

NEWS for the Licensed Dietitian



A newsletter published by the Oregon Board of Examiners of Licensed Dietitians

SPECIAL POINTS OF INTEREST:

- *Message from the Chair*
- *Congratulations to New Licensees*
- *Board Action*
- *Interested in Consumer Topics?*
- *Answering Your Questions*

BOARD OF EXAMINERS OF LICENSED DIETITIANS

- | | |
|---|---------------------|
| <i>Linda Graybeal</i> Lake Oswego, OR Public Member | <i>Chair</i> |
| <i>Ronald George, MS, RD, LD</i> Salem, OR Dietitian Member | <i>Board Member</i> |
| <i>Cheryl Kirk, RD, LD</i> Grants Pass, OR Dietitian Member | <i>Board Member</i> |
| <i>Linda Lester, MD</i> Portland, OR Physician Member | <i>Board Member</i> |
| <i>Pamela Ealy</i> Merlin, OR Public Member | <i>Board Member</i> |
| <i>Sonja Connor, MS, RD, LD</i> Portland, OR Dietitian Member | <i>Board Member</i> |
| <i>Sandra Kelly, RD, LD</i> Gladstone, OR Dietitian Member | <i>Board Member</i> |

Douglas Van Fleet, Exec. Officer
Bd. of Ex. of Licensed Dietitians
800 NE Oregon St, Suite 407
Portland, OR 97232-2187

(971) 673-0190
FAX: (971) 673-0226
<http://www.bld.state.or.us>

MESSAGE FROM THE CHAIR

Congratulations are in order. The total number of our licensees has just surpassed four hundred. This means that we now have our largest number of active licensees ever. However, we would still like to encourage those registered with the Commission on Dietetic Registration who reside in Oregon and are not licensed to consider State Licensure.

We have made some changes to our Administrative Rules for the purpose of complying with Governor Kulongoski's initiative to make it easier for people to do business in the State of Oregon. Our Administrative-Rules change request has been sent to the Secretary of State's office. After a successful public review, the new Rules will replace the current Rules. These Rules will then be posted on our web site.

The Board has experienced changes recently as terms expired for two members and one member, Sharon Brown, found it necessary to resign. The Board presented public service awards to departing Board members Madelyn Koontz (Board Member, 1999-2004; Board Chair, 2001-2003) and Terese Scollard (Board Member, 1999-2004). In addition, Ronald George, Sandra Kelly and Cheryl Kirk were welcomed to the Board to fill the subsequent vacancies. I was elected to another two-year term as Board Chair. Sandra Kelly was elected to a two-year term as Vice Chair. We all look forward to being of service to you.

Please contact the Board office with any questions or concerns that you might have.

Respectfully,

Linda Graybeal, Board Chair



Board Public Service Presentation to Terese Scollard by Chair Linda Graybeal (not pictured, additional award recipient and former Chair Madelyn Koontz)

Member at Large

The board is seeking candidates for the member-at-large position which will become vacant in 2006. This position is to be filled by a member of the public who has interest in nutrition and consumer advocacy. Please contact Doug Van Fleet at the Board office if you know of someone who would like to be considered for the position.

Board Considering Meeting Locations

The board received a request from a licensee to occasionally hold meetings outside of the Portland area so that licensees and others can attend more readily. The

board is actively considering this request and is planning to assess the financial impact of holding a periodic meeting outside of the Portland area.

If you are interested in attending a Board meeting, contact Doug VanFleet. LDs and the public are welcome.

Oregon Sesquicentennial

Oregon will be 150 years old on 02/14/2009. Official plans are now being formulated to celebrate. Already "Gathering One" (a meeting of all state agencies, affiliated public

organizations and interested citizen groups) has occurred in order to gather a wide range of ideas. Could you make a note of any celebration ideas that you

have and send them in to the Board? The Board is planning to feature items of historical interest in future newsletters. Old recipes would be of interest.

Past and Current Newsletters

Past and current LD newsletters are posted on the Board Internet site under "Forms/Other

Publications." For history and activity of the Board, please go to this site at <http://www.bld.state.or.us>.

Those new to licensure can find answers to questions about the Board's purpose and activities in the past newsletters.



Welcoming New Board Members

Ronald George, MS, RD, LD, has been a clinical dietitian at Salem Hospital since 1983. His advanced degree in Foods and Nutrition was earned at Central Washington University. He is active in the American Diabetes Assn., and is interested in his volunteer position on the board in order to help stretch the effectiveness of licensing fees.

Sandra Kelly, RD, LD, has been a regional food-service coordinator and manger with Kaiser Permanente since 1988. Her degree in Institutional Management

and Dietetics was earned at Oregon State University. She is active in the Oregon Dietetic Assn., and is interested in board service in order to assure citizens' nutritional health.

Cheryl Kirk, RD, LD, has been a dietitian at Three Rivers Community Hospital and an instructor at Rogue Community College since 1997. Her degree in Food & Nutrition was earned at Montana State University. She is active in the Three Rivers School District and Southern Oregon Head Start and is interested in ensuring the integrity of licensure.



Volunteer Needed

The board would like to offer a volunteer position to a licensee who is interested in taking and writing minutes of the board meetings. The board meets three to four times per

year. Meetings are generally four hours in length with transcribing time taking additional hours. Please contact Doug Van Fleet (971 673-0190) if you are interested in this volunteer opportunity.

New Phone Number

The board has been required to change its telephone number. The new number is 971-673-0190.



Congratulations To New Licensees

The Board would like to welcome the following newly Licensed Dietitians:

ASHLAND
DALE KLINE

BEAVERTON
MARTHA DUFFY
CAROLINE JERAND
TRACY RYAN-BORCHERS

CLACKAMAS
JACQUELINE ABBOTT

DEPERE, WI
NOREEN PALMCOOK

EUGENE
CARLEEN MCKILLOP
TORI WAPLES

FORT JONES, CA
MICHELLE HARRIS

GRANTS PASS
CHRISTINE STANDAGE

KENT
MARDELYN SHARIFI

LA CENTER
SARAH LUTZ

LYONS
GINA CHANDLER

PARMA
TRACI BEHRMAN

PASCO, WA
LISA MARCH

PORTLAND
DANIEL DURHAM
MELANIE GILLINGHAM
KELLY LASCHKEWITSCH
JANET MERTZ
MARCI REED
JENNIFER VANNOY
ERIN WICKLUND

SALEM
SUSAN BECKETT
JENNY MITCHELL

SHERWOOD
KELLY MESSNER

STAYTON
KORINNE MCVEETY

THE DALLES
MAUREEN SPRAGUE

TIGARD
JILL BARRIOS

TILLAMOOK
KATHY HOWITT
KATHLEEN SAUNDERS

Board Action

The Board is making arrangements for future licensure certificates to include a wallet-size certificate as well as the standard certificate. This is related to a request that was received from a licensee.

Licensure renewals will be mailed out late this summer. As the State of Oregon has a two-year budget cycle, the board mails out two-year renewal notices every odd-numbered year to adhere to state budget cycle requirements. The renewal affidavit no longer requires a notary stamp. New applications continue to need a notary stamp.



The physical location of the board office may be moving in upcoming months. The move is

a consequence of changes in other departments and is of no cost to the Board.

Q&A Answering Your Questions

Q *Is there a way to record my continuing professional education (CPE) electronically? I am beginning my first cycle on the CDR Professional Portfolio program.*

A The Commission on Dietetic Registration (CDR) includes a mechanism for your CPE to be recorded electronically. Once you enter the activity and applicable learning codes, the system sums your CPE. It also sequences it properly by date regardless of the date you submit the data. A report can be printed which may be useful for communicating your continuing education to your employer. Your personal portfolio is connected to the learning codes you have previously selected. You will need your security passwords to enter the site and update your data.

Q *My supervisor has told me that the Joint Commission on Healthcare Organization and our employer require validation from the primary source that I am both a registered dietitian with the Commission on Dietetic Registration and a licensed dietitian with the Board of Licensed Dietitians. What does this mean and how do I obtain this?*

A Many organizations require specific primary-source validation that a professional credential or degree is authentic. (The primary source is the organization that has issued and authorized the credential or license.) This has occurred because there have been serious cases of misrepresentation in the news for various professions. Both the Oregon Board of Licensed Dietitians and the Commission on Dietetic Registration have options for you and your employer for primary-source validation. The Board of

Licensed Dietitians website will allow you to print a document with your name and status as a Licensed Dietitian in Oregon. Select your name from the site and print the form, or direct your employer to the site so they may authenticate your name. The CDR site requires you to place your number and state. You may also contact the CDR about other options and documents. See <http://www.bld.state.or.us> for your Oregon License document. See <http://www.cdrnet.org> for your CDR document.

1. Click on the bar that is traveling across the middle screen that says "On Line Verification Search" (not on the computer screen icon below it).
2. You will be asked for your CDR number and State.
3. Fill in as requested; then click on "Submit."
4. A paper will come up with the verification stated.



Interested In Consumer Topics?

The following notices may be of interest to LD's who follow consumer food safety, nutrition, dietetics and nutrition-fraud topics. They are excerpted from the sites listed.

Cultural Competency Training for Health Care

The Office of Minority Health at the U.S. Department of Health and Human Services has announced the launch of its continuing medical education activity entitled *A Family Physician's Practical Guide to Culturally Competent Care*. This site offers wonderful training for a variety of health professionals. The beginning questionnaire is the only thing you need to fill out; after that, you have access to the program. <http://cccm.thinkculturalhealth.org>

ADA Evidence Analysis Library

The American Dietetic Association has announced its Evidence Analysis Library, an online analysis of the scientific evidence related to specific topics in nutrition. The Library is available free to those who hold membership in the American Dietetic Association. The analysis can be used to create tools and resources to enhance dietetics practice. It synthesizes the range of research findings into a brief, easy-to-read summary of "what we know." The analysis uses strict criteria for meaningful and defined levels of evidence. Reviewers are sought. <http://www.eatright.org>. Log in and go to the "Research". Non-ADA members may see a sample of the system.

The Evidence-Based Guides are included in the National Guideline Clearing House Database™. The National Guideline Clearing House™ is a comprehensive database of evidence-based clinical practice guidelines and related documents produced by the Agency for Healthcare Research and Quality, U.S. Department of

Health and Human Services, in partnership with the American Medical Association and the American Association of Health Plans. NGC promotes widespread access to evidence-based clinical practice guidelines through its comprehensive Internet database of guideline summaries. Data on each of the guidelines represented in NGC are captured in several ways (for example, structured abstract and guideline comparisons). Features enabling NGC users to acquire and exchange information about clinical practice guidelines are also available. URL is <http://www.guideline.gov/>. Accessed June 20, 2005.

Nutrition Diagnosis: A Critical Step in the Nutrition Care Process

The American Dietetic Association has released a 169-page document explaining Nutrition Diagnosis and the Nutrition Care Process for members. This includes discussion on standardized nutrition care language. ADA members should log on and go to the Research tab, then "Nutrition Diagnosis Resources." http://www.eatright.org/Member/index_22405.cfm

MyPyramid.gov

USDA has released the MyPyramid food guidance system. Along with the new MyPyramid symbol, the system provides many options to help Americans make healthy food choices and to be active every day. MyPyramid's daily food intake patterns identify amounts to consume from each food group and subgroup at a variety of

energy levels. To ensure that these patterns reflect the latest science, they were updated through a technical research process to meet all current nutrition standards. The overall purposes of the revision were to 1) improve its effectiveness in motivating consumers to make healthier food choices and 2) ensure that the U.S. Department of Agriculture's (USDA) food guidance system reflects the latest nutritional science. The revision has paralleled and been coordinated with the development of the 2005 *Dietary Guidelines for Americans*, which USDA and the U.S. Department of Health and Human Services (HHS) released in January 2005. <http://www.mypyramid.gov>. Accessed June 20, 2005.

Institute of Medicine (IOM) Paper on Complementary and Alternative Medicine (CAM)

At the request of the National Institutes of Health (NIH) and the Agency for Healthcare Research and Quality, the IOM produced the report entitled *Complementary and Alternative Medicine in the United States*, which assesses what is known about Americans' reliance on those therapies and also assists the NIH in developing research methods and setting priorities for evaluating products and approaches within CAM. The report states that health care should strive to be both comprehensive and evidence-based and calls for conventional medical treatments and complementary and alternative treatments to be held to the same standards for demonstrating clinical effectiveness. Both also should follow the same general research principles,



Consumer Topics (continued)

although new research methods to test some therapies may have to be devised. The report also calls on Congress to work with stakeholders to amend the regulation of supplements so as to improve quality control and consumer protections and to create incentives for research on the efficacy of these products. <http://www.iom.edu/report.asp?id=24487>. Accessed 6/18/2005.

Linus Pauling Institute (LPI) Micronutrient Information Center

The LPI Micronutrient Information Center (MIC) is an online resource for scientifically accurate, up-to-date, and peer-reviewed information on micronutrients, phyto-chemicals and other dietary components. The MIC is searchable by keywords and also features a nutrient index and a disease index, which allows one to find specific information on substances related to the prevention and treatment of a number of diseases and conditions. <http://lpi.oregonstate.edu/infocenter> or also at <http://lpi.oregonstate.edu>.

Federal Trade Commission Release

'Miracle' Health Claims: Add a dose of skepticism, a free 16-page booklet for consumers, has been produced by the FTC and in cooperation with the Food and Drug Administration to assist consumers from becoming victims of health fraud. The booklet encourages consumers to become educated as to how to assess health claims and to seek advice of a health professional. Health fraud promoters often target people who are overweight or who have serious conditions for which there are no cures. <http://www.ftc.gov/bcp/conline/pubs/health/frdheal.pdf> *FTC Facts for Consumers: Miracle*

Health Claims. Accessed June 18, 2005.

The FTC also has other health-related consumer fact materials found at <http://www.ftc.gov/bcp/menu-health.htm#bized>. Accessed June 18, 2005.

"Big Fat Lie" Initiative to Target Bogus Weight-loss Claims

In November, 2004, the Federal Trade Commission launched "Operation Big Fat Lie," a nation-wide law enforcement sweep against six companies making false weight-loss claims in national advertisements. Operation Big Fat Lie is the latest in the Commission's efforts to: stop deceptive advertising and provide refunds to consumers harmed by unscrupulous weight-loss advertisers; encourage media outlets not to carry advertisements containing bogus weight-loss claims; and educate consumers to be on their guard against companies promising miraculous weight loss without diet or exercise.

Complaints in each of the six cases allege that defendants used at least one of the seven bogus weight-loss claims that are part of the FTC's "Red Flag" education campaign announced in December 2003. The ongoing Red Flag campaign provides guidance to assist media outlets in voluntarily screening out weight-loss ads that contain claims that are too good to be true. <http://www.ftc.gov/opa/2004/11/bigfatliesweep.htm>. Accessed June 18, 2005.

The FTC is launching a campaign to help consumers spot claims that almost always signal a diet rip-off. "Weighing the Evidence in Diet Ads" warns consumers to steer clear of diet pills, patches, creams or other products that offer quick weight loss without diet or exercise; that claim to block the absorption of fat, calories or carbohydrates; or

that promise that consumers can eat all they want of high-calorie foods and still lose weight. Consumers can find more tips on protecting themselves from questionable diet products at <http://www.ftc.gov/dietfit>.

The FTC has also launched a new "teaser" web site to reach consumers surfing online for weight-loss products. Teaser sites mimic real Web pages, using common buzz-words and making the kind of exaggerated diet claims found on many web sites. At first glance, the teaser site appears to advertise a new pill promising to help consumers "Lose up to 10 pounds per week – with no sweat, no starvation!" Once the consumers try to order the product, they learn the ad is actually a consumer education piece posted by the FTC to warn consumers about diet rip-offs. The FTC's new teaser site can be found at <http://www.wemarket4u.net/fatfoe>.

NAASO Introduces Obesity Online

The North American Association for the Study of Obesity (<http://www.naaso.org/>) has announced a resource titled **Obesity Online**, billed as the largest online collection of evidence-based obesity education resources. The NAASO shares an invitation to visit the site www.obesityonline.org and to see high-quality scientific obesity information available for presentations and as educational tools. There are downloadable slides, searchable references, free CME, and presentations. <http://www.obesityonline.org/site/index.cfm> goes directly to the education resource site. Accessed November 9, 2004.



BOARD OF EXAMINERS OF LICENSED DIETITIANS
800 NE OREGON ST STE 407
PORTLAND OR 97232-2187

*A newsletter published by the Oregon
Board of Examiners of Licensed Dietitians*

Board of Examiners of Licensed Dietitians
800 NE Oregon St, Suite 407
Portland, OR 97232-2187

Phone: (971) 673-0190
FAX: (971) 673-0226

Questions About Licensure?

If you have questions about the history, purpose and meaning of dietitian licensure in Oregon, past issues of *News for the Licensed Dietitian* are posted and printable on the Board of Examiners internet site. As always, feel free to contact the Board office if you have additional questions.

WE'RE ON THE WEB!
<http://www.bld.state.or.us>

*The mission of the Oregon State Board of Examiners of
Licensed Dietitians is to protect the public's health, safety
and well being by regulating licensed dietetic practice.*