

DEVELOPMENTAL ISSUES

A publication of

Dietetics in Developmental and Psychiatric Disorders (DDPD®)

A dietetic practice group of the American Dietetic Association

2006

Post FNCE Issue

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Developmental Issues is published quarterly (Winter, Spring, Summer, Fall) as a publication of Dietetics in Developmental and Psychiatric Disorders, a dietetic practice group of the American Dietetic Association.

The views expressed in this publication are those of the author and are not necessarily those of the American Dietetic Association. Mention of product names in this publication does not constitute endorsement by DDPD or ADA.

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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

Spring **January 7, 2007**

Summer **March 7, 2007**

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Subscription cost for individuals not eligible for ADA membership is \$25.00. A check or money order should be made payable to ADA/DPG #12 and sent in care of the newsletter editor.

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 A Dietetic Practice Group of
American Dietetic Association

FNCE Highlights – A Revealing Experience!

By Jessica Setnick, MS, RD/LD

I had the honor of presiding over the DDPD Priority Educational Session, *Our Bodies, Our Selves: How to Discuss (or Not!) Our Bodies with Clients* in Hawaii at FNCE 2006. The early morning workshop was very well attended by DDPD officers, members, and other FNCE attendees. Speakers Adrienne Ressler, MA, LCSW, and Molly Kellogg, RD, LMSW woke up the audience with two different aspects of body image in our work.

Adrienne demonstrated the strength of our internal insecurities with an audience experiment. She asked us to think of our most insecure thought about ourselves; that name we call ourselves when we're feeling inadequate. She then asked us to picture ourselves introducing ourselves to a new client with that name: "Hello, I'm Inadequate!" This simple exercise opened many eyes to the fact that our self-image and feelings do affect our work even if we do not express them in words.

Molly described the issues that can arise when clients ask direct questions about us or make comments regarding our size or shape. She gave examples of how we can

respond, sharing exact words we can use to identify why that question is important to our client. Molly explained that when a client asks a question about **you**, they are not really asking about you. They are asking how **you** can help **them**. The answer may be far different than what they seem to want to know.

Attendees shared their experiences during the question and answer period and how they now felt those experiences affected their patients' perception of their ability.

Participants also commented that they were happy to have ideas for responding to personal questions without falling into excessive disclosure and without feeling rude.

Many participants shared their experiences with Adrienne's experiment and expressed gratitude to the speakers and to DDPD for opening the topic up for discussion. Most agreed that they had never heard a workshop on the dietitian's own size, shape and self-esteem.

Thank you to our speakers and to all who helped to make DDPD's inspirational session a rousing success. We hope to see you at FNCE 2007 in Philadelphia!

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From the Chair

Sharon Wojnaroski, MA, RD

Aloha to all, and *Mahalo* (thank you) to the members of the executive committee who worked so hard for a very successful meeting and presentation at FNCE. I was pleased to meet so many of our members in Hawaii and excited to recruit about 30 additional members during the DPG Showcase. We are participating in ADA's membership challenge along with other practice groups of our size. It is a friendly competition that will result in not only a possible monetary prize for our group but more importantly the opportunity to bring additional talent and expertise into our group.

During the showcase we sold out of the new CD *Psychiatric Nutrition Therapy: A Resource Guide for Dietetics Professionals Practicing Behavioral Health Care*. Orders continue to pour in. So look for the order form on the web and be sure to order your copy. It is only \$25.00 for members and equates to 179 pages of information for both professionals and clients.

Jessica Setnick, our Eating Disorders Resource Professional did a great job presiding over our session *Our Bodies, Ourselves: How to Discuss (or Not!) Our Size With Clients*. This was a very popular session with the room about full at 7 AM. See her comments on page 1.

Susan Stern Zabriskie, MS, RD, CDN was recognized with an award for her many valuable contributions to our practice group. Over the years I believe Susan has filled almost every position on our executive committee and given many hours of volunteer time and talent to our practice group. There's more on Susan's award on page 2.

The executive committee has voted to add an appointed position of Student Liaison to the Executive Committee. I would like to welcome Kara Renner, dietetic student from the University of Idaho to that position. We look forward to Kara's input as we further develop this position.

Terry Anderson Girard, MS, RD has moved to the position of Substance Abuse Resource Professional and Paula Cushing, MS, RD has accepted the position of Resource Professional for Developmental Disabilities. We look forward to working with them. Be sure to take advantage of the expertise of all of our Resource Professionals. Names and contact information are listed elsewhere in this newsletter and on our website, www.dddp.org.

We hope you are taking advantage of the free continuing education articles in the Newsletters, and the networking opportunities on the list-serv. Be sure to consider having your name placed on the public map on our website. If you have not done so, check it out at ddpd.org.

Sharon Wojnaroski, MA, RD
Chair 2006-2007

FNCE Highlights

continued from page 1

2006 DDPD Distinguished Member Award
Submitted by Lee Wallace, MS, RD, LDN, FADA
Awards Committee Chair

DDPD is pleased to announce Susan Zabriskie, RD, MS, CDN, received the 2006 Distinguished Member Award. She was selected by the Awards Committee based on nominations received from DDPD members. Members shared many things they believe make Susan a truly distinguished member of DDPD, including:

- Her years of service to DDPD, including serving as Legislative Chair, Chair-elect, Chair, Past Chair and now Nomination Chair)
- Her willingness to go "beyond the job description" for DDPD, such as helping organize Pre-FNCE workshops for DDPD and seeking and obtaining funding for breakfast meetings.
- Her innovative ideas for DDPD such as independent submission of FNCE programs that have had a real eye on promoting the mission of DDPD.
- Her ability to "think outside the box."
- Her services as a very eloquent spokesperson, believing that "One of DDPD's missions is to advocate for people with disabilities."

She was presented with a certificate and gift at the DDPD Executive Committee meeting while at FNCE in Hawaii.

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FNCE Highlights*continued from page 2*

DDPD Special Award for Service
Submitted by Lee Wallace, MS,
RD, LDN, FADA
Awards Committee Chair

DDPD is also pleased to
announce a Special Award for
Service presented to Mary
Emerson, MS, RD, LD.

Apparently not having enough to
do after her year as Chair of
DDPD ended (just teasing!), Mary
coordinated the committee that
developed the *Standards of
Practice and Standards of
Professional Performance for
Registered Dietitians (Generalist,
Specialty and Advanced) in*

Behavioral Health Care in a timely
manner. They were approved by
ADA and published in the May
2006 *Journal of the American
Dietetic Association*.

Once finished, she coordinated a
workgroup, which developed and
published to CD a *Psychiatric
Nutrition Therapy Resource Guide*.
A sample was printed out for view-
ing at FNCE, where sales of the
CD started this year – it fills an
entire 4-inch notebook.

The announcement of the award
was made while at FNCE in
Hawaii. Mary was unable to attend,
but her certificate and gift were

mailed to her. Mary has taken a
new job with a local school district
in Maine. We wish her well in her
new position.

ADA Award Recipients

Two DDPD Members were rec-
ognized at this year's FNCE for
their work. Congratulations!

**2006 Lenna Frances Cooper
Lecture**

Marion Taylor Baer, PhD, RD

**Excellence in Practice
Community Dietetics**

Betty L. Lucas, MPH, RD, CD

Vote Online for 2007-2008 DDPD DPG Officers

Participate in the ballot process by voting for 2007-2008 Dietetics in
Developmental and Psychiatric Disorders, DPG 12 elected officers.

**Online Voting Goes Live
January 15, 2007 (12 a.m. CT).**

**The last day to vote is
February 28, 2007 (11:59 p.m. CT).**

Paper ballots are available upon request only at practice@eatright.org or
by calling ADA's Practice Team Coordinator Carl Scott at 800/877-1600 ext. 4815

*Please include the following information in your requests:
Name, Member Number, DPG(s) for which you would like to vote, and address.*

Paper ballots must be postmarked or faxed by Feb. 23, 2007

Visit **www.ddpd.org** to reach the link address
when available and cast your vote!



Practice Tips from Resource Professional Team

We are launching a new section to the newsletter: *Practice Tips from the Resource Professional Team*. DDPD is fortunate to have a diverse area of practice for our focus. One of the services DDPD provides is access to Resource Professionals within those areas of practice: *Developmental Disabilities, Psychiatric Disorders, Substance Abuse, and Eating Disorders*. (See the DDPD Officers listing on page X for more information) In this section, the Resource Professional Team will provide tips based on your questions and their expert knowledge for their area of practice. If you have a tip to share, contact your Resource Professional or the Newsletter Editor (joan@ipns.com). Sharing best practices is how we stay the best at what we do!

Substance Abuse

Terry Girard, MSRD, LDN

Host a Q & A Session on Food and Medication Interactions.

I bring my *Pocket Handbook* by Zaneta Pronska to the group to look up medications that patients ask about. During the discussion another person often comments on the medication or an experience they have had with diet and the medication, which makes the group more interesting and applicable.

I find it helpful to hold on to the book myself and guide comments rather than letting the book travel around the room. Sometimes participants are more likely to speak up and find support with my help or the help of others when there is some direction. This is a great opportunity to encourage medication compliance and the benefits of a

healthy lifestyle.

Developmental Disabilities

Joan Medlen, RD, LD

Paula Cushing is the Resource Professional for Developmental Disabilities. However, she was barely appointed to the position as we went to press so I offered to fill in for this first column.

Applying Person-Centered Thinking

Person-Centered Thinking is a term used by Michael Smull to describe the way we need to frame our thoughts to provide person-centered services and supports for people with disabilities. Many times what we think is important is not what is important to the person we are supporting. The best way to begin to define things is to separate them into two categories: *Important To (the person you support)* and *Important For (the person you support)*.

Things that are important *to* a person are the things they value and make a difference in their quality of life. Here is an example: One of Suzy's favorite activities is to go to pizza on Saturday with a particular group of friends. She gets angry when she is told she can't go to the pizza parlor because she must eat a gluten-free diet. She will sneak out to go to the pizza parlor and eat the pizza so she can be with her friends.

Things that are important *for* someone are those things that are important for the person to lead a safe, healthy, and quality life. Back to our example: It is important *for* Suzy to follow a gluten free diet so she remains healthy. She has severe reactions to eating gluten due to

her celiac disease, and can end up in the hospital.

What to do? This is an easy example, of course. Find a way to blend what is important *to* Suzy with what is important *for* Suzy. Chances are there is a way to bring in a gluten-free pizza after talking with the restaurant owner or manager. It also may be worthwhile to see if there is a pizza place that offers gluten-free pizza – it's popular here in Portland!

Whenever you get stuck in how to support someone, take a moment to list and separate what is important *to* the person you are working with from what is important *for* them. Often, as a part of the support team, the focus of nutrition service and counseling is on areas that are important *for* people. Finding a bridge between important *for* and important *to* helps things move much more quickly!

Reference: *Person Centered Thinking Training Materials*, published by The Learning Community for Essential Lifestyle Planning. www.elpnet.net.

Developmental News accepts advertisement.

We offer a discount on rates to DDPD Members.

For more information, contact the Newsletter Editor or look for our rates on the website at

<http://www.ddpd.org>

Psychiatric Nutrition Therapy



A resource guide for dietetics professionals practicing behavioral health care.

The resource guide is a compilation of contributions by members of the Dietetics in Developmental and Psychiatric Disorders practice group of the American Dietetic Association. It is delivered as a CD-ROM containing a pdf file of the guide along with several Power Point presentations. You can search, view and print selected sections of the resource guide using Adobe Acrobat.

The guide is intended to be especially helpful for those who occasionally provide services for the psychiatric consumer in the context of a broader practice. Dietitians practicing regularly with the psychiatric population will also find the resource guide helpful in training new employees, utilizing the reproducible handouts and as a ready reference guide.

ORDER FORM

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for pricing) _____ Total

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*Price: \$25.00 for DDPD members
\$35.00 for non-DDPD members

Mail this order form along with payment to:

Patsy Catsos, MS, RD, LD, 33 Columbus Road, Cape Elizabeth, ME 04107
(207) 767-4815

CD will arrive by U.S. Mail in 4-6 weeks

Dietetics in Developmental and Psychiatric Disorders DPG Annual Report for 2005-2006

Submitted by Lee Shelly Wallace, MS, RD, LDN, FADA, 2005-2006 Chair

The Dietetics in Developmental and Psychiatric Disorders (DDPD) Dietetic Practice Group of the American Dietetic Association has had another successful year. We continue to provide members with personal and professional development opportunities to excel and grow through networking, leadership development and specialization. There were 979 members, and 175 of them belong to the listserv.

Program of Work Outcomes:

- Publications and Communications – our newsletter *DevelopMental Issues* continues to be a highly rated member benefit, although with delays in the approval process for the CPE article, we did not publish the usual 4 issues. We did provide one main CPE article, "Psychotropic Drugs, Nutritional and Weight Management Considerations".
- The Priority Session at ADA's 2005 FNCE "Eat

and Run, Walk, or Sit?: Exercise Alternatives for People with Disabilities" was presented at 8:00 - 9:30 am on Tuesday, October 25. Estimated attendance of over 200 people came out early on the last day of the conference...and many stayed to talk after the session.

- Stipend requests to support speaker presentations in our practice areas included:
 - o Iowa Dietetic Association annual fall 2005 meeting "Striving for Wellness". The stipend supported Jessica Setnick presenting "Managing Eating Disorders in Any Practice Setting".
 - o A stipend to support Kim Nowak Cooperman, who provided two presentations: "Nutrition and Children with Developmental Disabilities" (with Betty Lucas), and "Nutrition Intervention in Failure-to-Thrive", in a conference co-sponsored by the University of Washington Center on Human

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Giving Back to the Community: DDPD Members at Work

DDPD is full of talented and giving members. This section highlights the community service activities of members in our group. Volunteering your service – whether in your field or not – is a great way to contribute to enhancing and changing communities. Share your community service projects with your fellow DDPD Members! They may want to join you. Send your story to the newsletter editor at: Joan@ipns.com.

Off Road Trips at FNCE:

ICCD Clubhouse

Paula Kerr, Wisconsin

While in Honolulu, I took time to visit the Hali O Clubhouse in Honolulu, HI, which is one of 300 clubhouses of The International Center for Clubhouse Development (ICCD). One Clubhouse member welcomed me with a necklace of shells, a Hale O medallion and traditional friendship hug. I visited with members, traded ideas about nutrition, wellness, and the struggle to keep in shape. I e-mailed my Clubhouse program back home and had them forward work I had done on a wellness grant. That grant enabled each of our Clubhouse lunch “Specials” to include fat free milk, whole grains, fresh fruits and vegetables, and lean meats at a cost of only \$1.00. It also paid for a water cooler that is now standing prominently in the spot where the soda machine had been. An ICCD Clubhouse is described as

“...a place where people who have had mental illness come to rebuild their lives. The participants are called members, not patients and the focus is on their strengths not their illness. Work in the clubhouse whether it is clerical, data input, meal preparation or reaching out to their fellow members, provides the core healing process...”

I have found that Clubhouse programs members and staff welcome participation of dietetic professionals (RDs and Interns alike) and are interested in nutrition education, kitchen sanitation and safety, instruction on menu planning, meal service, equipment procurement, etc. I have also found it a place where RD's and dietetic students can learn more about the people behind the mental illnesses. There are 225 ICCD clubhouse programs in North America. Perhaps there is one in your neighborhood.

If you are interested in learning more about ICCD Clubhouses, check out their website at: www.ICCD.org.

Hawaii Down Syndrome Congress

Joan Guthrie Medlen, RD, LD, Oregon

Over the last 12 years I have participated in many conferences for families of children with Down syndrome in the United States, Canada, and Europe. After a while you begin to see familiar faces at each event. This is a good thing. It feels like a community or an extended family. One year I had a chance to meet two parents who came to a national conference from Hawaii. I learned how expensive it is for families in Hawaii to attend conferences on the mainland. They made tremendous sacrifices to come so they could learn best practices for their child with Down syndrome. Do these parent-oriented conferences ever go to Hawaii? Not in the last 18 years!

When I decided to go to FNCE in Hawaii, one of the first things I did was contact Connie Smith of the Hawaii Down Syndrome Congress, located in Honolulu to offer a free workshop for the families there. They graciously accepted my offer. In addition, the National Down Syndrome Society donated a copy of *The Down Syndrome Nutrition Handbook* for each family.

About 25 families attended with a handful of children – from babies to adults. They were a fun group asking very astute questions and eager to share with me how the education system works in Hawaii. As always, I received far more than what I offered during my visit, including a new friend and travel guide, Greg. Who could ask for more?

The Community Corner

Sharing Time at Renfrew Center

Sarah C. Smith, RD, LDN, Pennsylvania

As a former patient at the Renfrew Center in Philadelphia (ED treatment) I speak about four to five times a year on “Life in Recovery” to the current inpatient residents. I speak about my experience with my ED, my decision to seek treatment, and

mostly about how it has changed my life. I give tips and encouragement, and answer a hundred questions about what life is like on the recovery end of an eating disorder.

Special Olympics Healthy Athletes Health Promotion Program

Deborah Owens, RD, CDN, Clinical Director, New York

I've been working as a dietitian for people with developmental disabilities for 10 years. This past summer I was asked to train to become one of a few Clinical Directors of Health Promotion for New York State Special Olympics. The training was held in Iowa at the US National Games for Special Olympics. Being a clinical director is a three-year volunteer position, and my first experience with Special Olympics.

In October, my fellow clinical director, Catherine Conway (another DDPD Member), and I put together our first Health Promotion event, which was also my first exposure to the New York State Games. I brought my family along for the fun, too. For these games, we were in charge of the nutrition venue. We decided to focus on a specific theme, "Power Up with Breakfast." We solicited national cereal companies and local businesses for donations prior to the event with great success. We had a prize wheel and Halloween decorations to entice the athletes to our venue.

We gave away cereal, breakfast bars, apple pins, Halloween pencils and literature to the athletes.

The turn out was great – 400-500 athletes, coaches, volunteers, and families came to our booth. I can't wait until the next one!

My Dog, the Therapy Dog

Mary Hertz, RD, Pennsylvania

I worked in a nursing home for almost six years and I use to love to see Therapy Dogs coming in to visit. It broke up the monotony of the everyday life in a nursing home. I actually didn't see very many dogs visit. They may have visited more on the weekend.

I adopted an Australian Cattle Dog, named Sienna, from the SPCA and soon discovered how sweet she was. The Adult Evening Classes at the local high school offers a Therapy Dog training Course for dog and owner sponsored by Therapy Dogs International (<http://www.tdi-dog.org/>). I signed us up for the training.

The dogs must first pass the AKC Canine Good Citizen Program. Then they must pass more difficult criteria before they can be certified as a Therapy Dog. Out of a class of twenty dogs only seven were successful in becoming a Therapy Dog.

My dog loves to be petted and most nursing home residents make such a fuss over her. They are very appreciative when I stop in for a few minutes with my dog.

Welcome to Our Newest Members!

Kathryn A. Andrews	Jeanne A. Craig
Elisabeth Z. Hill	Theresa A. Brock-Grohowski
Jamel Burroughs	Donna Lykke Kjaer Nielsen
Sheryl L. Williams	Catherine E. Shepherd
Kayla M. Bridges	Audrey M. Nickell
Susan Montanile	Elizabeth T. Townsend
Jessica G. Morison	



Jessica Setnic, Susan Zabriskie, and Terri Girard greet visitors to the DDPD Booth at FNCE.

Mark Your Calendar! Conferences, Workshops, & Events

Timeless Opportunities:

Overweight Prevention and Intervention Online Course
Follow the link to register for this online Self-paced course at: <http://anywhere.tennessee.edu/boling/>.

December 2006

December, 1-3

Los Angeles, California
Counseling Intensive Workshop
This is a practical workshop designed to advance dietitians' behavior change skills. 9 CEUs.
For more information:
www.mollykellogg.com

December 1-2

Los Angeles, California
Eating Disorders Boot Camp: A Training Workshop for Professionals
9 CEUS. For more information:
www.understandingnutrition.com

January 2007

January 19-21

Austin, Texas
Counseling Intensive Workshop
This is a practical workshop designed to advance dietitians' behavior change skills. 9 CEUs.
For more information:
www.mollykellogg.com

January 19-21

Austin, Texas
Eating Disorders Boot Camp: A Training Workshop for Professionals
9 CEUS. For more information:
www.understandingnutrition.com

February 2007

February 9-10

Atlanta, Georgia
Counseling Intensive Workshop
This is a practical workshop designed to advance dietitians' behavior change skills. 9 CEUs.
For more information:
www.mollykellogg.com

February 25 - March 3, 2007

National Eating Disorders Awareness Week

March 2007

March 2-3

Seattle, Washington
Counseling Intensive Workshop
This is a practical workshop designed to advance dietitians' behavior change skills. 9 CEUs.
For more information:
www.mollykellogg.com

March 2-3

Seattle, Washington
Eating Disorders Boot Camp: A Training Workshop for Professionals
9 CEUS. For more information:
www.understandingnutrition.com

March 8-9,

Video Conference
Overweight Prevention and Intervention for Children with Special Health Care Needs (CSHCN)
This workshop is offered live at the UT Boling Center in Memphis, TN and by videoconferencing for an interactive broad-

cast with locations in Rochester, New York; Knoxville, Tennessee; and Portland, Oregon. For more information, contact Dr. Joyce Bittle at jbittle@utmem.edu or BCDD, (901) 448-6593, toll free: 1-888-572-2249; or Lee Wallace, MS, RD, LDN, FADA at lswallace@utmem.edu or 901-448-6451.

<http://www.utmem.edu/bcdd/training/community/cshcn.htm>

April 2007

April 23-25

Washington, DC
ADA's Public Policy Workshop
For information: Ron Smith at rsmith@eatright.org.

May 2007

May 2-5

Academy of Eating Disorders 2007 International Conference on Eating Disorders
Baltimore, Maryland.
For more information:
www.aedweb.org

Save the Date!

Join us for the first-ever DDPD pre-FNCE workshop featuring Jessica Setnick's *Eating Disorders Mini-Camp*. The workshop will be held from 12:30 to 4:30p.m. Saturday, September 29, 2007 just before FNCE opens in Philadelphia, so keep the workshop in mind when making travel plans. Details and registration information coming soon...

The QLU – Quick Legislative Update

Andrea Shotton, MS, RD, LDN. Legislative Chair

Keeping up to date on The American Dietetic Association's (ADA) Public Policy Initiatives is simple with email access. Each ADA member can sign up through the ADA website, www.eatright.org, to receive the ADA Policy Initiatives and Advocacy Report "On the Pulse" weekly via email. Below is a quick summary of current reports:

Older Americans Act

Before the fall season adjournment, the House and Senate passed the reauthorization on an improved Older Americans Act. The Act improves nutritional care services as well as clarifies the Registered Dietitian (RD) role in the Older Americans Act programs. The bill was signed by President Bush, P.L. 109-365 on October 16.

Farm Bill

The Chicago Council on Global Affairs proposes government programs like the food stamp and WIC program to be linked to new Dietary Guidelines. Recommendations include providing incentives for purchasing fruits and vegetables and disincentives for "empty calorie" foods.

Spinach E-coli outbreak

The matching strain of bacteria that caused the E-coli outbreak in spinach has been linked to a ranch in the Salinas Valley. It is suspected that the cattle manure could have contaminated water through irrigation canals. Other theories include poor worker hygiene or wild pigs loose in the spinach fields. The Washington Post ran an editorial suggesting Congress to give the FDA the power to mandate recalls on tainted products.

School Wellness Policies

ADA has continued to support the Child Nutrition and WIC Reauthorization ACT of 2004 by encouraging ADA members to participate at their local school district level. School districts were required to have wellness policies in place by the summer of 2006. An analysis of the nation's 100 largest school district policies and how nutrition standards were presented in the policies can be found at the following link: http://www.schoolnutrition.org/uploadedFiles/SchoolNutrition.org/News_&_Publications/SchoolFoodservice_News/New_Folder/Top%20100%20LWP%20Report.pdf

DDPD members are asked to submit their public policy concerns to the legislative chair for collaboration: c/o Andrea Shotton, 6718 Durango Dr., Magnolia, TX 77354.

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- Development and Disability, the University of Washington School of Nursing Continuing Nursing Education, and Children's Hospital and Regional Medical Center, requested by Cristine Trahms.
- o Kansas Nutrition Council for their spring conference in April 2007 "Thinking Outside the Box, Size Diversity Acceptance", and to set up the DDPD display board. This was passed to current DDPD Chair.
 - Standards of Practice (SOP) and Standards of Professional Performance (SOPP) for Behavioral Health were completed, approved and published in the April 2006 JADA.
 - A workgroup developed and published to CD, a Psychiatric Nutrition Therapy Resource Guide, with initial sales at FNCE 2006. Pricing includes member discount.
 - A fund-raising committee and a publications committee had their beginning communications, and have plans to increase activity in the coming years.
 - DDPD's listserv continues to be a strong member contact and networking venue, with more members joining each month.
 - Committees:
 - o Legislation – articles and updates for each newsletter were provided, as well as information on the listserv. Our Chair represented DDPD at the Public Policy Workshop in Washington and provided information to us afterward.
 - o AV Librarian – sent out 11 audio tapes, video tapes, or books during the fiscal year. The last request for a loan from the library was January 17, 2006. It has been almost a year since some one asked if we had any titles on CD.
 - o PID liaison – attended our Business Meeting at FNCE 2005 and kept us well informed through our conference calls and emails.
 - o Eating Disorders Resource Professional – This year's calls (2-3) and emails (4-5) again centered around two topics: eating disorders and chemical dependency (RDs working in rehab centers who see patients with eating disorders in a facility without a true eating disorders program). The second topic is how to get more experience with treating eating disorders. The priority session for FNCE 2006 was submitted and accepted "Our Bodies, Ourselves: Discussing Our Bodies (Or Not!) With Clients."
 - o Developmental Disabilities Resource Professional – Participated in the development of the SOP and SOPP. Started survey process for members to increasing interest and collaboration between our members and dietetics programs. Responded to approximately 14 emails (including listserv).
 - o Psychiatric Resource Professional – Answered questions on obesity and food service management in psychiatric facilities.
 - o Substance Abuse Resource Professional – Resigned mid-year after changing jobs. The position was not yet filled at the end of the year.
 - o Nominating Committee - developed a solid slate of officers and conducted the election electronically through the website.
 - o Awards Committee – The Distinguished Member Award, given at FNCE 2005, was presented to Lynn Grieger, RD, CD, CDE. The committee reviewed awards given in past years and criteria used for selecting recipients.
- Other Activities:**
- At ADA's request, names were solicited and two were submitted for the Nutrition Fact Review Board to represent DDPD.
 - Requests from two students (for help with research information in our practice areas) were sent through the listserv.
 - DDPD co-signed the association's letter to the Centers for Medicare & Medicaid Services (CMS) on the proposed rule on the 2006 Medicare Physician Fee Schedule (that the proposed rule does not equitably value the services provided by many non-physician practitioners such as RDs, and that ongoing interaction with CMS will positively impact the payment rate for services provided by RDs)
 - Two Executive Committee members were sent to ADA's Leadership Conference
- Financial Outcomes:**
- Expenses totaled: \$ 44,187.
 - Revenues totaled: \$ 55,120.
- The DPG ended the year with a surplus of \$10,933.
- Thanks to the efforts and support of our leaders and members, DDPD continues to be a strong and effective DPG.
- Lee Shelly Wallace, MS, RD, LDN, FADA,
2005-2005 Chair*

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Book Reviews

Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too, by Jenni Schaefer with Thom Rutledge Published by McGraw-Hill, 2003. ISBN: 007142298. \$14.95

Reviewed by Jessica Setnick, MS, RD/LD

Life Without Ed has made quite a splash in the eating disorders world thanks to author Jenni Schaefer's ability to blend heartfelt testimonial with constructive self-help. In a readable, conversational format of "bite-sized, easily digestible" chapters, *Life Without Ed* provides a message of hope along with practical strategies for eating disorder recovery. Many first-person books about eating disorders have been written before. However, *Life Without Ed* does not dwell on the horrific details that tend to give impressionable minds destructive ideas. Rather, the author focuses her experience of first disobeying and then divorcing the "abusive husband" named Ed.

As eating disorders professional, I have struggled to find a book suitable to recommend to patients and their families. *Life Without Ed* is the first book I feel

utterly confident suggesting to both parents and teen, or patient and spouse. While the patient receives support and guidance in between sessions, the family gets a window into the often-confusing (and to an outsider, irrational) eating disorder mentality. Usually they need two copies, because *Life Without Ed* can be hard to put down.

For professionals familiar with Cognitive Behavioral Therapy, the strategies in *Life Without Ed* will not be new, but for a patient or a professional new to eating disorders or behavioral health, *Life Without Ed* can provide insight and understanding as well as new and creative ways to work with patients. *Life Without Ed* is available at amazon.com and, if not in stock, can be ordered by any bookstore.