

# 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

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## MESSAGE FROM THE CHAIR


This year the Oregon Board of Examiners of Licensed Dietitians celebrates its beginning fifteen years ago. With this in mind, the Board would like to dedicate this newsletter to the recognition of our long-term licensees. The following are those of current standing who were licensed during our first year of existence (10/1/90 through 10/31/91). They are the Board's "Diamond" licensees:

- Allender, Laurel
- Asbell, Denise
- Atkins, Melva
- Bacon, Marilyn
- Baker, Stephanie
- Baron, Mary
- Becker, Nancy
- Billets, Janel
- Bittle, Cheryl
- Bosak, Mary
- Brewer, Kathleen
- Brown, Sharon
- Calamar, Jill
- Calvert, Patricia
- Campbell, Robert
- Carey, Ruth
- Cedar, Denise
- Cluskey, Mary
- Condit, Laura
- Connor, Sonja
- Daeschel, Inge
- Daoust, Jan
- Davis, Mary
- Diloreto, Mary
- Dodd, Juanita
- Dodds, Larina
- Driver, Jocarol
- Ellis, Kathleen
- Evers, Connie
- Fedje, Lorreen
- Fischer, Patricia
- Flavell, Donna
- Fleming, Sally

- Fleskes, Dorothea
- Forest, Judith
- Fouste, Jane
- Fujii, Elizabeth
- Furumasu, Nancy
- George, Ronald
- Georgiou, Constance
- Giroux, Renee
- Goetze, Anne
- Gram, Kirsten
- Greathouse, Susan
- Hagan, Dorothy
- Hartman Gibbs, Shelie
- Heath, Julia
- Hirsch, Martha
- Hodge, Janet
- Holmberg, Karen
- Hood, Julie
- Huntzinger, Karen
- Kaplan, Jan
- Kelly, Sandra
- Kinzel, Dawn
- Kirk, Cheryl
- Knutson, Carolyn
- Koepp, Elva
- Koontz, Madelyn
- Kreamer, Karen
- Landgren, Susan
- Lange, Kathy
- Lanning, Barbara
- Lawrence, Lynda

(continued on page 2)

## Message From The Chair (continued)



Lewis, Heidi	Paxton, Jo Anne	Stanton, Robin
Lewis, Susan	Pedersen, Sonia	Strong, Christy
Lin, Josephine	Phelan, Linda	Taber, Joan
Linn, Carole	Phillips-Meyer, Susan	Thomas, Donna
Loeffler, Martha	Pierce, Christianna	Thompson, Edith
Lyford, Joanne	Ponichtera, Brenda	Tizon, Carolina
Mann, Janet	Quinn, Catherine	Tobin, Lois
McCaffrey, Nancy	Quiring, Diane	Trego, Darcy
McLeod, Carol	Raab, Carolyn	Tung, Ann
McNamee, Paula	Rea, Carol	Turman, Patricia
McNeal, Joy	Reeve, Susan	Uchida, Cheryl
Meagher, Dorothea	Rice, Nuha	Vokoun, Paula
Messersmith, Ann	Ring, Susan	Wade, Niki
Mohrland, June	Rufolo, Patricia	Wallig, Lisa
Newmark, Gretchen	Schrader, Carol	Wang, Mei-Shan
Oberschmidt, Nancy	Schultz, Katherine	Wheeler, Alison
O'Connor, Margaret	Scollard, Terese	White, Beverly
Ortez, Mary	Sinnott, Susan	Wilson, Josephine
Parenteau, Jennifer	Smith, Julie	Wojakowski, Susan
Park-Byrkit, Jacqueline	Snyder, Pamela	Wong, Esther
Parrish, Susan	Somers, Diane	Wong, Jane
Patterson, Janet	Sparks, Jacqueline	Woods, Mary Ann
Paul, Peggy	Sparling, Sophie	Worth, Susan
Pavlinac, Jessie	Stansell, Mary	Yuse-Miller, Mary
		Zia, Linda

## We would also like to acknowledge the following who have been licensed for between 10 and 15 years:

Babson, Jody	Hennessy, Charlotte	Morgan, Sharon
Bargay, Kimberly	Huntington, Kathleen	Naze, Christie
Behm, Patricia	Kokkeler, Shelly	Pavlukovich, Doris
Brevoort, Lillian	Kozick, Karen	Peth, Lana
Cloninger, Barbara	Ledbetter, Elaine	Puckett, Wendy
DeJong, Peggy	Lee, Ramona	Reid, Ann
Ellis, Nancy	Lehnertz, Luann	Scott, Jennifer
Ells, Christine	Ludwig, Nancy	Seeber, Cathy
Embertson, Carol	McCarthy, Maureen	Sharpe, Linda
Fox, James	Merrigan, Lydia	Smith, Andrea
Francois, Cindy	Miller, Catherine	Spiva, Susan
Frisch, Louann	Miller, Gwendolyn	Sprague, Mary
Grace, Jane	Miller, Sandra	Todd, Jennette
Hawk, Kimra	Monti, Kevin	Wolk, Janice

## Message From The Chair (continued)

**And we would like to point out those who have been licensed for between 5 and 10 years:**

Asai, Janelle	Lee, Kelly
Bolsinger, Phyllis	Loughran, Carrie
Burton, Katharine	Madden, Judith
Campuzano, Gloria	McCarty, Jill
Carlson, Anne	McMurry, Martha
Chambers, Kelly	Meier, Cindy
Conner, Valerie	Miller, Monica
Creswell, Beverlee	Montgomery, Janice
De Francesco, Carol	Munir, Kristin
Delazerda, Lancia	Patnode, Tina
Dooley, Kelly	Ragan, Amanda
Dressler, Dusty	Raol, Kirti
Dunster, Catherine	Raymon, Alfreda
Easley, Cynthia	Reyes, Fern
Edwards, Valerie	Salerno, Vicki
Flynn, Clara	Schenk, Anne
Geraci, Julie	Smith, Diane
Gerig, Susan	Snyder, Jeffrey
Gnass, Karen	Sparks, Eileen
Gregory, Marcie	Stanphill, Sharon
Gummer, Nancy	Stawarz, Melissa
Hanfling, Julia	Stember, Shannon
Hann, Jessie	Strealy, Nicole
Hawley, Michelle,	Sudakin, Taiga
Hublitz, Lisa	Taylor, Leslie
Jordan, Julia	Thornton, Lorri
Kauffman Smith, Sonya	Torbert, Barbara
Lange, Carol	Von Weller, Anna

The Board wishes to continue to recognize and honor its licensed dietitians who have held state licensure for specified periods of time. Therefore, from this day forward, the website will be adjusted to recognize tenure in five-year increments.

Our numbers are growing year by year. Our ability to help each other and to support our chosen career field is expanding at a corresponding rate. This is a rewarding effort on all of our parts. At this time, we, as a Board, would like to thank you all for your participation in this endeavor.

—Linda Graybeal, Chair





## Congratulations To New Licensees

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

**ASHLAND**  
NICOLE MORGAN

**BAKER CITY**  
BETH RUMMEL

**BEAVERTON**  
NOELLE ERICKSON

**BEND**  
VANESSA VARGAS

**BOISE**  
TARA HAMBLETON

**CORVALLIS**  
JAMIE BROWN

**MEDFORD**  
KAY HARRIS

**NAMPA**  
DEBORAH HAMPTON

**NASELLE**  
CANDACE CLARK

**OREGON CITY**  
JODI MOON

**PORTLAND**  
SUPRIYA KAUSHIK  
JULIA LAPP  
HEATHER SEILSTAD

**PRAIRIE CITY**  
KIMBERLY JACOBS

**SEATTLE**  
JENNY SEMADENI  
MALCOLM

**SPRINGFIELD**  
PATRICIA KERSEY

**TIGARD**  
KAMI YOUNG

**TUALATIN**  
JOCELYN JORDAN

## Board Action

A license renewal form for use between regular license periods has been placed on the website. This will help if any licensee has misplaced the mailed renewal form. Regular renewal forms will continue to be mailed at the two-year renewal time. Note: **The renewal affidavit no longer requires a notary stamp.** We hope that these revisions will make renewals easier and less time-consuming. For new applicants, please note as well that the agency address has changed to PO BOX 14260, PORTLAND OR 97293-0260.

The physical location of the Board office will be moving down the hall in the 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** What is the difference between Diabetes Self Management Training (DSMT) and MNT?

**A** The DSMT is an educational program taught by many healthcare professionals, including registered dietitians who provide nutrition education as the nutrition component of the program. MNT on the other hand occurs over several visits and is provided using the standardized process in ADA's Nutrition Care Process and Model steps (nutrition assessment, nutrition diagnosis, nutrition intervention, nutrition monitoring and evaluation). MNT is also provided using tools such as the ADA Evidence-Based Guides for Practice. Historically, the term "medical nutrition therapy" has been used to denote any service provided by a registered dietitian. However, since legislation has made "medical nutrition therapy" and "MNT" identical, "medical nutrition therapy" has lost its broader application. A program memorandum from the Centers for Medicare and Medicaid Services is located at [http://www.cms.hhs.gov/manuals/pm\\_trans/AB02151.pdf](http://www.cms.hhs.gov/manuals/pm_trans/AB02151.pdf). The American Dietetic Association also has questions and answers about this topic at: <http://www.eatright.org/images/gov/partbfaqs.pdf>

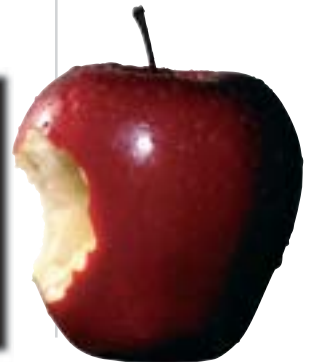
**Q** Can Dietitians also claim the title of Nutritionist?

**A** The State of Oregon and also the Commission on Dietetic Registration award their credential to individuals who have met the established academic, experiential and examination requirements as defined by the law in the case of licensure, and by the commission in the case of registration. Neither awards a credential for the title of "nutritionist." The term nutritionist is used by individuals with varying qualifications. Some states have enacted legislation to regulate the use of the title nutritionist. Most of the states that have enacted such legislation will allow registered dietitians to use this title if they follow the rules and regulations stipulated in their states' licensure laws. Some states that have enacted legislation to regulate "nutritionist" can be found at [www.cdrnet.org](http://www.cdrnet.org) at the "CERTIFICATIONS AND LICENSURE" button. The Oregon law allows for inclusion of "nutritionists" but no groups have come forward with defined evidence-based criteria for action.

**Q** Where can I find information to provide to students about a career as a licensed and registered dietitian?

**A** There are several locations for more information:

- Bureau of Labor Statistics, U.S. Department of Labor, *Occupational Outlook Handbook, 2004-05 Edition*, Dietitians and Nutritionists, on the Internet at <http://www.bls.gov/oco/ocos077.htm> (visited July 05, 2004).
- The American Dietetic Association. *Registered Dietitian Information Sheet*, [http://www.eatright.org/Public/index\\_19614.cfm](http://www.eatright.org/Public/index_19614.cfm)
- Watch for a career-information link on the Board website at [www.bld.state.or.us](http://www.bld.state.or.us)



## 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.

### **The Economics of Obesity**

In April 2003, USDA's Economic Research Service and the University of Chicago's Irving B. Harris Graduate School of Public Policy Studies and the George J. Stigler Center for the Study of the Economy and the State jointly hosted a workshop on the Economics of Obesity. The purpose was to provide an overview of leading health economics research on the causes and consequences of rising obesity in the United States. Topics included the role of technological change in explaining both the long- and short-term trends in obesity, the role of maternal employment in child obesity, the impact of obesity on wages and health insurance, behavioral economics as applied to obesity, and the challenges in measuring energy intakes and physical activity. The workshop also discussed policy implications and future directions for obesity research. This report presents a summary of the papers and the discussions presented at the workshop. *The Economics of Obesity: A Report on the Workshop Held at USDA's Economic Research Service* <http://www.ers.usda.gov/publications/efan04004/> (accessed June 2004). By Tomas Philipson, Carolanne Dai, Lorens Helmchen, and Jayachandran Variyam E-FAN No. (04004) 45 pp, May 2004

### **National Campaign to Combat Obesity Epidemic**

The Advertising Council, in partnership with the U.S. Department of Health and Human Services, announced the launch of a national public service advertising (PSA) campaign designed to inspire Americans to pursue healthier lifestyles to prevent obesity and its resulting health

risks. HHS Secretary Thompson unveiled the campaign, entitled *Healthy Lifestyles & Disease Prevention*, at a press conference in Washington, D.C.

Created pro bono by New York ad agency McCann-Erickson, the multi-media PSA campaign encourages American families to take small steps within their current lifestyles – versus making drastic changes – to ensure effective, long-term weight control. [http://www.adcouncil.org/campaigns/healthy\\_lifestyles/](http://www.adcouncil.org/campaigns/healthy_lifestyles/) Accessed July 27, 2004

### **Red Flag Bogus Weight Loss Claims**

The Federal Trade Commission (FTC) has launched an educational campaign to help “media outlets voluntarily to screen out weight-loss product ads containing claims that are too good to be true.” The site features many ideas and the seven most common weight-loss claims – also a great educational tool for consumers. <http://www.ftc.gov/bcp/conline/edcams/redflag/index.html>

### **HEARTH**

Cornell University site, HEARTH, is a core electronic collection of books and journals in Home Economics and related disciplines. Titles published between 1850 and 1950 were selected and ranked by teams of scholars for their great historical importance. The first phase of this project focused on books published between 1850 and 1925 and a small number of journals. Future phases of the project will include books published between 1926 and 1950, as well as additional journals. The full text

of these materials, as well as bibliographies and essays on the wide array of subjects relating to Home Economics, are all freely accessible on this site. This is the first time a collection of this scale and scope has been made available. Essays and records on food and nutrition, public health and multiple related sites are available and provide a window into the foundations of thought on the current subject of food and nutrition and other related subjects. <http://hearth.library.cornell.edu/h/hearth/index.html> (Accessed June 2004)

### **SRAM Resumes Publication**

*The Scientific Review of Alternative Medicine* has resumed publication under a new publisher, Center for Inquiry, of Amherst, New York, which also publishes its sister journal, *Scientific Review of Mental Health Practices*. Both journals review articles and subjects containing erroneous, false, and pseudoscientific information in the scientific literature – material that has often passed ordinary peer review. The editors and staffs will also be developing methods for detection of erroneous and false material that can be used by editors of other journals to recognize misrepresentation. <http://www.sram.org/>

### **Tougher Cholesterol Guidelines Issued**

The National Cholesterol Education Program (NCEP) is advising doctors to consider more intensive treatment options for people at high and moderately high risk for a heart attack (Update on cholesterol guidelines: more-intensive treatment options for higher risk patients. NCEP news



## Consumer Topics (continued)

release, July 12, 2004] <http://www.nhlbi.nih.gov/new/press/04-07-12.htm>). These options include setting lower treatment goals for LDL (“bad”) cholesterol and initiating cholesterol-lowering drug therapy at lower LDL thresholds. The update is based on a review of five relatively recent clinical trials of statin therapy that show a direct relationship between lower LDL cholesterol levels and reduced risk of heart attacks and death. The LDL goal for patients at very high risk has been lowered from less than 100 to less than 70. People at high risk are likely to require drug therapy to reach their recommended target values, but the report emphasizes that therapeutic lifestyle changes related to nutrition, physical activity and weight control are still vital. The NCEP Web site has comprehensive information.

From: *Consumer Health Digest #04-28 Your Weekly Update of News and Reviews* July 13, 2004.

### **Grants to Support State Health Fraud Task Force Programs**

The Food and Drug Administration (FDA) has announced the availability of grant funds for State Health Fraud Task Force (SHFTF) Grant Program support.

The funds are to be used to: “1) assist law enforcement agencies in identifying and prosecuting perpetrators of health fraud, 2) obtain and disseminate information on the use of fraudulent drugs and therapies, 3) disseminate information on approved drugs and therapies, and 4) provide health fraud information obtained by the SHFTF to State health agencies, community-based organizations, and FDA staff.” These grants are available to State Food Regulatory Agencies. For more information about the mission of the SHFTF and the grant, go to:

[http://www.fda.gov/ora/fed\\_state/default.htm](http://www.fda.gov/ora/fed_state/default.htm)

### **“Food Safety Oversight Complicated by Fragmentation,” Says GAO**

The U.S. General Accounting Office says Congress is hamstrung in its ability to exercise oversight of the nation’s food safety programs due to the fragmented nature of the current system. This “results in divided, and perhaps diluted, responsibility for ensuring a safe food supply and protecting the public health,” GAO said in a report to a House Government Reform subcommittee. The watchdog arm of Congress suggests that food-inspection functions belong together, in a single food safety agency.

The regulation and oversight of food safety has remained a constant, backburner issue for decades, with farm, food industry and consumer groups criticizing or professing allegiance to the U.S. Department of Agriculture (USDA), the Food and Drug Administration or a proposed new, independent agency. “From our perspective,” the GAO said, “reorganization of food safety authorities — including the consolidation of critical functions such as rulemaking, inspection, surveillance and research — does not necessarily mean that all functions should be incorporated into a single food safety agency. In fact, we believe it may make sense to maintain some functions separately. However, in the event of consolidation limited strictly to the food inspection functions, we believe that all food inspection functions should be incorporated into the single food safety agency.” [GAO-04-588T] **Federal Food Safety and Security System: Fundamental Restructuring Is Needed to Address Fragmentation and Overlap** <http://frwebgate.access.gpo.gov/cgi-bin/>

[useftp.cgi?IPaddress=162.140.64.21&filename=d04588t.pdf&directory=/diskb/wais/data/gao](http://useftp.cgi?IPaddress=162.140.64.21&filename=d04588t.pdf&directory=/diskb/wais/data/gao) (Accessed July 14, 2004)

### **Metabolife and Founder Facing New Charges.**

San Diego-based corporation Metabolife International, Inc., and its founder, Michael J. Ellis, have been charged with six counts of making false, fictitious and fraudulent representations to the FDA and with two counts of corruptly endeavoring to influence, obstruct, and impede the FDA’s regulation of dietary supplements containing ephedra. Until Congress banned the sale of ephedra in the United States in 2003, Metabolife was one of the largest retailers of dietary supplements in the United States, based largely on sales of its ephedra-based product, Metabolife 356. Ellis and the company are charged with falsely representing to the FDA that Metabolife had “never received one notice from a consumer that any serious adverse health event has occurred because of the ingestion of Metabolife 356” and that the company had a “claims-free history.” Each count carries a maximum penalty of 20 years in jail and a \$250,000 fine. [News release, U.S. Attorney for the Southern District of California, July 22, 2004] <http://www.usdoj.gov/usao/cas/pr/cas40722.2.pdf> *Consumer Health Digest #04-30* July 27, 2004 (Accessed July 28, 2004)



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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>**

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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.*