

# NEWS for the Licensed Dietitian



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

## MESSAGE FROM THE CHAIR

### Special points of interest:

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

The Board would like to express its appreciation for the dedication and fine work of Madelyn Koontz, RD, LD, as Chairman of the Board for the past two years. Madelyn has served us well—exhibiting an efficient yet wonderfully mentoring leadership style.

The Board would also like to warmly welcome its newest member Sharon Brown, RD, LD, NHA. Sharon is the nursing home administrator at the Center for Medically Fragile Children (Providence Child Center), where she works with pediatric patients in long term care. She is a registered and licensed dietitian and brings a diverse experience in pediatrics and long-term care to the Board. Welcome, Sharon; it is an honor to have you as part of our leadership.

Please know that a blank renewal form will be put on the web site. That should reduce the anxiety of any licensee who has lost their mailed renewal form and who is facing the deadline. (Renewal forms will also continue to be mailed.) In a further effort to

ease the renewal process, the affidavit will not require a notary stamp. We hope that these revisions will make renewal easier and less time consuming for you in 2005. (For new applicants, the agency address on the application form has been changed from 800 NE OREGON ST to PO BOX 14260; PORTLAND OR 97293-0260.)

Also, be aware that we have provided web-based drafts of letters that may be of use to you in your communications. We have made these letters available to help you in your efforts to educate the consumer about dietitian/nutrition services. This action has been in response to consumer concerns expressed to the Board.

We continue in our effort to be of service to Licensed Dietitians and Oregon consumers. Please share any concerns and comments that you might have that would aid us in this endeavor.

Respectfully,  
Linda Graybeal

### BOARD OF EXAMINERS OF LICENSED DIETITIANS

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## Q&A Answering Your Questions

**Q** *I am a registered and licensed dietitian, but also consider myself a nutritionist. Why can I not be licensed as a nutritionist?*



**A** The Licensure act is written to protect consumers by enabling nutrition information from sources that are accurate, safe and reliable. While there are many nutritionists who do provide this kind of information, there are many who do not. There are other so-called credentials by diploma mills, and even some colleges have "nutrition therapist" credentials that may be based on coursework of questionable accuracy. The Oregon consumer is protected under current law when they are able to identify a registered and licensed dietitian.



## Congratulations To New Licensees

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

**ALBANY**  
LAWRENCE MOLINAR

**ALOHA**  
REBECCA H. YPMA

**ASHLAND**  
GLYNIS E. CURETON  
MARGARET M. STAHLER

**BEAVERTON**  
DIANE MARIE GARCIA

**BEND**  
LYNNE M. OLDHAM  
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**HILLSBORO**  
KYLIE SHEREE SMITH

**JEFFERSON**  
KARLA A. BORCHARDT

**KLAMATH FALLS**  
LINDA KIM NGUYEN  
JAMIE E. TUCHSCHERER

**LAKE OSWEGO**  
SARA ELLYN WILSON

**MEDFORD**  
CHRISTINE S. MORRELL

**ONTARIO**  
DEBORAH LYNNE BLOOD

**PORTLAND**  
LAURA R. JOYCE  
MEREDITH KLEINHENZ  
KATHLEEN R. TOWSEY

**REDMOND**  
SHERYL JEAN LEARNED

**TIGARD**  
JILL ANNE ANDERSON  
SHANNON K. HUGHES

**VANCOUVER**  
CONNIE K. WARNER

**WEST LINN**  
NANCY MARIE FRAZEUR

## LD Public Service Announcement

The following public service announcement has been used in various radio spots in Oregon. The spot is available for use at any radio station. Contact the board office if you know of a radio station that would be interested in running the spot.

*In order to protect the public from potentially harmful nutrition advice, the State of Oregon has established licensure for dietitians.*

*The licensed dietitian must meet and maintain national and state standards of knowledge, experience and professional ethics.*

*This process is assured by the Board of Examiners of Licensed Dietitians. The public is welcome to consult the board through its website located at [www.oregon.gov/obeld](http://www.oregon.gov/obeld).*

*This website provides the consumer with a current listing of licensed dietitians in the State of Oregon as well as other valuable resources.*

*The Board urges Oregonians to inform and protect themselves by using the website and seeking nutrition and diet advice from licensed dietitians.*

## Annual Performance Report

State boards were asked to review their performance by the state legislature. A survey was included with renewal material in 2003. The LD Board was assessed very well:

- 100% of complaints determined to be unfounded or resulting in final order within 9 months. (There were no complaints against LD's)
- 71% of all completed dietitian license applications were processed within two weeks. 71% was the highest attainable by 0.3 FTE staff. The biennial license renewal is a tide of data processing that might need a temporary staff enlargement in 2005.
- 77% of licensees rated the agency service as at least "good." (Goal was 50%). This percentage suggests that the agency's substantial influence and energy are proportionately rewarded.

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## Board Action

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Consumers and LD's can now use a copy of an open letter that addresses the need for awareness when seeking nutrition advice. The board received a question of concern about a local newspaper advertisement by a person claiming to be a qualified nutritionist. The person's stated education and credentials were questionable to the consumer. After reviewing the concern, the Board felt that it would be useful to create an open letter for Oregon citizens to draw attention to the need for awareness when seeking nutrition advice. Anyone with any kind of educational background can use the title "nutritionist." There are few distinctions for the average consumer. The open letter recommends seeking (1) advice from a Licensed Dietitian in order to assure accurate information and (2) assistance from the LD Board should the need arise.

The public and LD's are welcome to use this letter as a reference or guide in their communications with the media, schools, hospitals, nursing homes or other establishments as they see fit. This draft may be reprinted and used for the express purpose of educating the consumer about dietitian/nutrition services. The open letter is posted on the LD website and reads as follows:

*In response to consumer concerns, the Board of Examiners of Licensed Dietitians feels duty-bound to address the reliability of the credentials of nutrition advisors.*

*In the nutrition area, non-accredited schools and other organizations issue a multitude of "degrees" and "certificates." These documents are promoted as equivalent to established credentials that qualify the recipient as an expert in nutrition. This may not be true and may be confusing to the public. Further, this is potentially dangerous for people who need counseling or treatment for serious nutrition-related diseases such as diabetes, high blood cholesterol and weight management.*

*In order to protect the public from acting on advice from unqualified and unlicensed nutrition advisors, the State of Oregon has established a licensure system for dietitians based on statutory law. The public is ensured through this process that the licensed dietitian meets and maintains national and state standards of knowledge and experience for the profession.*

*It is not within the scope of the Board to investigate complaints related to unlicensed dietitians or nutritionists. However, in the interest of public safety and health, the Licensure Board recommends that licensed dietitians or other medical personnel who are regulated by law be the ones to provide nutrition advice to the public.*

*To that end, the Board of Examiners of Licensed Dietitians encourages the public to consult the Board through its website located at [www.oregon.gov/obeld](http://www.oregon.gov/obeld). The site outlines standards and priorities of the Board as stated in the licensure act.*

*This website also provides the consumer with a current listing of licensed dietitians in the State of Oregon as well as other valuable resource information. The Board urges Oregonians to inform and protect themselves by using the website and seeking nutrition and diet advice from dietitians licensed by the State. Thank you for allowing us to publicly address this matter. Please feel free to contact the Board through the website if questions remain.*

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## Board of Examiners Exhibit at ODA

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The Board of Examiners displayed the LD educational exhibit at the recent Oregon Dietetic Association annual meeting in Salem on April 16, 2004. The meeting syllabus also included a page describing the board functions and an invitation to Oregon dietitians to consider licensure. New and student dietitians were especially interested in the meaning and function of the board. If the exhibit is desired for use at a community meeting or event, please contact the board office.




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## Board Diversity

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The Oregon Board of Examiners of Licensed Dietitians, in its decision-making and board membership, supports cultural diversity as well as food and nutrition experience. Contact the board office if you are of a minority background and interested in board membership when vacancies occur.

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## Interested In Consumer Topics?

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

### **Carbohydrate Labeling**

Quoted from a March 12, 2004 FDA fact sheet.

Today, consumers often see foods labeled with words such as "low," "reduced," or "free" to describe the amount of carbohydrate in a product. FDA is aware that many processed food manufacturers are making such claims in response to consumer interest in popular low carbohydrate diets. These claims are nutrient content claims (i.e., they characterize the amount of a nutrient, carbohydrate, in a food) and must be made in accordance with an authorizing regulation. Currently, FDA's regulations do not define any terms to describe the amount of carbohydrate in food, although FDA has defined several terms to describe the amount of other nutrients in food (e.g., "light," "low fat," "reduced calorie," "sugar free," and "low cholesterol"). Under the Nutrition Labeling and Education Act of 1990 and FDA's implementing regulations (Title 21, Code of Federal Regulations Part 101), nutrient content claims that are not already defined by FDA can be requested through a petition process. FDA has received petitions from industry asking FDA to define certain terms to characterize the level of carbohydrate in food for use in carbohydrate nutrient content claims, including "low carbohydrate," "reduced carbohydrate," and "carbohydrate free." To ensure that these claims are consistent with other nutrient content claims and are not false or misleading, FDA has filed these petitions in accordance with its regulations and intends to

initiate rulemaking proceedings for nutrient content claims for carbohydrate. In addition, the agency intends to provide guidance to food manufacturers on the use of the term "net" in relation to the carbohydrate content of food. <http://www.fda.gov/oc/initiatives/obesity/factsheet.html>

### **FDA Task Force on Consumer Health**

The final report and recommendations of the FDA Task Force on Consumer Health Information for Better Nutrition Initiative can be found at: <http://www.cfsan.fda.gov/~dms/nuttftoc.html>

The task force included government experts on health information and nutrition from the FDA and the National Institutes of Health. It was designed to foster two complementary goals concerning the labeling of food and dietary supplements: to encourage makers of conventional foods and dietary supplements to make accurate, up-to-date, science-based claims about the health benefits of their products, and to help eliminate bogus labeling claims by pursuing marketers of human dietary supplements and others who make false or misleading claims about the health benefits or other effects of their products.

### **FDA Proposes Action Plan to Confront Nation's Obesity Problem**

Since the late 1980's, adult obesity has steadily increased in this country. About 64 percent of Americans are overweight and more than 30 percent are obese.

To help tackle what FDA is calling the "nation's obesity epidemic," the agency released, on March 12, 2004, the final report of its Obesity Working Group. The group's long- and short-term proposals are based on the scientific fact that weight control is mainly a function of caloric balance. That is, calories in must equal calories out. So FDA is focusing on "calories count" as the basis of its actions and the message of its obesity campaign.

Recommended actions include:

- Enhancing the food label to display calorie count more prominently and to use meaningful serving sizes
- Initiating a consumer education campaign focusing on the "Calories Count" message
- Encouraging restaurants to provide nutritional information to consumers
- Stepping up enforcement actions concerning accuracy of food labels
- Revising FDA guidance for developing drugs to treat obesity
- Working cooperatively with other government agencies, non-profits, industry, and academia on obesity research

For more information: <http://www.fda.gov/oc/initiatives/obesity/> Accessed 4/19/04

### **Useful Consumer Site**

ConsumerLab.com, LLC ("CL") provides independent test results and information to help consumers and healthcare professionals evaluate health, wellness, and nutrition products.



## Consumer Topics (continued)

It publishes results of its tests online at [www.consumerlab.com](http://www.consumerlab.com), including listings of brands that have passed testing. Products that pass CL's testing are eligible to bear the CL Seal of Approval. CL addresses a growing need of consumers and healthcare professionals for better information to guide the selection of health, wellness, and nutrition products.

### Consumer food safety

The USDA's Economic Research Service (ERS) released "The Demand for Food

Away from Home: Full-Service or Fast Food?" — a report on spending trends for dining out by consumers that predicts continued increases in demand for food away from home. Between 2000 and 2020, that could mean per capita fast food spending will increase 6 percent, but full-service restaurant spending per capita is estimated to increase about 18 percent. ERS assumes that higher incomes will increase spending on full-service meals and that the aging population will diminish demand for fast food. ERS also assumes that the increase in full-service spending reflects a consumer demand for a wider variety of foods. These trends will challenge both educational and therapeutic strategies for preventing and treating chronic diseases that are managed by diet. An electronic copy of the report is available at <http://www.ers.usda.gov/briefing/foodmarketstructures/>

### FSIS Food Safety and Security Brochure

*Food Safety and Food Security: What Consumers Need to Know* [http://www.fsis.usda.gov/OA/topics/foodsec\\_cons.htm](http://www.fsis.usda.gov/OA/topics/foodsec_cons.htm)

The brochure, developed by USDA's Food Safety and

Inspection Service, will be available in both English and Spanish. It provides useful tips for safe food preparation and for keeping foods safe from contamination. In a concise and easy to follow format, *Food Safety and Food Security: What Consumers Need to Know*, lays out comprehensive and practical information about safe food handling practices, food borne illness, product recalls, keeping foods safe during an emergency and reporting suspected instances of food tampering. <http://www.usda.gov/news/releases/2003/11/0386.htm>

### IOM reports on dietary supplement safety regulation.

The Institute of Medicine has published an analysis and recommendations for strengthening the FDA's ability to regulate the safety of herbal and dietary supplement products. The analysis concluded that the 1994 Dietary Supplement Health and Education Act (DSHEA) prevents the FDA from adequately protecting the American public. The recommendations include:

\*\* Congress should amend DSHEA to require that manufacturers and distributors report to the FDA, in a timely manner, any serious adverse event associated with use of their marketed product of which the manufacturer or distributor is aware.

\*\* The FDA should increase efforts to inform health care professionals and consumers that they should use the MedWatch adverse event-reporting program. To facilitate the process, product labels should include MedWatch's toll-free telephone number.

\*\* Before products are marketed, marketers should be required to provide the FDA with all available data, both favorable and unfavorable, regarding safety of the product.

\*\* Congress should ensure that the FDA is provided with adequate personnel and resources to protect the consumer under DSHEA.

"Prepublication" copies of the report, *Dietary Supplements: A Framework for Evaluating Safety* can be read online or purchased at a 10% discount from the NAS Web site. [http://books.nap.edu/catalog/10882.html?onpi\\_news\\_doc040104](http://books.nap.edu/catalog/10882.html?onpi_news_doc040104) Consumer Health Digest #04-15 April 13, 2004

### Food Handler Certificate Online Course

[http://www.ora.org/education/education\\_fhonline.htm](http://www.ora.org/education/education_fhonline.htm)

According to Oregon law, anyone who serves food to the public must complete a food handler-training program and earn a certificate of program completion within 30 days after the date of hire. This online course and test was created to help busy operators and employees complete this requirement at a time and place convenient to them. The course and test are approved and accepted statewide in Oregon. The Oregon Restaurant Education Foundation is sponsoring the service. 8565 SW SALISH LANE STE 120 WILSONVILLE OR 97070-9633 Voice 503.682.4422 or 800.462.0619



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## 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.oregon.gov/obeld>**

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*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.*