

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:

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- *LD Continuing Education Update*

BOARD OF EXAMINERS OF LICENSED DIETITIANS

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Peggy Paul, RD, LD, recently resigned from the board. She has been such an asset to the board and she will be truly missed! If anyone is interested in a future position on the board as a dietitian member, please let us know. There are two meetings in Portland and two conference call meetings per year. Members of the board are appointed for three-year terms and are eligible for reappointment. For additional information on the board's duties, see the web site under Administrative Rules.

The board has established continuing-education requirements for renewal of licenses consistent with the requirements adopted by the Commission on Dietetic Registration (CDR). Therefore the Professional Development Portfolio (PDP) is the credentialing system for licensed dietitians in Oregon. By 2005, all licensed dietitians should use the new CDR portfolio system. It isn't necessary to submit the learning activities log to the board because a current CDR card is sufficient evidence of participation in the new recertification system.

Licensure renewal applications have been mailed well in advance of the October 31, 2003 deadline. With

the application, a questionnaire (precipitated by the State of Oregon mandate for improving health care access by racial and ethnic minorities) have been sent. The answers are voluntary and confidential. We ask that you please complete the questionnaire and return it to the board office. We are also asking for your opinions on the board's customer service.

We are tracking Internet hits to the board site, and are seeing an increase in visits for application packets, the directory of licensees, brochures, administrative rules and the various links available. Because of this heavy usage, we feel that the site has been a success.

Thank you in advance for participating in our questionnaire request. We look forward to your renewing your license and sharing any concerns or comments that you might have that would enable the board to do a better job for Oregon consumers and Licensed Dietitians.

Most sincerely,

Madelyn Koontz, Chair

Congratulations To New Licensees



Congratulations

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

ENTERPRISE

MARGARET SCHROER

SALEM

SANDRA FARLEY

STEPHANIE REEDZE

PORTLAND

SARA BAKER

SARAH FIFE

MARJORIE WOOD

LD CONTINUING EDUCATION UPDATE

The Commission on Dietetic Registration is in the final phasing-in of the new way to obtain continuing education in order to maintain the registered dietitian credential. The *Professional Development Portfolio* is sent in the spring of the year that the R.D. is first allowed to submit a Learning Plan. 75 hours must accrue within the 5-year recertification cycle. Activities completed prior to the new certification cycle cannot be recorded once an RD is in the new cycle.

The Learning Plan must be submitted to CDR no later than 120 days after the completion of the first continuing professional education (CPE) activity. The LD Board recognizes the CDR *Professional Development Portfolio* program as approved for continuing education to maintain the status of licensed dietitian in Oregon. This is consistent with the requirements stated in the licensed dietitian act of 1989. For more information on the Professional Development Portfolio, see the website: <http://www.cdrnet.org> or phone the Commission on Dietetic Registration at (312) 899-0040.

BOARD ACTION

Due to licensed dietitian requests, the Board has decided to post a document on the LD website: *Open Letter to Oregon Educational Programs About Nutrition Instructors*. This action will make the letter available to consumers and licensed dietitians to use as they deal with nutrition education program content and the instructors who teach nutrition. The letter was originally designed to address a concern raised by licensed dietitians and consumers about the educational background of educators at community colleges. (See Spring LD News.) Subsequently, concern came to the board about the quality of education from other groups teaching nutrition. Consumers and Licensed Dietitians are free to use this letter as appropriate.

SENATE AMENDMENT ON CARDIOVASCULAR MEDICARE MNT

The Senate is currently considering S. 1, the Prescription Drug and Medicare Improvement Act of 2003. This measure presents an opportunity in 2003 to enact improvements affecting the delivery of nutrition services in Medicare.

Last year, Sen. Bob Graham (D-FL) introduced the Medicare Wellness Act that would expand Medicare coverage of various specified preventive services, including: (1) therapy and counseling for cessation of tobacco use, and counseling for post-menopausal women; (2) screening for diminished visual acuity and for hypertension; and (3) medical nutrition therapy services for Medicare beneficiaries with cardiovascular disease. Sen. Graham has indicated his intent to offer this bill as an amendment to S. 1.

Licensed dietitians may want to contact their Senators in Washington about the Graham amendment. Passage of this amendment may provide millions of American seniors with access to a benefit that has the potential to save dollars as it helps care through Medical Nutrition Therapy.

OREGON DIETETIC ASSOCIATION NOTICE

The Oregon Dietetic Association has notified the Board that their 2004 Annual Meeting will be Friday and Saturday, April 9 and 10, 2004. The meeting will be in Salem, Oregon, at the Red Lion motel. ODA has requested that licensed dietitians interested in assisting with the meeting planning contact Melva Atkins, RD, LD at the ODA office, 503-408-6448.

RENEWAL NOTICES

The Board Office has sent renewal notices to current licensed dietitians. Licensure renewals are \$150 for two years beginning November 1, 2003, through October 31, 2005. A notary is required for license renewal as stated on the form. Dietitians who intend to become licensed for the first time also have an initial application fee. There have been no fee increases. The renewal and payment cycle is scheduled according to the State budget cycle.

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 on the Board of Examiners Internet site at <http://www.oregon.gov/obeld>. As always, feel free to contact the Board office if you have additional questions.



INTERESTED IN CONSUMER TOPICS?

The following notices may be of interest to LD's who follow consumer food safety, nutrition and nutrition fraud topics. No endorsements are implied by this information.

“Institute of Food Technologists (IFT) Keynote Speaker Thompson Seeks Industry Help”

U.S. Dept. of Health and Human Services Secretary Tommy G. Thompson asked food scientists for help in ensuring a safer, healthier food supply (keynote address at IFT's Annual Meeting and Opening Event, July 12, 2003 in Chicago, IL.) “All of us need to make sure that Americans eat safe foods in healthy portions and healthy varieties,” he said. Thompson thanked members of IFT and professionals throughout the food industry who have helped the U.S. develop policies and strategies to prevent and mitigate possible terrorist attacks on the food supply. There is another battle that Thompson hopes the food industry will assist him with here at home — fighting the obesity and diabetes epidemics sweeping the nation. He applauded companies that have taken the steps to improve the health of Americans, and encouraged others to follow their lead. He said he looks forward to working with them to make Americans healthier, stronger, and more informed to make healthy choices. July 16, 2003, IFT Annual Meeting and Food Expo Report <http://www.ift.org/extra/newsletter/>

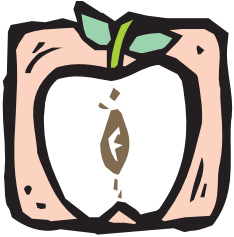
FDA Issues Guidance on Health Claim Process

As part of its continuing initiative to provide Americans with the information they need to make healthy nutritional choices about foods and dietary supplements, the Food and Drug Administration (FDA) on July 10 announced an initiative to help consumers obtain accurate, up-to-date, and science-based information about the health consequences of these products. In a report issued on July 10, FDA's Task Force on Consumer Health Information for Better Nutrition unveiled a process for FDA to review such health claims. This process will rely on expertise from the Agency for Healthcare Quality Research and other government agencies, coupled with enhanced consumer studies, to review health claims before they appear in food labeling. In addition to the report, FDA is announcing enhanced enforcement activity against dietary supplement manufacturers and others who make misleading claims about health benefits that are not based on science. For more information, see the FDA press release at <http://www.fda.gov/bbs/topics/NEWS/2003/NEW00923.html>

ADM Introduces No- or Low Trans-fat Oils

ADM, responding to FDA's label initiative for trans-fatty acids, has introduced a portfolio of zero and low-trans fatty acid-containing alternative oils and lipids for the North American food market. These were introduced at a press conference, and were shown at ADM's booth. Philip Gentlesk, director of business-to-business marketing, introduced the line of fats and oils. New FDA regulations will require trans fatty acids to be listed on the nutritional panel as of Jan. 1, 2006. Because the trans form of fatty acids is identified with accelerating the deposition of cholesterol on blood-vessel surfaces, food processors may prefer to eliminate or restrict their use. ADM described the various routes to eliminate or reduce the amount of trans fats used in food formulas: esterifying the lipids with enzymes (lipases, which rearrange the structure of the lipid); using tropical oils as the base fat; modifying the lipids chemically; or blending oils to arrive at a final product that has the functional properties needed with fewer trans fatty acids. The key message from ADM's scientists and marketing staff is that no single oil can serve all of the different applications for shortenings and oils while reducing or eliminating trans fatty acids; therefore a portfolio of products is needed.

ADM is <http://www.admworld.com/>



MSKCC Publishes Free Herbal Database.

The Memorial Sloan-Kettering Cancer Center has posted a free database with more than 300 entries about herbs, dietary supplements, and “alternative” cancer treatments. <http://www.mskcc.org/aboutherbs>. The entries contain a clinical summary for each agent and provide details about constituents, adverse effects, interactions, and potential benefits or problems. Both “professional” and consumer versions are provided, but most of the professional information is readily understandable by laypersons. *Consumer Health Digest* #03-25 June 24, 2003

Food Irradiation Update.

The American Council on Science and Health has updated its position paper on irradiated foods. Its findings include:

“An overwhelming body of scientific data from around the world indicates that irradiated food is safe, nutritious and wholesome. Health authorities worldwide have based their approvals of food irradiation on the results of sound scientific research. When combined with proper hygienic practices in handling, processing, storage and distribution, irradiation increases the safety profile of a variety of foods.” <http://www.acsh.org/publications/booklets/irradiated2003.html>

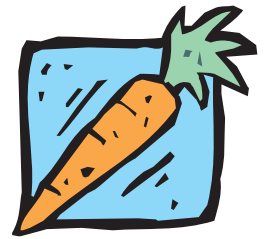
The 48-page report, Irradiated Foods, can be viewed online or purchased in booklet form for \$5 from ACSH, 1995 Broadway, 2nd Floor, New York, NY 10023.

Consumer Health Digest #03-28 July 15, 2003

USDA Nutrient Database Updated

An updated version of the Agricultural Research Service’s nutrient database was launched today by ARS, the U.S. Department of Agriculture’s chief scientific research agency. The database is the major authoritative source of food composition in the United States. This year, 447 new entries have been added to the “USDA National Nutrient Database for Standard Reference, Release 16,” or SR16 for short, for a total of 6,661 food items. The database is managed by ARS’ Henry A. Wallace Beltsville (Md.) Agricultural Research Center (BARC). Among many upgrades, values for individual carotenoids and for vitamin K have been included for the first time. The carotenoids are a group of red, yellow and orange pigments in fruits and vegetables that may impart beneficial health effects. They include beta-carotene, alpha-carotene, beta-cryptoxanthin, lycopene and lutein+zeaxanthin. The nutrient profiles for many raw fruits, as well as raw and cooked vegetables, have been updated. And the reporting of ready-to-eat breakfast cereals has undergone major updates. The release also includes new analytical data for many retail meat cuts trimmed to 1/8 inch of external fat, along with updated values for many cuts trimmed of all external fat. The ARS-BARC Nutrient Data Laboratory in Beltsville, Md., provides free electronic access to SR16 online from its web site and via download onto certain personal computers, hand-held digital assistants and laptops. SR16 also will soon be available for purchase on CD-ROM. To access SR16, go to: www.nal.usda.gov/fnic/foodcomp .

IFT Newsletter July 30, 2003



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safety and well-being...*

*The **News for Licensed Dietitians** is published by the
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mission to protect the public's health, safety and well-being
by regulating licensed dietetic practice.*

WE'RE ON THE WEB!
<http://www.oregon.gov/obeld>
