

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*
- *Brochure Revision*
- *Learning Opportunities*
- *Interested in Consumer Topics?*
- *Congratulations to New Licensees*

BOARD OF EXAMINERS OF LICENSED DIETITIANS

- | | |
|--|---------------------|
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MESSAGE FROM THE CHAIR

Congratulations to our agency! In July 2007, our database included 477 Licensed Dietitians. This is our highest number yet. The addition of each new member helps us to grow in strength and importance.

And congratulations yet again! Our agency earned the State Controller's Gold Star Certificate for fiscal year 2006. This honor is awarded to state agencies that provide "accurate and complete fiscal year end information in a timely manner." I would like to especially recognize the efforts of Rebecca Jasso, our agency's CAFR* accountant who received the award for the agency.

I would also like to underscore that our agency's individual success is important to Oregon's statewide fiscal performance. Through the combined efforts of the State Controller's Office and state agencies such as ours, Oregon has earned international recognition by receiving the GFOA* Certificate of Achievement for Excellence in Financial Reporting every year since 1992.



Sonja Connor left, Linda Graybeal, right.

With these successes and the updating of our brochure, we are off to a great start this year.

As a final remark, I would like to thank Sonja Connor for six years of outstanding service as a member of the Board of Examiners of Licensed Dietitians. Sonja's professional expertise and contacts have been an extraordinary resource for the Board. Sonja was presented with a Certificate of Appreciation at the July meeting of the Board.

As always, if you have any questions or concerns, please contact the Board office.

Sincerely,

Linda Graybeal, Chair

*CAFR is Comprehensive Annual Financial Report
*GFOA is Government Finance Officers Association



Congratulations To New Licensees

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

BEAVERTON

JENNIFER RAYKOVICH

BOISE ID

KIMBERLY SCHMIDT

BRUSH PRAIRIE WA

CLAIRE STOLTZ-URCH

CORVALLIS

SARAH WEBER

DALLAS

VICKI DUESTERHOEFT

EUGENE

JESSICA WILSON

HAUSER LAKE, ID

HEIDI KRIZ

INDIANOLA WA

BOBBI PHILLIPS

KENNEWICK WA

GRETCHEN MILLARD

MEDFORD

JULIE ANDERSON

MILWAUKIE

KARA ODIAGA
ALISON PADE

MONTGOMERY IL

AMANDA GOETZE

NORTH PLAINS

DANIELLE GESSFORD

OXNARD CA

LORIEBEL WINGFIELD

PENDLETON

CHRISTINE PONIEWOZIK

PORTLAND

EUGENIA BEZZERIDES
JESSICA EUBANKS
ANNA MULDOWN
DARCI PATERSON
PATRICIA REGAN
CAROL SCARPINATTO
HEIDI THOMPSON
KENDRA WEAKLEY

SLINGERLAND NY

TERESA MARTIN-BERRADA

TIGARD

ZHALEH LANE

WEST LINN

CYNTHIA WINSOR

Conference Announcement

INPATIENT GLYCEMIC CONTROL PROGRAM

OCTOBER 11 – 12, 2007; HILTON HOTEL, VANCOUVER, WA

To provide training for hospital staff in the area of inpatient glycemic control, enabling institutions to initiate a quality improvement program in inpatient glycemic control or improve the efficacy of existing projects in this area.

Target Audience includes: Physicians, Pharmacists, Clinical Diabetic Educators, Nurses, Administrators and Quality Improvement staff and Lab personnel.

For more information, contact Kathie Fitzgerald, CME Coordinator at 360-514-2112

OHSU Lipid Clinic News website: www.ohsu.edu/medicine/divisions/endo/lipidnews

View on line: "RD: Your Link to Nutrition and Health" <http://video.google.com/videoplay?docid=3259616576941210986&pr=goog-sl>

Interested In Consumer Topics?

The following 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.

Vitamin D conference

The American Society for Nutrition and the American Society for Bone and Mineral Research (ASBMR) are sponsoring a meeting on the Contemporary Diagnosis and Treatment of Vitamin D Related Disorders, Dec. 4-5, in Arlington, VA. This meeting will highlight new scientific advances that show the need to redefine the role of vitamin D in a vast array of diseases and refine treatment strategies. For more information, visit www.asbmr.org/other/index.cfm.

Accessed 6/24/07.

AHRQ and United Health Foundation team to distribute the latest clinical prevention recommendations

More than 400,000 copies of the 2006 *Guide to Clinical Preventive Services*, a new guide to evidence-based clinical preventive services recommendations, to clinicians nationwide by the Agency for Healthcare Research and Quality (AHRQ) and United Health Foundation (UHF) partnership. UHF is working with medical and nursing societies, including the American College of Physicians, the American Academy of Family Physicians, the American Academy of Pediatrics, the American Academy of Nurse Practitioners, and the American Osteopathic Association to

provide their members with free copies of the guide which contains 53 new or revised recommendations from the AHRQ-sponsored U.S. Preventive Services Task Force (USPSTF). Recommendations focus on screenings for obesity, breast cancer, abdominal aortic aneurysm, and HIV; hormone therapy for the prevention of chronic conditions in postmenopausal women; and diet and behavioral counseling. The recommendations are grouped by cancer; cardiovascular problems; infectious diseases; mental and substance abuse disorders; metabolic, nutritional, and endocrine disorders; musculoskeletal conditions; and obstetric and gynecological conditions. Information on the guide is available at <http://www.ahrq.gov/clinic/pocketgd.htm>. A print copy is available by sending an e-mail to ahrqpubs@ahrq.hhs.gov. Accessed 6/24/2007.

Codex Committee on Nutrition and Foods for Special Dietary Uses makes progress in setting global standards

A current focus of WHO is the implementation of the WHO Global Strategy on Diet, Physical Activity and Health. A representative of WHO presented the WHO action plan for implementing the global strategy to the Codex Committee on Nutrition and

Foods for Special Dietary Uses (CCNFSDU) on Nov 1, 2006 in Chiang Mai, Thailand. The WHO representative requested CCNFSDU to focus on the recommendations for action from the perspective of providing scientific advice and nutrition information, specifically

- Develop nutrient reference values for nutrients that are associated with both increased and decreased risk of non-communicable diseases such as obesity, cardiovascular disease and type 2 diabetes.
- Develop conditions for nutrient content claims for trans fatty acids and include restrictions on both saturated and trans fatty acids in the conditions for both nutrient content claims and comparative claims for saturated fatty acid and trans fatty acids.
- Review the need for guidelines intended for governments on the use of sound nutrition principles in the production, procession and formulation of foods based on the population nutrient goals of WHO's 2002 consultation on diet, nutrition and prevention of chronic diseases

CCNFSDU outlined its program of work for addressing these recommendations and will report back at next year's meeting in Germany. The conclusions of the CCNFSDU will then be forwarded to the Codex



Consumer Topics (continued)

Alimentarius Commission, a subsidiary body of the Food and Agriculture Organization and the World Health Organization of the United Nations. *Codex Alimentarius* is the major international mechanism for encouraging fair international trade in food while promoting the health and economic interest of consumers.

In addition to discussion the WHO action plan recommendations for implementing the global strategy on diet, physical activity and health, the 28th session of the CCNFSU made progress towards finalizing standards for infant formula for both normal and special medical uses, for foods consumed by individuals with celiac disease, and other business.

The Committee on Nutrition and Foods for Special Dietary Uses (CCNFSU) is responsible for studying nutritional problems referred by the Codex Alimentarius Commission. The committee also drafts provisions on nutritional aspects for all foods and develops guidelines, general principles, and standards for foods for special dietary uses. A report of the 28th session of the committee in Chiang Mai, Thailand is available at ftp://ftp.fao.org/codex/alinorm07/al30_26e.pdf. Accessed 11/17/2006

The US Delegate's report is found at http://www.fsis.usda.gov/regulations_&_policies/Delegate_Report_28CCNFSU/index.asp

Accessed 6/24/2007.

Take a Peak

Take a Peak is a collaborative effort between the Grocery Manufacturers Association/ Food Products Association (GMA/FPA), the Food Marketing Institute (FMI), and MatchPoint Marketing to take USDA's MyPyramid to the grocery aisle—where consumers make most of their food choices. Leveraging the vast marketing power of food manufacturers and retailers, *Take a Peak* will arm consumers with key nutritional information, when and where they need it most, helping Americans transition to a more healthful diet. *Take a Peak* is a multi-year, in-store promotion program aimed at bringing MyPyramid, the government's recommendations for healthy eating, into the everyday lives of Americans by reaching them at the point of decision—in their local grocery store—and helping them move a step closer to eating the way the 2005 *Dietary Guidelines for Americans* recommend. *Take a Peak* seeks to leverage the marketing power of the food industry to help make the federal government's MyPyramid dietary recommendations a part of consumers' everyday grocery shopping experience. By helping consumers make small but meaningful changes that will gradually improve their eating habits and patterns, *Take a Peak* will incrementally transition Americans' diets closer to the 2005 Dietary Guidelines. <http://www.tapintomy.pyramid.com/index.htm>

Accessed 6/24/07.

Free Language Translation

For smaller scale projects such as newsletter translation, an abundance of free translation services can be found on the internet. For example, <http://www.freetranslation.com/> allows users to obtain free translations of both text and web pages. Such technological advances make it easy for providers to be proactive about reaching their most vulnerable patients. Accessed 6/24/07.

Oregon State Extension Educational Opportunities

Extension's Family and Community Development Program offers effective educational opportunities to help Oregon families meet the practical challenges of daily life. Programs address critical issues for individuals and families and help Oregonians become healthy, financially secure, and responsible members of society. This is accomplished by faculty, volunteers, professionals, and support staff, who organize and conduct educational experiences through the media and in group, community, and family settings. <http://extension.oregonstate.edu/fcd/> Accessed 6/24/07.

Salt

World Action on Salt and Health (WASH) was established in 2005 and is a global group with the mission to improve the health of populations throughout the world by achieving a gradual reduction in salt intake. WASH will encourage multinational food companies to reduce salt in their products and

Consumer Topics (continued)

will work with Governments in different countries highlighting the need for a population salt reduction strategy. The overall aim is to bring about a reduction in salt intake throughout the world by reducing the amount of salt in processed foods as well as salt added to cooking, and at the table.

<http://www.worldactiononsalt.com/>

Accessed 6/24/07 Salt Awareness Week in the UK. http://www.actiononsalt.org.uk/awareness/saw_2007.htm

Accessed 6/24/07

Face the Fats

The American Heart Association has launched www.americanheart.org/FaceTheFats created to be a central online resource for consumers to learn about fats. The website includes suggestions on how to make heart healthy choices in everyday situations, such as grocery shopping, eating out, or cooking at home. Other features on this site include:

“My Fats Translator”. My Fats Translator is a quick assessment tool that gives users their personalized daily fat limits and suggestions for smarter choices that are tailored to their eating preferences. Users input their age, gender, height, weight and level of physical activity into the simple calculator tool, and in return see their personal daily limits for total fat, saturated fat, and *trans* fat consumption.

<http://www.americanheart.org/presenter.jhtml?identifier=3046074>

“BadFatsBrothers.com” is the new virtual “edutainment” center and home of Sat and Trans, the American Heart Association’s two new characters who personify the bad fats.

The Bad Fats Brothers, known “heart breakers,” give consumers a new way to look at and remember which fats are bad, why they’re bad and where they can be found.

Features on this site include a Webisode in which Sat and Trans come to life in their debut webisode featuring one of their favorite places, the Bad Fats Brothers Diner. Users can share the webisode by forwarding a link to the webisode to others.

<http://www.badfatsbrothers.com/BFB.html>

Accessed June 24, 2007

California Spinach Contamination report

A State of California Health department report on the E.coli 0157:H7 outbreak in 2006 is available at: <http://www.dhs.ca.gov/ps/fdb/html/food/envinvrpt.htm>

Accessed 6/24/2007.

Anti-amalgam suit loses.

A federal appeals court has dismissed a suit seeking to force the FDA to classify amalgam as a device so that it would be subject to tighter restrictions. The suit was brought by four organizations and five individuals who mistakenly believe that the mercury in amalgam fillings poses a hazard that deserves greater FDA regulation. The FDA argued that (a) its

regulation is adequate, (b) the court lacks jurisdiction, and © the plaintiffs lacked standing to sue. The appeals court ruled that failure of the FDA to classify a device does not give rise to judicial review. [Opinion. Moms against Mercury et al. v. Food and Drug Administration. U.S. District Court for the District of Columbia Circuit. Case No. 06-1147, Decided April 13, 2007] http://www.casewatch.org/civil/mercury_appeal.pdf Responding to the ruling, the American Dental Association, which was not a party to the suit, stated: “Some activist groups, relying on faulty science, tried to use the court system to force the FDA to deprive the nation’s dentists and the patients that they serve of a safe and inexpensive option for treating dental decay. . . . Dental amalgam is a safe and effective filling material.”

Consumer Health Digest #07-21 May 22, 2007

Accessed 6/24/2007.

Review doubts that group therapy increases cancer survival.

Researchers at the University of Pennsylvania School of Medicine have concluded that there is no compelling evidence linking psychotherapy or support groups with survival among cancer patients. [Coyne JC and others. Psychotherapy and survival in cancer:



Consumer Topics (continued)

The conflict between hope and evidence. Psychological Bulletin 133:367-394, 2007]

After extensive review, the researchers concluded:

- Previous studies had many methodological and analytical flaws, including the fact that they were not designed to test the hypothesis that psychotherapy extends the lives of cancer patients.

- In the two studies cited most often, the investigators had redefined the purpose of the studies after looking at their data—a practice that is generally not acceptable in biomedicine.
- Subsequent studies have failed to demonstrate a survival benefit that could logically be attributed to psychotherapy.

- There is not enough basis to justify investing additional funding for research in this area. http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=17469983&query_hl=4&itool=pubmed_docsum
Consumer Health Digest # 07-19 May 8, 2007.
Accessed 6/24/2007.

The Legacy of Linus Pauling

Linus Pauling (1901-1994) is arguably one of the most famous Oregon natives. He was a two time winner of the Nobel Prize; the first in chemistry for his work on the chemical bond and the second a Nobel Peace prize resulting from his activism against nuclear weapon testing. His anti- nuclear testing campaign is now credited for the initial cold war ban on above ground nuclear weapon testing. It is Dr. Pauling's theories and activism regarding nutrition that has garnered much skepticism and controversy.

In 1971 Dr. Pauling published a book, *Vitamin C and the Common Cold*, which kicked off a public controversy regarding the use of large amounts of Vitamin C to prevent the common cold. He promoted the use of large doses

of vitamins, especially vitamin C, to promote better health and co-founded the Institute of Orthomolecular Medicine in Palo Alto, California to study the interaction of nutrition and health. Many of his promoted theories lacked established scientific evidence so, as with his earlier efforts on the potential dangers of nuclear weapons, Dr. Pauling's promotion of nutritional medicine was often criticized by established medical and scientific groups. Many went as far as to dismiss his ideas as quackery.

I had the honor of having breakfast with Dr. Pauling while I was a graduate student in Nutrition and asked him about his controversial vitamin C recommendations. He acknowledged the lack of evidence for mega doses of vitamins but also pointed out

the inadequacy of the RDA's for nutrients. When asked why he did not promote an intermediate dose for vitamin C he stated "no one listens to you when you make moderate statements". It was evident that Dr. Pauling was again using his unique ability to garner media interest and focused this interest on promoting health through better nutrition. I believe that Dr. Pauling's legacy was his willingness to focus public attention on worthy topics, even if it brought him personal criticism. Although today we do not believe in doses of vitamin C that Dr. Pauling once promoted, there is growing interest in promoting health through optimal nutrition. I think Dr. Pauling would be pleased that his efforts are starting to pay off.



New Licensed Dietitian Brochure Updated

Based on the original by-laws, the Board of Licensed Dietitians has a responsibility to provide consumers with information about licensed dietitians in Oregon. The volunteer board has recently revised and updated our consumer brochure to meet this goal. You may have seen copies at the Spring ODA meeting, but if you did not.... It is available on the web site and in "hard copy" for your use.

The revised edition is an attractive, full-color, three-fold brochure, written to be easily read and understood by the consumer. Food graphics and rich color are combined in an appealing format. State of Oregon guidelines suggest printed materials should be written at the 6th grade reading level. As a result, the board worked to make the brochure concise and to limit medical and dietitian jargon and still provide useful information for the consumer. The *Reasons to Consult a Licensed Dietitian* section highlights Medicare reimbursement for diabetes and kidney disease, LD as the only licensed nutrition professional in Oregon and points out that *nutritionist* and *certified nutritionists* are not licensed by the State of Oregon. The *Role of the Licensure Board* section reinforces consumer protection and educational and ethical standards required to be an L.D.

To be useful to the consumer, we need Licensed Dietitians to get the brochure out in your community. The back panel includes a space for you to add your local hospital or clinic contact information. You can do this by affixing a standard adhesive address label (1" x 2- 5/8" such as Avery 8810), a pressure sensitive label (2" x 2- 5/8" such as Avery 6572) or a standard business card could be used. The Board of Licensed Dietitians display/exhibit boards have also been revised using some of the same information and graphics

To get copies of the brochure:

- Print in color or b/w from the website at: www.bld.state.or.us - go to the Consumer Information link at left to locate the PDF print file; or
- Request "hard copies" from the licensure board administrator by calling 971-673-0190 or e-mail your request to: doug.vanfleet@state.or.us
- Licensed dietitians can access "Print Only" version and directly print off the website.



Please take a few minutes to go to the website and check out the new brochure – we think you will like what you see!

Brochures Help Promote the Role of Dietitians

Thanks to the Board for making this striking brochure to help promote Licensed Dietitians in Oregon! We first picked the new brochures up at the ODA meeting in April. We made labels with our outpatient appointment phone numbers on them, and placed them in a plastic stand near our restaurant dining locations near our nutrition education displays. We are on our third set of brochures already. We plan to eventually download the file from the link on the licensure board website and ask our internal print shop to print the brochure with our outpatient appointment phone numbers printed directly onto the brochure. Thanks for the help with this excellent consumer-education brochure.

Terese Scollard
Providence Health System

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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.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.*