



### WAND President's Report

#### "Building a Solid Foundation to Support the Future of WAND"

The WAND Board Members have been busy this Fall working on several WAND projects in between balancing their work/family life obligations. Their time and efforts are greatly appreciated.

Special Thanks to:

- Karla Case for representing WAND at FNCE and attending the Affiliate meetings
- Georgia Boley for attending the MNT Reimbursement training and for her enthusiasm with starting the Wyoming Public Policy Panel. If you are interested with being involved please contact Georgia at [gboleym@fiberpipe.net](mailto:gboleym@fiberpipe.net)
- Cheryl Gray for attending the House of Delegates and all the updates to the WAND Website.
- Melissa Bardsley for continuing to keep us informed with the WAND weekly emails
- Beth Kamber for providing information on Continuing Education Opportunities
- Sue Combe for coordinating the AND Foundation Gift Basket for the FNCE Fundraiser.
- Denise Ivey for getting information out about seeking nominations for President Elect, Secretary, Delegate, Chair for Council on Professional Issues, Nominating Committee (2 members)
- Mindy Meuli for organizing the Annual Conference which will be April 24-25 in Laramie – more information coming soon.
- Jamie Anderson, Marguerite Jackson and Kristin McTigue for working together to assist the SDA students in attending FNCE and winning the Academy of Nutrition and Dietetics' 2014 FNCE School Spirit Contest.

If you have not recently viewed the WAND website please do. The updates include information about the WAND Annual Conference and under the Members Section, the annual calendar is posted, all the job descriptions are posted and plenty more.

If you get a chance please thank a WAND Board member for all their work in supporting WAND. If you are interested in being involved in WAND please let us know...we would love the opportunity to work with you.

Sincerely

Paula Eskam, RDN, LD

[peskam@outlook.com](mailto:peskam@outlook.com)

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### Vision Statement

Wyoming Academy of Nutrition and Dietetic members are recognized and utilized as the most valued resource for food and nutrition services.

### Mission Statement

Empowering Wyoming's food and nutrition experts.



## Wyoming Academy of Nutrition and Dietetics (WAND)

### 2014-15 WAND Board Members

#### Board of Directors

President  
President-Elect  
Past President  
Secretary  
Treasurer  
Delegate  
Nominating Committee:

Council on Professional Issues

#### WAND Committees

Public Relations  
  
Membership  
New Membership  
State Professional Recruitment  
Coordinator (SPRC)  
Public Policy  
State Policy  
MNT Reimbursement  
AND/WAND Fundraising  
Awards and Honors  
Website  
Newsletter

#### Officers

Paula Eskam  
Mindy Meuli  
Barbara Buyske  
Melissa Bardsley  
Karla Case  
Cheryl Gray  
Denise Ivey (Chair)  
Mary Tvedt  
Carolyn Renner  
Beth Kamber

#### Chairs

Judy Barbe  
Leisann Paglia  
Jamie Anderson  
Marguerite Jackson  
  
Kristin McTigue  
Codi Thompson  
Teresa Matheny Lehmitz  
Georgia Boley  
Sue Combe  
Liz Fabrizio  
Cheryl Gray  
Paula Eskam

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## Looking for a WAND Member?

Check out the Updated WAND Membership  
List

on the WAND Website

[www.eatrightwyoming.org](http://www.eatrightwyoming.org)

Member Section

Password: **eatwyo** – press the login button

Please email [info@eatrightwyoming.org](mailto:info@eatrightwyoming.org)  
with corrections.



## **Election Time...Get Involved!**

### **Seeking Nominations for 2015-2016 WAND Board of Directors**

President- Elect  
Secretary  
Delegate  
Chair of the Council on Professional Issues  
Nominating Committee (2 members)

Serving on the WAND Board would give you an opportunity to work with dedicated professionals who are passionate about nutrition and want to make a difference in our community, state and nation.

If you are interested in serving in any of these positions on the WAND Board and would like additional information

Please contact Denise Ivey, Nominating Committee Chair  
by phone 307-742-2976 or email at [trhett@juno.com](mailto:trhett@juno.com) or [denise.ivey@wyo.gov](mailto:denise.ivey@wyo.gov)

Also if you know of a member that you would like to nominate, please send their contact information to Denise.

Please review the WAND Job Descriptions on the WAND Website at  
[www.eatrightwyoming.org](http://www.eatrightwyoming.org)

Member Section – password is *eatwyo* (press the login button)

***Nominations must be submitted by Dec 31st.***

Please check out the WAND Website for a complete list of  
Past Elected Board Members



## REQUESTING NOMINATIONS FOR 2015 WAND AWARDS

Outstanding Dietitian of the Year (ODY)  
Recognized Young Dietitian of the Year (RYDY)  
Emerging Dietetic Leader (EDL)  
Recognized Dietetic Technician of the Year (RDTY)

Please email your nominations to Liz Fabrizio by December 15, 2014 at [lfabrizio@wphcody.org](mailto:lfabrizio@wphcody.org)

The names of previous winners can be found on the WAND Website [www.eatrightwyoming.org](http://www.eatrightwyoming.org)  
Member Section – Password – *eatwyo* (press login button)

Following are the 2015 WAND AWARDS CRITERIA:

- **Outstanding Dietitian of the Year, 2015 (ODY)** - This is the highest honor bestowed on a member by the Wyoming Academy of Nutrition and Dietetics (WAND). It is designed to recognize and honor a Wyoming dietitian who has made outstanding and significant contributions to WAND as well as to the profession of dietetics. The Wyoming Outstanding Dietitian of the Year will be recognized by the Academy of Nutrition and Dietetics (the Academy) as the Outstanding Dietitian of the Year for the state affiliate.
  - **Criteria:** The recipient must be a member of the Academy of Nutrition and Dietetics and the Wyoming Academy of Nutrition and Dietetics; must have lived and worked professionally in Wyoming for a minimum of five years and must reside in Wyoming at the time of the award; must have demonstrated leadership and/or outstanding accomplishments as an officer, committee chair or committee member at the state or national level in WAND and/or the Academy; must have made outstanding contributions to the goals of the profession which are to improve the nutrition of human beings and to advance the science of nutrition and dietetics.
- **Recognized Young Dietitian of the Year, 2015 (RYDY)** - Award criteria are established by the Academy.
  - **Criteria:** Nominee must be 35 years or younger as of 5/1/15; must be a member of ADA; an active participant in national, state, or district levels; not previously selected as RYDY; demonstrated concern for the promotion of optimal health and nutrition status of the population; demonstrated leadership in legislation, research, education, management, etc., in the WAND.
- **Emerging Dietetic Leader Award 2015** - Award criteria are established by the Academy.
  - **Criteria:** Member of the Academy; initial practice experience not less than 5 years and not greater than 10 years, interrupted careers or time periods not in practice are not to be considered or rationed into the 5-10 years of professional practice experience; active participation in the national and state assoc. for at least 5 years; not previously selected as an RYDY or RDTY; demonstrated concern for the promotion of optimal health and nutritional status of the population; demonstrated leadership, e.g. in legislation, research, education, management, etc. in the Association, community or employment.
- **Recognized Dietetic Technician of the Year, 2015 (RDTY)**-Award criteria are established by the Academy.
  - **Criteria:** Member of the Academy; active participant in national, state, or district levels; not previously selected for this award, demonstrated concern for the promotion of optimal health and nutritional status of the population; demonstrated leadership in legislation, research, education, clinical dietetics, food service management, public relations, career guidance, etc., in the Association



## SAVE THE DATE



**eat right** an affiliate of the Academy of Nutrition and Dietetics



Hilton Garden Inn | Laramie | Wyoming

Annual Meeting  
April 24 & 25  
2015

### **2015 WAND Lunch & Learn Meetings Coming to a Location Near You**

**Free** CPEs Available

**Casper, Cody and  
Cheyenne**

**More Information Will  
Be Coming Soon.**

### **Licensure**

For Licensure Rules and Regulations  
go to

<http://plboards.state.wy.us/dietetics/RulesRegs.asp>

**The Dietetics Licensing Board**

**Members:**

**Leisann Paglia – Chair**

Dietitian – Cheyenne, WY

**Mindy Meuli**

Dietitian – Laramie, WY

**Anne Saunders**

Public Member- Douglas, WY

## Fact or Fallacy? Dispelling Common Myths about Nutrition and Diabetes

Amy Campbell, MS, RD, LDN, DCE

Renal Nutrition Forum, Vol 32, #4, 2013

Nutrition in the realm of Diabetes self-management education (DSME) continues to evolve and guidelines are constantly changing due to new technologies and reassurance. This article addresses several common misbeliefs surrounding nutrition education in diabetes.

### 1. Non-dietitian healthcare professional can provide diabetes MNT. - False

ADA (American Diabetes Association) states in their Clinical Practice Recommendation that: individual who have diabetes or pre-diabetes should receive individualized MNT provided by an RD familiar with components of diabetes MNT. When MNT is delivered by and based on nutritional practice guidelines, it can be reimbursable by Medicare and other health insurances. However MNT is not the same as DSME. Nutrition education as part of DSMC can be taught by a qualified professional (RD, RN, DR, Phar.D.).

### 2. A standard diet exists for people with diabetes. False

The term "diabetic diet" is obsolete. Each person with diabetes should have an individualized eating plan that take into account a variety of factors, including age, gender, activity level, lifestyle, cultural influences, work schedule and concurrent medical issues. Higher protein lower carb diet, vegan diets, Mediterranean diets have all been shown to improve blood glucose control. Best diet for patient is an eating plan that can be sustained long-term, that helps the pt. achieve metabolic and behavioral goals and helps pt. meet all of his or her nutritional requirements.

### 3. In a diabetes meal plan, protein should be included with a snack to help prevent low blood glucose. False

The thought was that having a protein food along with carb would slow the absorption of carb into bloodstream and steady glucose levels. However research has refuted this belief. In addition, studies showed that including protein at a bedtime snack did not lessen the risk of hypoglycemia. Also, following a carb with protein to treat a hypoglycemic reaction did little to sustain glucose levels.

### 4. Dietary fat has a minimal effect on blood glucose levels. False

Long standing belief held by some RDs is that carb are really the only macronutrient that impact blood glucose to any great extent. However dietary fat does play a role in insulin resistant, increase glucose levels and insulin requirements. Studies indicate that lower free fatty acid levels lead to improved insulin sensitivity. Researchers found that a high fat dinner required more insulin and causes more hyperglycemia than a low fat dinner indicating that dietary fat increases glucose and insulin requirements. A higher saturated fat intake was lined with decreased insulin sensitivity while unsaturated fat seemed to improve insulin sensitivity.

Submitted by Beth Kamber, Chair of the Council on Professional Issues



## WAND Membership Report

Happy Fall WAND!!! According to the Academy's Data Management Information System, WAND is going strong. We currently have 78 active RDs, 29 student members and 6 retired members giving us a total member count of 113.

Jamie and I would like your help welcoming the following members who have joined us in the 2014 year:

Lisa Baldock- Jackson  
Michelle Clinton- Cody  
Jennifer Cooper- Casper  
Olivia Kirven- Sheridan  
Danae Olson- Laramie  
Jessica Schwartz- Jackson  
JoEllen Beck- Casper

We also have several new student members. New this year, the membership committee donated funds to University of Wyoming Dietetic Students to help with costs associated with FNCE. We will be asking those who attend to share what they learned from the FNCE experience with all of WAND membership.

The Membership Committee is also planning an activity for the April meeting in Laramie, more details as it draws closer.

Lastly, if anyone is aware of a new RD to Wyoming please pass along information to either Jamie Anderson:

[jamieanderson.rd@gmail.com](mailto:jamieanderson.rd@gmail.com) or Marguerite Jackson: [mjackson@wyomingmedicalcenter.org](mailto:mjackson@wyomingmedicalcenter.org) so we can give them the proper Wyoming welcome.

Thank You-  
Your Membership Team  
Marguerite and Jamie



### Wyoming Dietitian in Action

#### ***Congratulations to Dr. Enette Larson-Meyer***

Recipient of the Sports, Cardiovascular and Wellness Nutrition (SCAN) Achievement Award. The achievement award recognizes a SCAN practitioner who has played a significant role in the evolution of SCAN through service and professional accomplishments in the field.

Enette Larson-Meyer, PhD, RD, CSSD, FACSM, is a registered dietitian and exercise physiologist who currently teaches and conducts research at the University of Wyoming (UW). Her research interests focus on how nutrition influences the health and performance of active individuals at all stages of the lifecycle and at all levels of performance--from the casual exerciser to the elite athlete. Recently she has been particularly interested in vitamin D status in athletes, and in appetite regulation following exercise. Dr. Larson-Meyer received her BS degree from UW, completed her dietetic training and masters at Massachusetts General Hospital in Boston and her doctoral and postdoctoral studies at the University of Alabama at Birmingham. Dr. Larson-Meyer is the former Director of the Health and Fitness Center at the Pennington Biomedical Research Center in Baton Rouge, LA and is also the author of *Vegetarian Sports Nutrition* (Human Kinetics, 2007). Her personal athletic interests include trail running, flat water kayaking and Irish Step Dancing. She is also the mother of three young vegetarian athletes.



## Thank You From The UW Student Dietetic Association



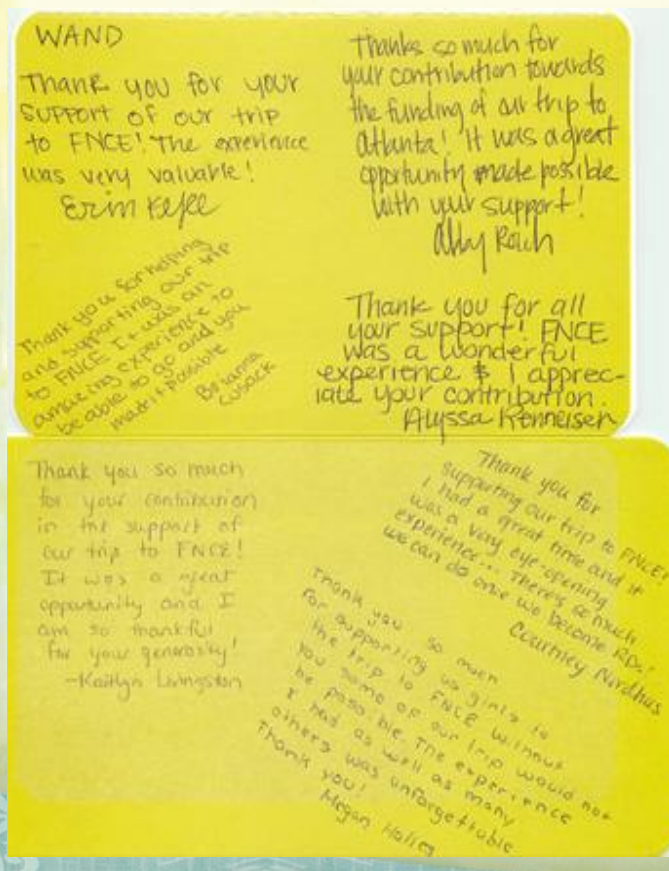
### **Congratulations**

to the UW Student Dietetic Association (SDA)!

With the help of WAND, seven SDA members – Brianna Cusack, Megan Halles, Kaitlyn Livingston, Erin Kyle, Courtney Nordhus, Alyssa Renneisen, and Abby Roich - attended FNCE in October, and as a result UW's DPND program won the Academy of Nutrition and Dietetics' 2014 Food & Nutrition Conference & Expo School Spirit Contest.

The students and DPND director, Kristin McTigue, attended a private reception with Academy President Sonja Connor and other board members at the Omni Hotel at CNN Center in Atlanta."

Check out the next Range Rider for FNCE reflections from Erin Kyle, the President of the UW Student Dietetic Association."





## WAND Weekly Email

Keeping you connected and informed!  
In an effort to reduce the number of emails you are receiving we are providing the WAND Weekly Email.

Please email Melissa Bardsley, WAND Secretary  
at [melbardsley@hotmail.com](mailto:melbardsley@hotmail.com)  
with information you would like to share with our WAND members



for the next  
Range Rider Editor.

If you are interested please email  
Paula at [peskam@outlook.com](mailto:peskam@outlook.com) for  
more information

### **WAND Range Rider**

The WAND Range Rider is published  
3 times a year.

Our next edition will be in Feb/Mar 2015.

If you have any information you would like to share with  
the WAND Members in the WAND Range Rider

Please email Range Rider Editor  
Paula Eskam at [peskam@outlook.com](mailto:peskam@outlook.com)

To read past editions of the  
WAND Range Rider visit the:

**WAND Website**  
[www.eatrightwyoming.org](http://www.eatrightwyoming.org)

Go to the Member Section.

The password is **eatwyo**  
and press the login button.

If you have information you would like to share with the  
WAND Members

on the WAND Website  
Please email the Website Coordinator:  
Cheryl Gray at [cheryl22gray@gmail.com](mailto:cheryl22gray@gmail.com)