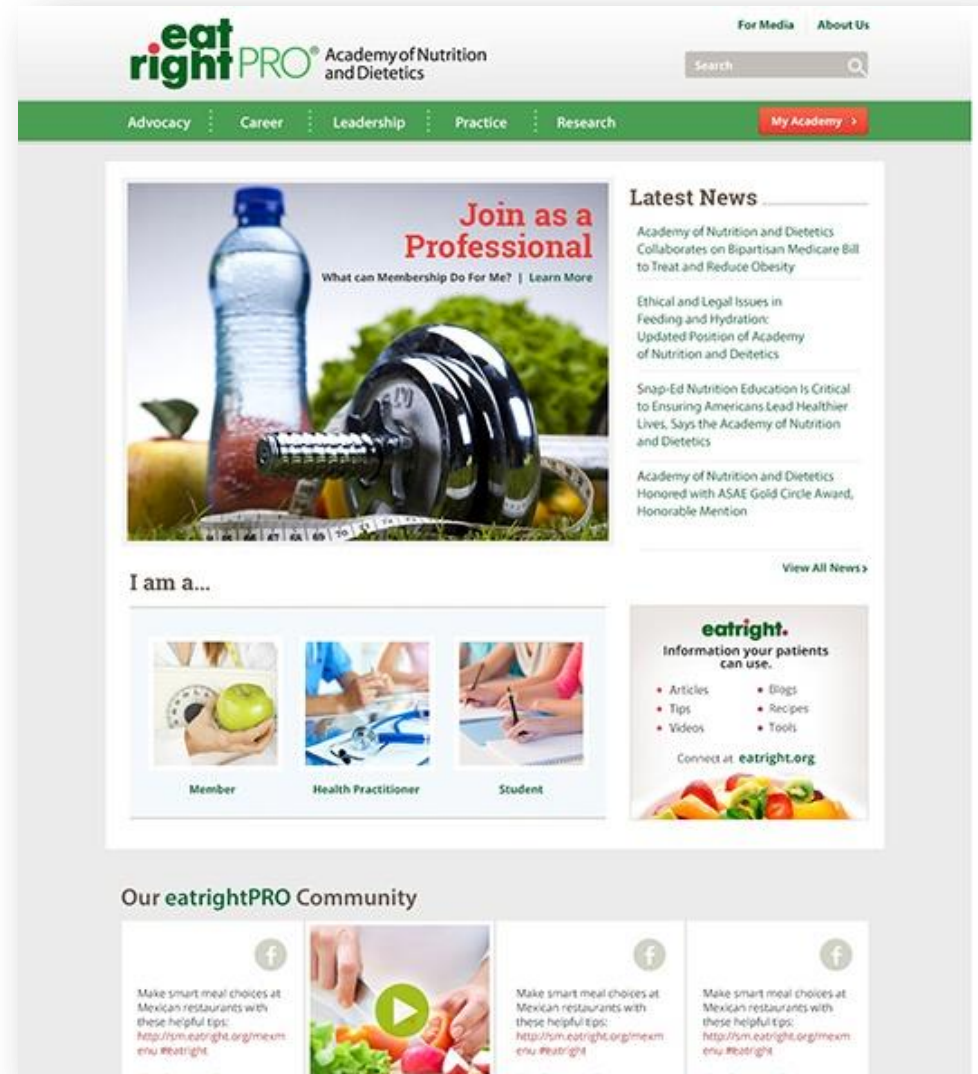
Leadership Institute

The Academy is committed to the development of its members by providing an annual forum for learning, dialogue and sharing of opinions and experiences.

[Academy Members - Log In »](#)

New Website for the Pro

- **EatrightPRO.org**
- **Personalized member page**
- **Continuing education**
- **Practice resources**



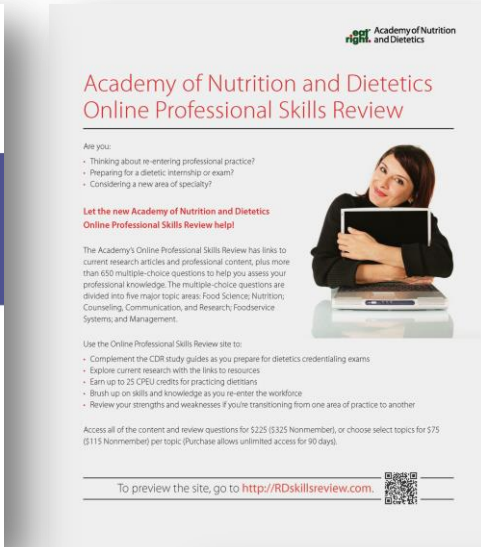
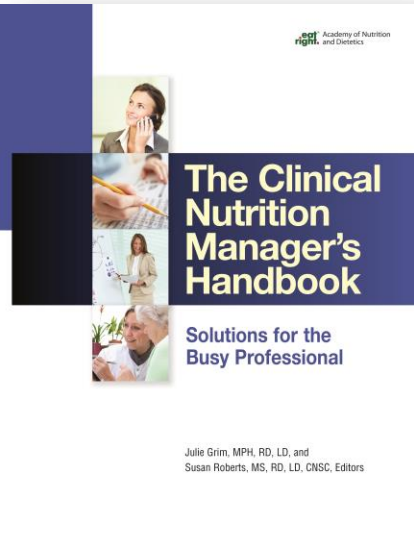
FNCE: The Gold Standard

- **99% come for education**
- **20+ hours of CPE available**
- **Cutting-edge topics, research**
- **Popular new educational tracks and overall approach**
- **Networking opportunities**
- **October 18 to 21 in Atlanta**

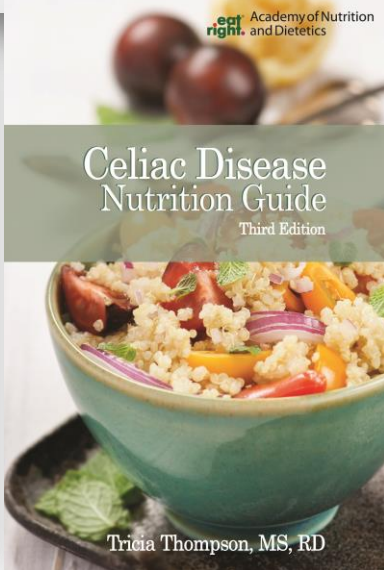
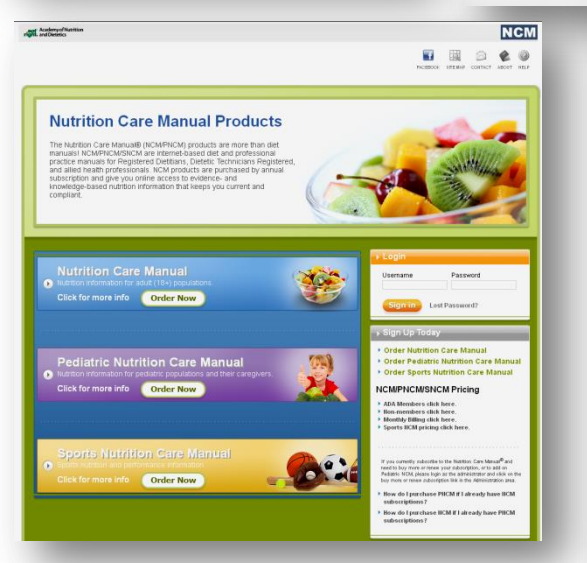
eatright.org/fnce



Books and Resources



- **Print, electronic, web-based versions**
- **Student Exam Prep (StEP)**
- **Multi-license access to online kits**
- ***Nutrition Care Manual* products**
- **New practice-related products**



9

Award-Winning



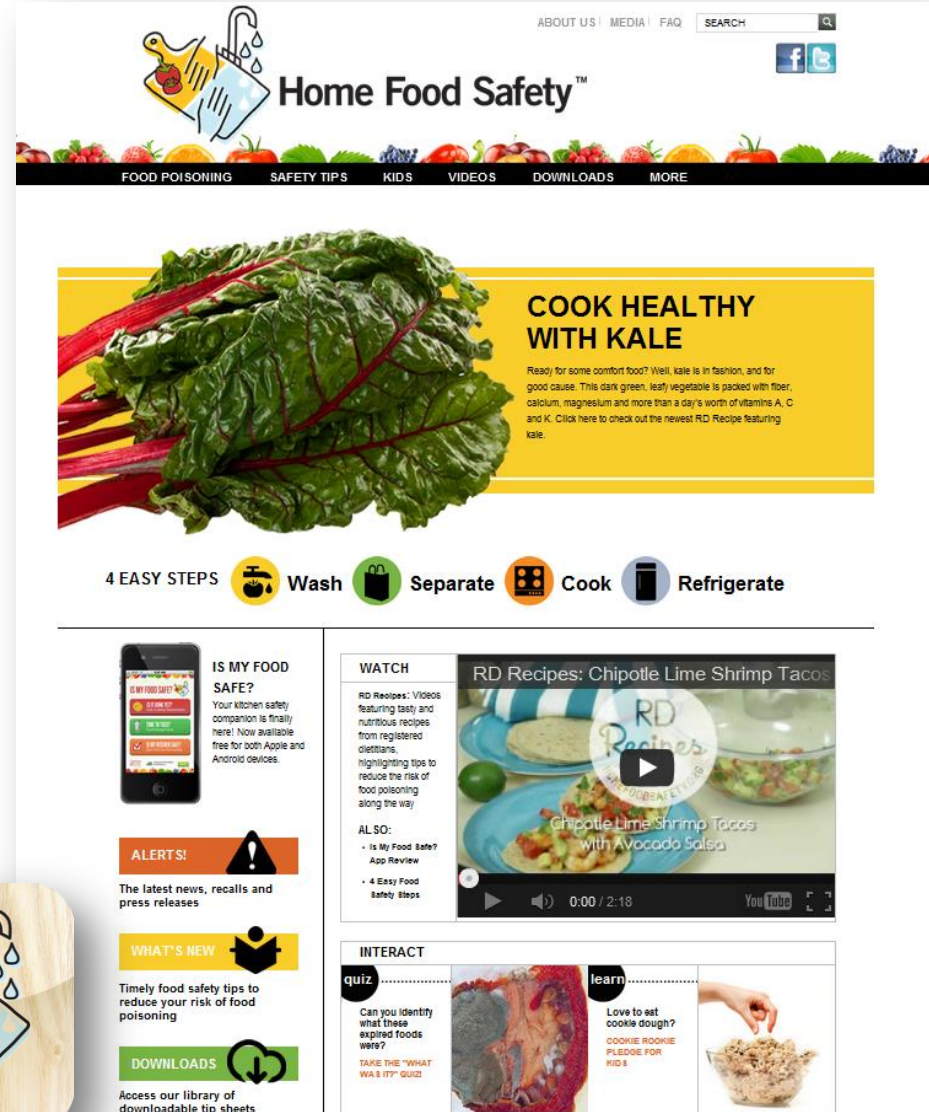
Easily and Safely Handle Food

HomeFoodSafety.org

- Tip sheets, quizzes, educational materials
- *RD Recipes* video series
- Much more

Is My Food Safe? app

- Cooking temperatures
- Shelf life of foods
- Kitchen Safety quiz







Home Food Safety™

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FOOD POISONING SAFETY TIPS KIDS VIDEOS DOWNLOADS MORE


COOK HEALTHY WITH KALE


Ready for some comfort food? Well, kale is in fashion, and for good cause. This dark green, leafy vegetable is packed with fiber, calcium, magnesium and more than a day's worth of vitamins A, C and K. Click here to check out the newest RD Recipe featuring kale.


4 EASY STEPS  Wash  Separate  Cook  Refrigerate

IS MY FOOD SAFE?

Your kitchen safety companion is finally here! Now available free for both Apple and Android devices.

ALERTS! 
The latest news, recalls and press releases

WHAT'S NEW 
Timely food safety tips to reduce your risk of food poisoning

DOWNLOADS 
Access our library of downloadable tip sheets

WATCH

RD Recipes: Videos featuring tasty and nutritious recipes from registered dietitians, highlighting tips to reduce the risk of food poisoning along the way.

ALSO:

- Is My Food Safe? App Review
- 4 Easy Food Safety Steps

INTERACT

quiz Can you identify what these expired foods were? TAKE THE "WHAT WAS IT?" QUIZ

learn Love to eat cookie dough? COOKIE ROOKIE PLEDGE FOR KIDS

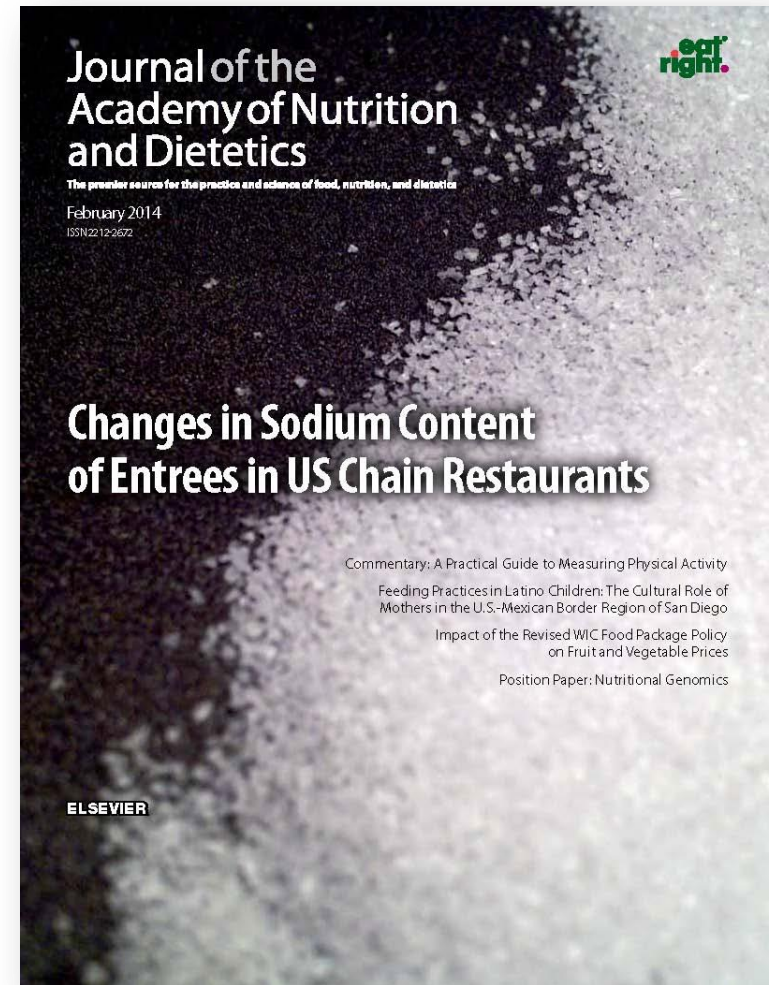
Making Waves at *Journal*

- **Launch of Editor's Podcasts with Editor-in-Chief Linda Snetselaar**
andjrnl.org/content/editorspodcast
- **Select research, other articles posted pre-print**
andjrnl.org/inpress
- ***Journal* Impact Factor: 3.797, increase of 32% over 5 years**
- **Updated Information for Authors**
andjrnl.org/authorinfo



Journal Hot Topic Areas

- **Malnutrition Resource Center**
malnutrition.andjrnl.org
- ***Journal* podcasts**
andjrnl.org/content/podcasts
- **New topic collections**
andjrnl.org
 - **Nutrition informatics**
 - **Dietetics education**
 - **Academy's modern history**
 - **More**

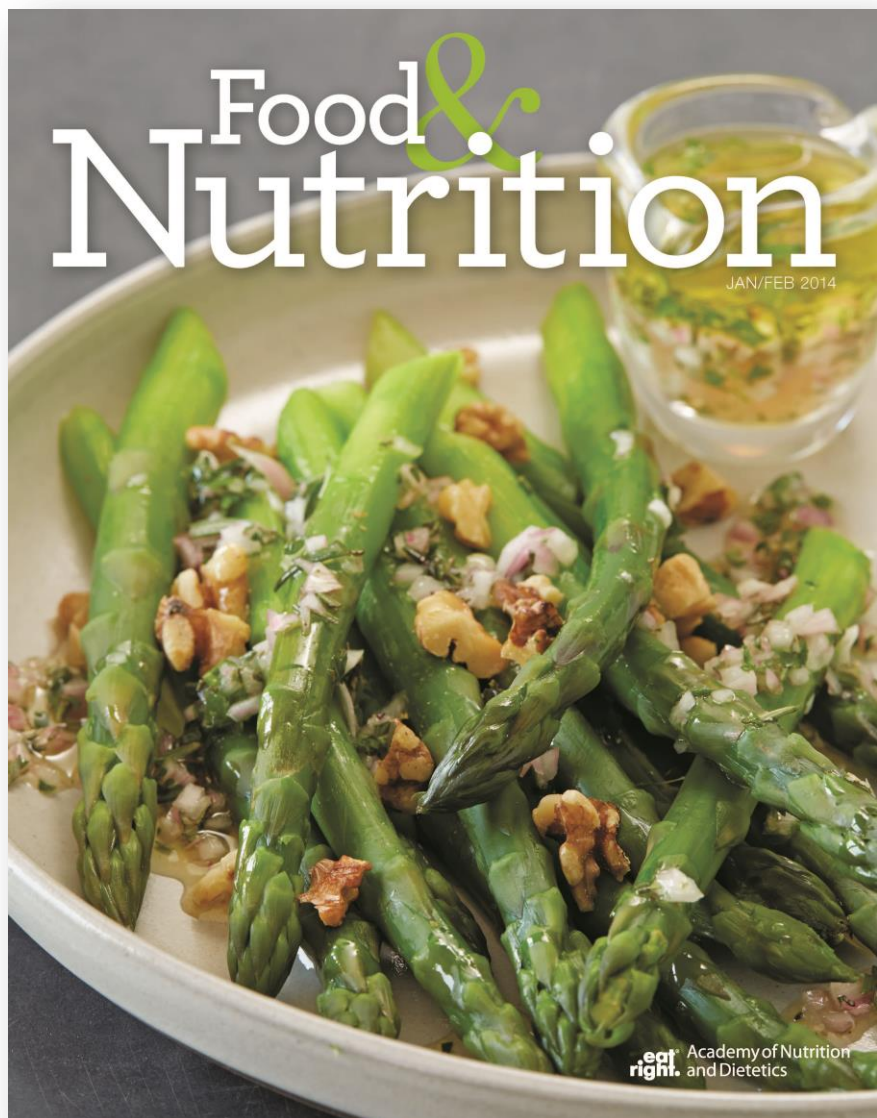


Bimonthly Magazine

eat right. Academy of Nutrition and Dietetics

Food & Nutrition

JAN/FEB 2014



eat right. Academy of Nutrition and Dietetics

Print, free app and interactive website

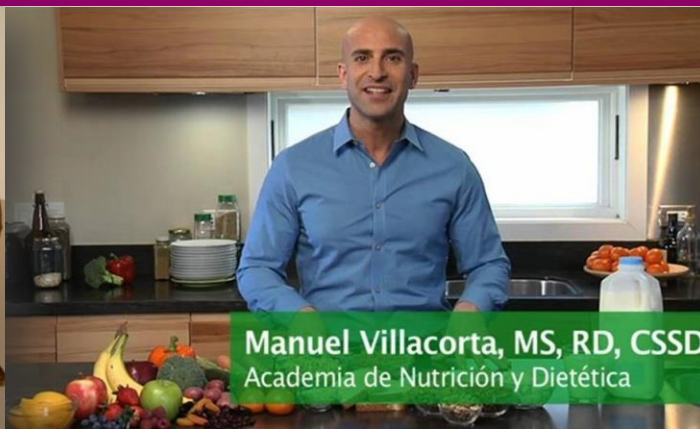
The screenshot shows the homepage of the Food & Nutrition website. At the top, the logo "Food & Nutrition" is displayed in a large, white, serif font against a dark background. To the right of the logo are navigation links: "Nominate a Hero", "Contact Us", "About Us", "Join the Academy", "Advertise", "Subscribe", and "CPE". Below the logo is a search bar. A horizontal navigation bar contains several categories: "BLOG", "FOOD TRENDS", "NUTRITION NEWS", "RECIPES + FOOD", and "NUTRITION HEROES". Below this bar are sub-categories: "REVIEWS & NOTES:", "APPS", "BOOKS", "MOVIES", and "KITCHEN TOOLS". The main content area is divided into three columns. The left column features a large image of two glass bowls filled with chia seeds, topped with yellow shredded cheese. Below the image is the heading "Chia Seeds" and a short paragraph: "From beverages to baked goods, these tiny black and white seeds from the Salvia hispanica plant have a long history." The middle column has a heading "Stone Soup" and a sub-heading "Ring in the New Year With Nutritious and Delicious Soup" by Jessica Fishman Lewinson, MS, RDN, CDN. Below this is another article titled "Nutrition-focused Physical Exams: The Past and Future of Dietetics Practice" by Bethany Grzesiak, MS, RD. The right column has a heading "EDITOR'S PICKS" and lists several articles: "Quick-and-Easy Meals Using One Little Dish", "The Gadget with a Seal of Approval", "Aging Tastefully", "Telomeres: Insights into Aging", and "Food & Nutrition's 'Get Saucy' Contest". At the bottom right, there is an advertisement for "National" with the "eat right." logo and the text "Academy of Nutrition and Dietetics".

FoodandNutrition.org

Top 10 Factors Impacting Your Career: Academy Update



10 You!



What Is Your Highest Goal?

- **Put your talents to work**
- **Committees, task forces, boards**
- **Gain leadership skills**
- **Make a difference no matter your role**



Valuable insights from RDs serving in public office



**N.C. Mayor Jackie
Sergent, MPH, RD, LDN**

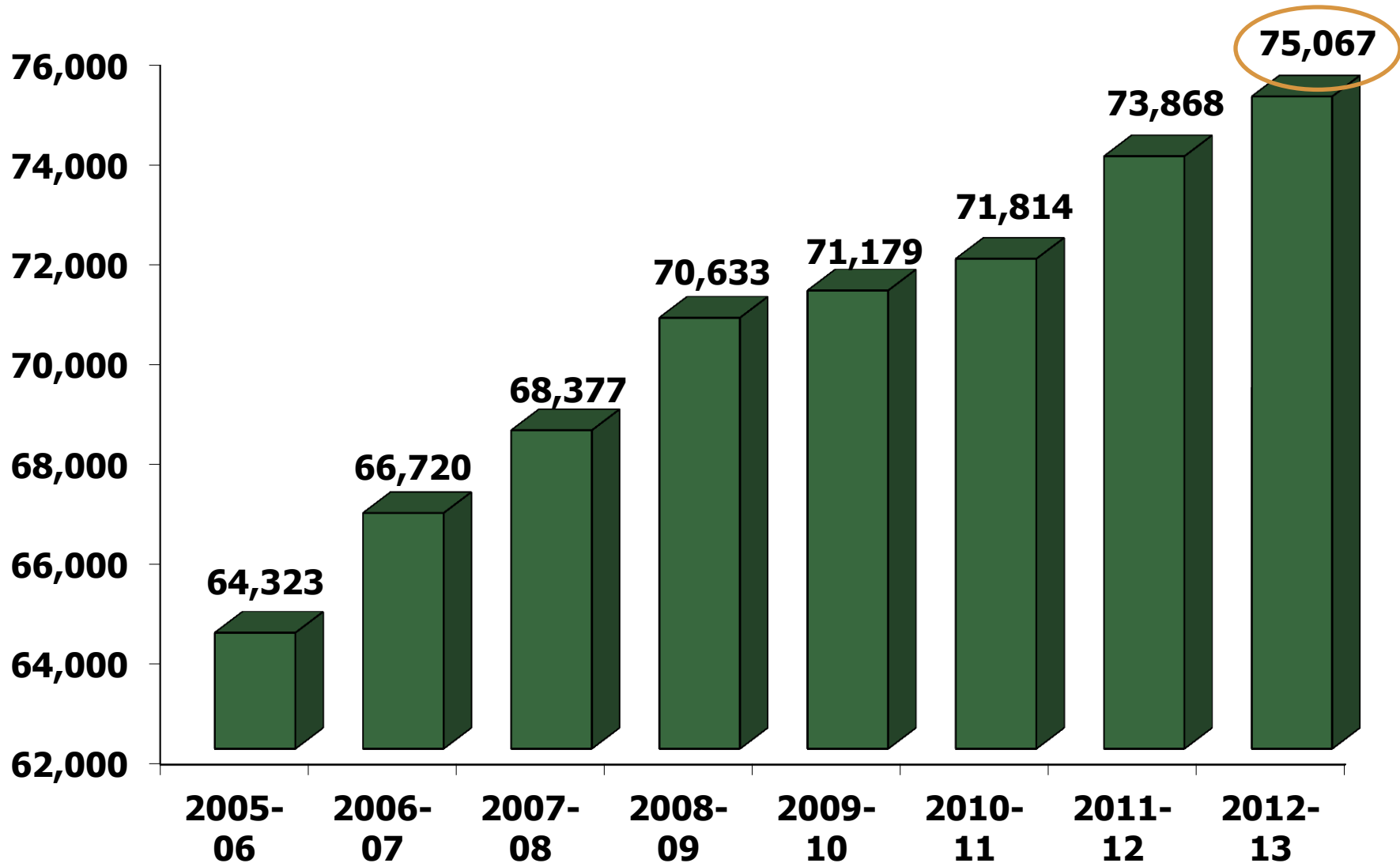


**N.H. State Legislator
Martha McLeod, RD, LD**



**S.D. State Legislator
Carol Pitts, RD**

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Tangible Value of Membership

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▪ Find a Registered Dietitian listing	\$249	Free
▪ Evidence Analysis Library access	\$400	Free
▪ Membership Certificate	\$20	Free
		Less to Members...
▪ Nutrition Care Manual subscription	\$362	\$180
▪ Post a job opening in EatRightCareers	\$395	\$195
▪ Early-bird FNCE registration	\$679	\$320
▪ Professional Skills Review	\$325	\$100

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100 Years and Moving Forward



Each one of us needs to fan this flame of change at the local, state and national levels.



**Dr. Glenna McCollum
MPH, RDN
2013-2014 President**



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