

DEVELOPMENTAL ISSUES

A publication of
Dietetics in Developmental and Psychiatric Disorders (DDPD®)
A dietetic practice group of the American Dietetic Association

Summer 2004

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Articles about successful programs, research interventions, evaluations and treatment strategies, meeting announcements and information about educational programs are welcome and should be sent to the editor by the next deadline.

Future Deadlines

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Nutrition and Depression: Good Food for a Good Mood

Charlene Cherry, RD

Can we prevent or treat illness by eating differently or concentrating certain nutrients in pill form? New interest in complementary and alternative medicine has prompted a more in-depth look at the role of nutrients in a variety of health conditions, including mental health. Researchers are currently exploring the relationship between food and mood. While much of the research is preliminary, a few strong themes are emerging.

The enclosed patient nutrition education handout provides a summary of these themes in a format for use with patients who suffer from depression. The first side of the handout is helpful for patients struggling with depressive symptoms of poor appetite and weight loss, providing simple, concrete actions to improve nutrition. On the reverse side, the underpinnings of the recommendations are detailed for patients who are able to

receive more information.

Particular items of the detailed information are helpful in educating patients whose longstanding eating patterns are very poor, have co-occurring substance abuse, or who follow low carbohydrate diets. The handout provides a springboard for a discussion of the non-diet approach to weight management, as many patients have poor nutrient intake because of frequent dieting.

Good nutrition provides the foundation for a good mood and is an important complement to medication and behavioral therapy in the treatment of depression. Help your patients who have depression by educating them on the basics of nutrition self-care.

Charlene is a dietitian at Pine Rest Christian Mental Health Services in Grand Rapids, Michigan

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Member Commentary

Incorporating Current Resources for Counseling Children with Special Health Care Needs

Andrea Shotton MS RD LDN • Metabolic Nutritionist
UT Health Science Center • Boling Center for Developmental Disabilities

Dietetics professionals are constantly bombarded with nutrition education materials. However, have many dietetics professionals incorporated these materials into current practice? Since the development of the *5 a Day for Better Health Program*, counseling children with special health care needs (CSHCN) on creating diets with variety has become a much simpler task.

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Q & A from the Resource Professional

Question:

Is excessive caffeine intake considered an eating disorder? Why else would someone drink 15 cups of coffee a day or 12 diet soft drinks?

Answer:

Caffeine can be used for many purposes. Even though from a nutrition point of view 15 cups of coffee a day is excessive and probably crowding out other nutrients, nutrition education may not be an adequate solution. As with any disordered eating (or in this case drinking) behavior, the key is the individual's motive.

Many eating disorder patients abuse caffeine as a source of "energy" in the absence of adequate calorie intake and as an appetite suppressant.

Other possibilities include:

- Untreated Attention Deficit Disorder, where the effect of the caffeine is to help the patient "focus" or "think clearly;"
- An undiagnosed learning issue that the patient is misinterpreting as difficulty concentrating;
- An anxiety issue, when the patient is using caffeine to steady her nerves but is really perpetuating the anxiety cycle;
- Depression, where the patient is using caffeine just to make it out of bed and face her day;
- Narcolepsy, sleep apnea, or another disorder that interrupts nighttime sleep and makes the patient drowsy during the daytime;
- An effort to control migraines or headaches of unknown origin or those that occur when the patient tries to discontinue caffeine.
- A patient who is consuming excessive caffeine may be using it for pseudo-therapeutic purposes without realizing it, and may need further assessment, and intervention beyond simply decreasing caffeine.



"Depression" continued from page 1

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From the Chair

Mary Emerson MS, RD, LDN

Permit me to introduce myself, I work in a 100 bed acute psychiatric facility treating adults, adolescents and children. I also provide out-patient consultation to our out-patient programs. I do a bit of private consulting in group homes, as well as having a life outside of work with a marriage and raising a family of three children. Five years ago I returned to psychiatric care after working in the acute medical arena for seven years. My involvement in DDPD helped make my job easier with the feedback I have gained from my colleagues. I feel very honored to be able to serve as your chair.

I am excited about the upcoming year. The priority session we are planning is entitled "Behavioral Therapy in the Treatment of Eating Disorders" presented by Molly Kellogg, RD,LCSW who is in private practice in Philadelphia. This session will take place on Sunday October 3rd at 10:30-11:30 am. Molly provides training, supervision and coaching services to nutrition professionals treating eating disorder clients. Her Web site www.mollykellogg.com where she offers a number of tele-classes. She is also presenting a skills workshop on Saturday October 2nd. We are also hosting a breakfast member meeting on Monday at 7 AM with Kathryn Moseley MS, RD from UCLA presenting "PKU diet in the Adult Client". We will also have a display at the DPG showcase on Monday at FNCE. If you attend FNCE I hope that you are able to take advantage of these opportunities.

There are some new executive committee members which I would like to briefly introduce. Cherry Chanley is our new Secretary/Treasurer. Lillian Reyes-Gates is our new Membership Chair. If you are having an event where you would like to display the DDPD display or you would like to offer your services to DDPD please contact Lillian. We have two new resource professionals to welcome to the board. Jessica Setnick, is our new Eating Disorders Resource Professional and Joycelyn Rodrigues is our new Substance Abuse Resource Professional. Our new Professional Issues Delegate is Alyce Thomas. She will be representing the DDPD as well as Nutrition Education for the Public in the House of Delegates. I also welcome our new Webmaster, Sharon Lemons. Sharon comes aboard as we are in the process of moving our Web site to ADA to save costs. We

will retain the same Web address www.ddpd.org, but the look of the Web site may change. We welcome suggestions for what you would like to see on our Web site, please e-mail Sharon at DDPD-owner@yahoo.com. I want to commend Lynn Grieger, the original DDPD Webmaster, for her work in establishing our Web site and listserv. Lynn truly brought us into cyberspace in the twenty-first century! Thank you Lynn! We are also changing our listserv to save costs, as well as to offer an archive feature. You will be able to type in a key word and have postings that contain that particular word listed for you to peruse. This feature is valuable if you had the experience of remembering that there was a posting eight months ago on an issue you need now. In this newsletter Sharon has directions on how to join the listserv. You may join to receive all messages as they are sent or a daily synopsis or simply to allow yourself to go online and read the messages at the Yahoo Groups site at your leisure. I hope that you take advantage of this important membership benefit to access others in your area of practice, as well as to provide guidance to others in your area of practice. The listserv is also a vehicle to receive postings from ADA about research opportunities, reviewers needed for position statements, and other such announcements.

We would also like to let you know that DDPD has approved its Guiding Principles on the 4/7/04 conference call. I must thank Susan Zabriskie for her work as our chair over the last year in leaving me with no loose ends to tie up and for her mentoring me as I take over as chair of DDPD. Thank you, Susan! I want to thank Rosalind Wilkins, our past Membership Chair, who has transitioned to nominating chair for making the transition to Lillian so smooth and seamless. Lee Wallace is also transitioning from Secretary/Treasurer to Chair-elect. Joyce Lowe has agreed to stay on as Audiovisual Librarian for another term, as has Daria Polanchik has also agreed to stay on as Legislative Chair for another term. We are very fortunate that our Newsletter Editor, Melissa Altman-Traub, has agreed to stay on for one more year. Our Developmental Disorders Resource Professional Ann Overmyer and our Psychiatric Resource Professional Linda Venning are continuing their terms. We have a great team ready to serve our members and I look forward to a rich rewarding year for DDPD.

DDPD Web Site and Yahoo Group

Sharon Lemons, RD

I'm thrilled to be coming in as the Webmaster for DDPD. I am currently a Master's Student at Texas Woman's University where I'm finishing my thesis. I finished my internship last December and passed the RD exam in April. I'll be finishing my thesis this summer. From that point I'm looking forward to working out in the field of Dietetics.

I've had some training in Web pages through both TWU and some of my volunteer activities in the Boy Scouts of America. I've been the owner of a Yahoo group for a couple of years now and have found it very useful as a communication tool with other volunteers.

My love of the population DDPD serves is very personal. I have three sons, but two of my sons have high functioning autism. Through my experiences in the autism community I've had the opportunity to work with some amazing people. I'm always amazed at the devotion professionals have to bettering the lives of this group. I'm sure as I meet more of you I'll count the many members of this group as some of those amazing people.

DDPD's listserv has changed to a Yahoo Group. There are several advantages to our members that utilize this benefit.

The most important is a direct link to other professionals through the listserv. Other benefits include the ability to search archives using key words. Files and bookmarks may be made available to other members of the listserv or you may share photos and important dates. Everyone has the ability to chat with other members that enter the chat room. Anyone that has files, bookmarks, photos or dates they want available to other members may do so by emailing slemons@prodigy.net.



The Web page will stay at the same address www.ddpd.org. If you haven't visited there I hope you will soon. I think you will find the audiovisual library very impressive. You'll also find information about upcoming events and some helpful links.



Visit the ADA Web site at
www.eatright.org/fnce

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"Member Commentary" continued from page 1

The color-based recommendation has helped to create a positive mood during counseling sessions and to give a stronger association to foods by including visual stimulation (colorful foods) in counseling sessions. For example, recommending eating bright orange or blue colored foods in place of tan or gray foods adds variety to the diet.

Because of the positive feedback from parents and CSHCN on the color way program, a modification of the handouts was produced that targeted the population with restricted dietary food lists. Handouts obtained from the Web site www.5aday.com were altered to fit the allowed foods for children with Inborn Errors of Metabolism (IEM). For example, the handout incorporating blue/purple fruits and vegetables for children with Maple Syrup Urine Disease listed only those foods low in leucine; or the handout on incorporating blue/purple fruits and vegetables for children with Galactosemia listed only those foods low in galactose. Although, this technique seemed to motivate the children to at least try the new foods or even to look for them in the grocery store, the children have not consistently incorporated color variety in their daily diets.

As is often the case in developing effective counseling strategies, modification was necessary; and, in this case a method to increase long-term compliance of incorporating a variety of color to the diet was needed. At the Tennessee Dietetic Association Pre-conference Showcase, "Field To Plate", an excellent counseling tool was suggested. Consider the experience of the mouth watering effect a person gets when staring at a just picked, blemish free,

rosy red apple. However, what if after biting into an apple, only a mushy fibrous mesh of dry cardboard texture and taste was all that was savored. Although most people are aware that not all apples will taste mushy, those that may have tasted apples for the first time may not be so aware.

Consequently, registered dietitian Amanda Archibald's vision of "Field To Plate" is that of every nutrition professional being situated in the marketplace to aid the consumer in making decisions; not only choosing the most appropriate foods, but the best tasting ones. Ms. Archibald compares the consumer's experience with fresh fruits and vegetables as the creation of a relationship with food. To help with long-term compliance, dietetics professionals should encourage consumers to have positive relationships with healthful foods.

Thus, to reflect on motivating CSHCN to continue to have "colorful" diets in the long-term; dietitians can be sure to recommend the appropriate fresh foods at the peak agricultural growing season in order for children to have a chance to create the best opportunity to enjoy various colored foods.

For more information, check out:

- Field To Plate's Web site, www.fieldtoplate.com, has links for a listing of each state's seasonal foods and date of harvest. The site also explains how to obtain CPE credits from attending Field To Plate workshops.
- 5 A Day: The Color Way Plan's Web site, www.5aday.com, has links for recipes and cites foods in each color grouping along with metabolic functions.

DDPD Members—Join Forces to Establish Standards for Group Homes Food Skills

We would like to work on two projects that are of interest to everyone working with group homes.

- 1 Checklist of basic food skills and pictorial references to teach clients cooking and nutrition.
2. Menu planning tool kit for group home staff to use.

Let's put our heads together on these and try to stop continually reinventing the wheel!

contact: Susan Zabriskie susanzabriskie@yahoo.com if you are interested in contributing to these projects.
(telephone: 315-788-2730 x1237)

DDPD Award Winners

The following awards will be presented during the 2004 Food & Nutrition Conference & Expo in Anaheim, California. The ADA congratulates these individuals for their contributions to the profession:

Marjorie Hulsizer Copher Award

Harriet Holt Cloud, MS, RD (AL)

Medallion Award

Cynthia Taft Bayerl, MS, RD, LDN (MA)

Children with Special Health Care Needs: A Nutrition Care Handbook to be published in time for FNCE

This handbook is the second edition of Children with Special Health Care Needs: A Community Nutrition Pocket Guide, published in 1997. The original publication was developed and supported by Dietetics in Developmental and Psychiatric Disorders (DDPD) and the Pediatric Nutrition Practice Group (PNPG). The handbook has been completely updated and revised, and will be available for purchase at FNCE in October. The handbook is a quick reference for people who routinely work with this population, and is an invaluable resource for health care professionals who may be used to working with an adult population, or who are seeing children with special health care needs in increasing numbers.

Catalog # 3460

Member \$30, Nonmember \$39

The Healthy Lifestyle Expo will take place from October 8 - 10th, 2004, in Los Angeles, California. Ticket price for the entire conference is only \$120, and all-vegan lowfat McDougall-style meals are available all three days.

For more details about the conference visit:
<http://www.healthylifestyleexpo.com>

DAN (defeat autism now) is having their conference in Los Angeles Oct 1-3.

National Pediatric Nutrition Special Needs Course (highlighting allergies and immunology and several other topics) will be given September 24 - 26, 2004; University of Cincinnati, Ohio. Cost is \$200 per person. Distance education via streaming video will be available for all sessions. Streaming video allows organizations or individuals to review the program live or for up to 50 days after the conference. Cost for the distance education program is \$200 per site. Twenty five continuing education hours or academic credit also will be available. The complete conference schedule will be offered soon. Questions may be sent to Professor Shirley Ekvall, PhD, RD, LD at shirley.ekvall@uc.edu or ekvallr@aol.com.

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Planting Your Garden

Nancy Baker

“There are many tired gardeners but I’ve seldom met old gardeners. I know many elderly gardeners but the majority are young at heart. Gardening simply does not allow one to be mentally old, because too many hopes and dreams are yet to be realized. The one absolute of gardeners is faith. Regardless of how bad past gardens have been, every gardener believes that next year’s will be better. It is easy to age when there is nothing to believe in, nothing to hope for; gardeners, however, simply refuse to grow up.”

~ Allan Armitage

Can you imagine someone watching for flowers to bloom in their garden where none were planted? Would you gently tap them on the shoulder and explain how flowers come to the garden?

Nature has a way of teaching us lessons we sometimes miss in day to day living. There are times when we think we’re working on our business or our life. We’re ecstatic about the number of chores we can check off, yet they don’t seem to get us anywhere and after our frustration we begin to realize we haven’t planted anything. All we’ve done is raked and cleaned up the garden, bought some tools and thought we were done. Having a garden that is rich and satisfying involves preparing, and it also involves planting, watering, weeding, feeding, and more. It involves doing things in the proper season, giving the seeds proper soil, light, feeding and nourishment for success.

What do you want to grow? Is it joy? Family harmony? A career that is deeply satisfying? Before we plant a garden we spend the winter of our life pouring over ideas, seed catalogs if you will, looking at images and pictures of what we’d like our garden to contain, giving our garden form and shape first in our minds, then on paper.

Once we have chosen the seeds we begin to prepare the soil.

We break up old thoughts and belief systems that no longer serve us. We remove the rocks of believing it can’t be done.

We plant the seeds. Our seeds are our thoughts and words.

We know it would be silly to plant watermelon seeds and expect lilies. In just the same way when we speak or answer the question: “How are you?” with: “The kids have been acting up, Matt’s out of work, I’m not getting along with mom, I hate my job, and then the economy, the war, money’s tight,” These become the seeds we plant and we grow what we nourish, what we give attention to with our words and thoughts. Thoughts, words... are yours of what’s going right? or what’s going wrong? Gossip and talking about others plants the very traits you judge in your garden. Are they what you want to grow?

We plant in places that allow the right light to reach our garden.

If the seeds of our dreams are planted in the shade of our obligations, fears, and limited thinking they will never grow to their full potential.

We fertilize by what we put into our minds.

Watching news, violent movies, reading the paper, gossiping about the neighbors, complaining about the boss, other people’s problems, worries, and anxiety are not the proper type of manure to grow a healthy garden! We need the richness of positive thoughts, inspirational stories, friends who uplift us, and the willingness to look for possibilities in situations rather than believing its up to someone else to change things.

We water our seeds with gratitude and appreciation.

What we love and appreciate, where we show our gratitude, feeds the earth of our dreams and gives the seeds of our dreams the nourishment to blossom. If you have difficulty finding appreciation and gratitude do a rain dance by remembering a time when you were out of work, had a toothache or life didn’t work. It will help you pour down appreciation and gratitude for what is right now. If that doesn’t work call in professional rain-makers. They offer their services for free. All you have to do is volunteer at a soup kitchen, a hospice, or a home for children with terminal illnesses. You can’t leave without realizing how blessed you really are.

We weed out what we don’t want to grow in our garden.

As your garden grows there will be some weeds that have taken advantage of all the care you have shown. It’s important to remove them, for if they get to grow they will strangle the plants you want, stealing nourishment and space. We weed out negative thoughts, lack of forgiveness, hate, and judgments about ourselves and others.

Enjoy the harvest.

Not all the seeds we plant will bloom, but nature is generous, and each bloom will provide thousands of seeds of new possibilities. Giving us lots to share, with others, because by our actions and the results in our lives we inspire others.

Reprinted with permission, Notes From Nancy newsletter

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DevelopMental Issues Guidelines for Authors

DevelopMental Issues is the official publication of the DDPD Dietetic Practice Group (DPG) of The American Dietetic Association. Our primary purpose is to publish meaningful information to support the practice of dietetics professionals in our four areas of practice: developmental disabilities, psychiatric disorders, substance abuse, and eating disorders. Contributions must be contributed solely to *DevelopMental Issues* unless the editor is notified and permission is obtained from the other publisher. Materials are copyrighted and may not be reproduced without permission of the editor.

The newsletter is reviewed by the review board and articles are selected on the basis of content, originality, scientific accuracy, clarity and contribution to the four practice areas.

Content of the article and accuracy is the responsibility of the author. All manuscripts submitted to *DevelopMental Issues* are subject to copy editing before publication. The format and the style in which manuscripts are reproduced for publications are the prerogative of the editors. Articles may be revised by the editorial staff or by authors to meet space limitations.

Details for Article Submission

- Please include title, author, credentials, position, and telephone number. Include a 1-2 sentence bio to publish with your submission
- 12 point Times New Roman font, double spaced
- Submit via email to editor, as Microsoft Word attachment or cut and paste into body of email
- Submissions are welcomed anytime for the following newsletter issue. The newsletter is published quarterly. Deadlines for submissions are selected in February, May, August, and November and published in the newsletter.
- Tables and illustration should be numbered and contain a title.
- References using ADA Journal style. Example:
Article in periodical: *J Am Diet Assoc.* 2002;102:37-42
Book: Spear MC. *Foodservice Organizations: A Managerial and Systems Approach.*
Englewood Cliffs, NJ: Prentice-Hall, Inc.; 1995.
- Articles must be original works and referenced from scientific literature. References should be numbered in text (1) as per ADA journal style.
- Please type only one space after periods and other punctuation
- Spell out all non-ADA acronyms the first time they are used
- Check Web site URL's listed as resources to ensure accuracy
- Suggested Length:
Feature Article or Continuing Professional Education article: 800-1600 words
Brief article, conference report, or program report: 250-600 words

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DDPD Advertising Policy

The Dietetics in Developmental and Psychiatric Disorders Dietetic Practice Group accepts advertisements for our newsletter, *DevelopMental Issues*, under these guidelines:

- Advertisements will be limited to products and services that are of interest to our members, consistent with the goals for the dietetic practice group, and which promote sound nutrition of the patients we serve.

We reserve the right to evaluate all statements in advertisements and to refuse to accept any copy that does not follow guidelines established through the American Dietetic Association.

We require the following disclaimer in each issue of the newsletter: "The publication of an advertisement in *DevelopMental Issues* should not be construed as an endorsement of the advertiser or the product by the American Dietetic Association or this dietetic practice group.

Rates: \$2500 to sponsor an entire issue (which includes recognition at our Annual Meeting, a full page ad, a recognition notice, and one year complimentary subscription)

\$ 500 for a full page

\$ 350 for a half page ad

\$ 250 for a quarter page

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Dietetic Practice Group members are entitled to a 20% discount.

Advertisements may be submitted any time and advertisers will receive notification of acceptance within 30 days of submission, at which time scheduling for placement will be arranged.

Advertisements must be received in camera-ready form by the designated deadline for publication along with payment in full made payable to The American Dietetic Association/DPG #12 and sent to: Melissa Altman-Traub, Newsletter Editor, Nutrisolutions@aol.com, 1997 Turkey Trot Road, Jamison, PA 18929. Phone: 215/491-5408.

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Resource Professionals

Do you have a professional question you need help with? Contact the appropriate Resource Professional today!

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Mark your Calendars... Food & Nutrition Conference & Expo 2004 Anaheim

DDPD events:

Priority Session: Sunday October 3rd at 10:30-11:30 with Molly Kellogg, LCSW, RD
"Behavioral Therapy in the Treatment of Eating Disorders". Please check out her Web site
www.mollykellogg.com.

DDPD member meeting: Monday October 4th at 7 AM with Kathryn Moseley, MS, RD
"The PKU Diet in the Adult Client". Kathryn works at the Children's Hospital of Los Angeles.

We will also be represented at the DPG showcase on Monday from 11-2.