



Introducing the Wyoming Academy of Nutrition & Dietetics New Logo



The logo was based on a request to look fresh and active with an emphasis on positive lifestyle and pleasurable and healthful eating

***Special Thanks to
Judy Barbe and Leisann Paglia***

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.

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WAND President's Report

National Nutrition Month starts March 1st. The theme this year is ***Enjoy the Taste of Eating Right***. Visit <http://www.eatright.org/nnm/toolkit/#.UtQsNLKPWSo> for the Academy the National Nutrition Month® tool kit with social media messages, web banners, and proclamations. Also, the Academy encourages you to win a free Academy membership! RDNs are needed to participate in the Academy Coding and Coverage Committee's 2014 Patient-Centered Medical Home & Accountable Care Organizations Survey, your opportunity to play a role in shaping Academy activities related to advancing RDN involvement in these models of care. All individuals who complete the survey by February 2 will be entered into a drawing to win a free 1-year membership to the Academy. Here is the web link: <https://www.surveymonkey.com/s/2V9PH8B>.

Rebecca Salisbury has resigned as WAND Secretary and Melissa Bardsley has been appointed to the position, effective April 1st. Thanks to both of you for volunteering your time to work on the WAND Board!

The Academy has announced an Affiliate Challenge to increase enrollment in affiliates. If you or a friend knows of a dietitian interested in becoming a member, please contact Marguerite or Jamie at their email addresses: mjackson@wyomingmedicalcenter.org or jwilderuw2010@gmail.com.

The WAND Board has had several meetings to identify issues and concerns from members in regard to the launch of the 2014 Strategic Plan. The Plan continues to focus on marketing the RDN as the *go to* resource on nutrition in Wyoming. This positioning is linked to the Academy of Nutrition and Dietetics (AND) strategic plan to promote the Academy and the registered dietitian nutritionist (RDN) as the nutrition resource nationwide. The Plan contains a variety of strategies that includes: 1) utilizing the new WAND logo for all official activities, marketing promotions, and materials, with a coordinated launch of the new marketing campaign next Spring, 2) implementing ideas that will create more board diversity and involvement, 2) sponsoring community grants to enhance visibility in Wyoming communities, 3) putting together RDN tool kits for community health fairs, 4) producing radio and media promotional releases, 5) setting up a Twitter/Face Book account to enhance communication with members and the Wyoming community, and 6) recognizing WAND members in your community.

2014 elections begin February 1st and the WAND Nominating Committee will be sending you email access to vote electronically. Thank you all for taking time out of your busy schedules to vote for the current candidates and award nominees.

In regard to WAND fundraising, we will be doing *virtual* fundraising (via email) for the organization during National Nutrition Month to raise money for the Academy. If you have something you would like to donate, please send me a picture, description, and minimum bid amount.

The 2014 Annual WAND Business Meeting will be held in April prior to the *Lunch N Learn* Series in Laramie. Look for the Annual Business Meeting reminder card with the date and location of the meeting in March.

Thanks to all of you for your help as we position RDNs as the *go to* nutrition source in Wyoming. If you have any questions or concerns about the organization we would love to hear from you!

Barbara Buyske, MS, RDN, LD

bbyuske@gmail.com



Looking for a WAND Member?

Check out the Updated
WAND Membership List
on the WAND Website

www.eatrightwyoming.org
Member Section

Password: *eatwyo* – press the login button

Please email info@eatrightwyoming.org
with corrections.

Wyoming Academy of Nutrition and Dietetics (WAND)

2013-14 Board of Directors and Committee Chairs

President: Barbara Buyske

President-Elect: Paula Eskam

Past President: Karla Case

Secretary: Melissa Bardsley

Treasurer: Kate Stratton-Schulz

Delegate: Cheryl Gray

Nominating Committee: Denise Ivey (Chair)

Mary Tvedt, Marguerite Jackson

Council on Professional Issues: Beth Kamber

Awards Committee Chair: Liz Fabrizio

Media Representatives:

Judy Barbe & Leisann Paglia

New Membership Committee:

Jamie Anderson (Chair)

Marguerite Jackson (New Member Liaison)

Public Policy Representatives:

Kate Stratton-Schulz (Chair)

Codi Thompson (Co-Chair)

Registration/Continuing Education Committee

Chair: Cindy Mulcahy

Reimbursement Representative: Heidi Gillette

State Policy Chair: Kate Stratton-Schulz (*ichair*)

State Regulatory Chair: Teresa Matheny-Lehmitz

Website Coordinators: Cheryl Gray & Karla Case

**The 2014 Wyoming Academy of Nutrition and Dietetics (WAND) Official Ballot
was emailed to the WAND membership on February 1st.**



**The elections will close at midnight on 3/1/2014.
If you receive multiple emails, please only vote one time.**

**Thank you from the Nominating Committee
Denise Ivey, Marguerite Jackson, Mary Tvedt**

Please contact Denise Ivey at trhett@juno.com if you did not receive a ballot.



Vote in the 2014 Academy Elections February 1 through February 22.

Visit www.eatright.org/elections to view the slate of candidates and to **cast your vote** electronically. Remember, every vote counts!

Vote and be entered to win a FREE registration to attend the Academy's Food & Nutrition Conference & Expo™, October 18-21, 2014 in Atlanta!

Take the opportunity to meet the Academy's 2014 president-elect candidates Evelyn Crayton, EdD, RDN, LD, and Trisha Fuhrman, MS, RDN, LD, FAND, during a **live webinar February 5** from noon to 1 p.m. Central Time.

Project Vote is Back!



Win **one** complimentary registration to attend the Academy's Food & Nutrition Conference & Expo™ for your affiliate by getting your members involved in **Project Vote**!

Affiliates are challenged to increase member participation in the Academy of Nutrition and Dietetics National Election. For the past years, the overall voting percentage for the Academy has hovered at 14%. How has your affiliate performed? **Project Vote** encourages Affiliates to increase participation in the Academy of Nutrition and Dietetics national election. A complimentary registration for the Academy's Food & Nutrition Conference & Expo in Atlanta, Georgia on October 18-21, 2014 will be awarded to one affiliate in each of four affiliate size categories with the highest percentage of members voting in the national election. Candidate information, and past and [current](http://www.eatright.org/elections) voting statistics are available at www.eatright.org/elections > Project Vote.

Vote in Academy of Nutrition and Dietetics national election taking place **February 1 through February 22**. If you have immediate questions, send an email to nominations@eatright.org.



VOTE FOR OUR FUTURE!

Italian: Vota per il nostro futuro

Chinese: 为我们的将来投票

Hebrew: שלנו העתיד עבור תצביע

Philipino: Bumoto kayo para sa kabukasan ng ating Akademiya

Spanish: Vota por nuestro futuro

Russian: Голосуйте за наше будущее

French: Voter pour notre avenir

The Academy elections are just around the corner. Voting will open on Saturday, February 1, 2014 and will close on Saturday, February 22, 2014. Candidate information is now posted at www.eatright.org/elections. Set your alarm! Mark your calendar! Vote early!

Voting Factoid:

- ✓ Which affiliate had the largest % of voting members in 2013? Wyoming-- (44.34%)
- ✓ Which 3 affiliates had the lowest % of voting members in 2013? Puerto Rico (7.1%); Kentucky and Nevada (both at 9.93%)
- ✓ What affiliates cast the most total votes in 2013? California (732); New York (654)
- ✓ What can you do to improve your affiliate's voting record???



Why Vote?

- ✓ Every vote counts! Every opinion counts! We want to hear from you!
- ✓ You are shaping your future and the Academy's.
- ✓ It is your privilege and responsibility as an Academy member (even if you are not an American citizen) to choose the people you want to represent you and lead the profession.
- ✓ You can make the profession stronger by choosing the most qualified candidates.
- ✓ Our profession is facing many challenges. We will be better prepared to achieve our strategic goals if you and all of our members are fully engaged.
- ✓ You can change the world! *"Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it's the only thing that ever has."* - Margaret Mead

What's in it for you?

- ✓ You will be instrumental in forming an impressive new future for our profession.
- ✓ You will be laying the path for your own future volunteerism and leadership by selecting dedicated people who are willing to serve the Academy.
- ✓ You will help the profession move forward on important issues such as:
 - Health care reform and how the Affordable Care Act will affect our jobs and our salaries.
 - What the future practice of dietetics will look like.
 - How we prepare our students and practitioners to be more competitive.

How do I vote?

- ✓ Go to: <http://www.eatright.org/elections> on Saturday, February 1.
- ✓ Click on candidate biographical information to read and compare the candidates.
- ✓ Electronically vote for the candidates of your choice, following the directions on the site.
- ✓ We encourage members to select a candidate (s) for every position.



WAND Invites You to Attend Free **LUNCH & LEARN** Meetings

WAND Meetings are coming to a Location near You!

Please Join Us for Free Lunch, Free CPEUs and Opportunity to Network

Non-WAND Members are welcome to attend for \$30/meeting

RSVP at <https://www.surveymonkey.com/s/VQJR3NP>



Jackson, WY

Date: Monday, February 10th Location: St. John's Hospital Time: 10:30 am-1:30 pm
CPE Topic: Autoimmunity: Feeding your Gut Microbes to Impact Disease-2 CPEU
For More Information Contact Janice Smith at jksmith96@me.com

Cheyenne, WY

Date: Friday, March 14th Location: Cheyenne Regional Medical Center Time: 11:00 am – 1:30 pm
Auditorium B
CPE Topic: Nutritional Approaches to Detoxification: Separating Fact from Fiction-2 CPEU
For More Information Contact Leisann Paglia at leisann.paglia@crmcwy.org

Gillette, WY

Date: Monday, March 17th Location: Gillette College Health Sciences Building Time: 11:00 am-1:30 pm
CPE Topic: Know Your Gut Instincts: Microbiota and Metabolic Profiling-2 CPEU
For More Information Contact Heidi Gillette at Heidi.Gillette@ccmh.net

Casper, WY

Date: Thursday, March 27th Location: Wyoming Medical Center Time: 11:00 am-1:30 pm
Support Services Building Board Room
CPE Topic: Unraveling the Science of Food Allergies-2 CPEU
For More Information Contact Marguerite Jackson at mjackson@wyomingmedicalcenter.org

Laramie, WY

Date: Saturday, April 5th Location: University of Wyoming Time: 10:30 am – 2:00 pm
College of Agriculture and Natural Resources – Room 137
CPE Topic: Food Trends That Matter: The Differences between Tasty Fads and Paradigm Shifts-2 CPEU
Annual Business and Awards Meeting
Friday Meet & Greet
Date: April 4th Location: Kristin's Home, 712 S 13th Street, Laramie Time: 5:30 pm – 7:30 pm
For More Information Contact Kristin McTigue at kristinmctigue@gmail.com



Ethics Requirement for Recertification

Responding to a recommendation from the Academy Board of Directors, on May 9, 2011, the Commission on Dietetic Registration voted to require that RDs and DTRs complete a minimum of 1 CPEU of Continuing Professional Education in Ethics (Learning Need Code 1050) during each 5-year recertification cycle in order to recertify. This requirement will be effective starting with the 5-year recertification cycle which ends on May 31, 2017, and will be phased in over a 5 year period for each recertification cycle.

Ethics in Action Columns

This is the link to the Academy's resources for CPE options for Ethics.

<http://www.eatright.org/About/Content.aspx?id=6442475135&terms=Ethics%20CPE>

Each of the following articles has a free CPE quiz which can be completed online and provides 1 CPE. Reading an article meets Learning Need Codes 1000, 1050, 1090, and 1140.

To take the Continuing Professional Education quiz for the articles, log in to www.eatright.org, click the "MyAcademy" link under your name at the top of the homepage, select "Journal Quiz" from the menu on your myAcademy page, click "Journal Article Quiz" on the next page, and then click the "Additional Journal CPE Articles" button to view a list of available quizzes, from which you may select the quiz for this article.



Annual Conference

WAND Members are Invited to Attend

2014 CAND Annual Nutrition Conference & Exhibition

April 11th and 12th, 2014

Marriott Denver Tech Center

4900 S. Syracuse Street
Denver, Colorado 80237

List of Speakers:

- Motivational Humorist Brad Montgomery
<http://www.bradmontgomery.com/>
- The Wine Coach Laurie Forster
<http://thewinecoach.com/>
- FODMAP Diet and IBS, Carol Ireton-Jones
<http://www.carolireton-jones.com/>
- Malnutrition, Terese Scollard
<http://www.eatrightwashington.org/docs/Convention/2011%20Handouts/Scollard%20%20-%20MN-WG%204-11%20rev.pdf>
- Cultural Competency, Alejandra Gudino
<http://extension.missouri.edu/hes/people/gudino.htm>
- Protein and Performance, Doug Paddon-Jones
<http://www.utmb.edu/experts/profile151.aspx>

We'll send out registration links very soon!

Lisa S. Paige, MBA, RDN, CNSC
President-Elect
Colorado Academy of Nutrition and Dietetics

For more information visit
www.eatrightcolorado.org

Nutrition Services Delivery and Payment: The Business of Every Academy Member **HOD Fact Sheet**

House of Delegates

Fall 2013

HOD Fact Sheet: Outcomes of the Fall 2013 HOD Meeting

The House of Delegates (HOD) conducted a dialogue on Nutrition Services Delivery and Payment on October 18-19, 2013. Over 185 delegates and interested Academy members convened in Houston, Texas to discuss this mega issue over two days. The backgrounder is available on the Academy Website at www.eatright.org/hod >Fall 2013 HO D Meeting> Meeting Materials. Prior to the meeting, delegates conducted a dialogue on where they work and how their services are paid for, as well as obtained this information from their constituents. This fact sheet provides a summary of the outcomes of the meeting.

The purpose of the dialogue session was for delegates and meeting participants to:

1. Identify relevant stakeholders and their needs.
2. Comprehend the impact that current and evolving health care delivery and payment models will have on **ALL** areas of practice.
3. Give examples of successful integration into evolving delivery and payment models.
4. Communicate the need for nutrition and dietetics practitioners to be an essential part of evolving health care delivery and payment models.
5. Promote information to members and stakeholders and encourage members to utilize Academy resources.
6. Empower members to lead efforts and seize opportunities to provide cost-effective nutrition services to optimize the public's health.

During the meeting, the House of Delegates completed the following activities:

1. Identified key stakeholders and their needs as it relates to delivery and payment models;
2. Identified a number of gaps to address the issue;
3. Identified opportunities to close the gaps; and,
4. Identified actions that members and the Academy can do to address this critical issue facing the profession.

Overview of the Process for Conducting this Dialogue Session

The purpose of the House of Delegates is to govern the profession of dietetics. As part of the House's role in governing the profession, the following steps were taken for conducting the dialogue session on Nutrition Services Delivery and Payment.

1. Released a backgrounder on the topic for dialogue on August 1. The backgrounder "Nutrition Services Delivery and Payment: The Business of Every Academy Member" was released to the HOD and the membership.
2. Solicited input to the backgrounder: Members were asked to submit information on where they work and how their services are paid for by September 30.
3. Delegates posted their feedback, as well as the feedback from their members between August 1 and September 30. These comments can be reviewed on the HOD Website at www.eatright.org/hod >Fall 2013 HOD Meeting> Meeting Materials.
4. Conducted a dialogue on the topic.
5. Dialogue workbooks were consolidated and released to the HOD and membership at www.eatright.org/hod >Fall 2013 HOD Meeting> Meeting Materials.
6. At the end of the dialogue session, three motions were developed which identified a series of next steps.

What are the next steps following the HOD Meeting?

As a result of the dialogue, three motions were developed and approved by the HOD. The HOD requests:

- The Coding and Coverage Committee and Legislative and Public Policy Committee to develop an action plan that addresses current Academy resources available and future educational and practice resources needed for practitioners, educators, students and interns.
- ACEND, NDEP, CDR and the Committee for Professional Development to consider the Fall HOD Meeting dialogue in addressing current and future educational needs, practitioner competencies, and potential for establishment of a certificate program.
- The Academy to develop a communications and marketing plan that provides key messages specific to delivery and payment models for the RDN and uses a variety of communication modalities to appeal to the different stakeholder audiences.

Each organizational unit will provide a report to the HOD by May 1, 2014.

Watch for further updates on this Fall HOD Meeting topic. Please feel free to contact your delegate to learn more ([link to the Online Directory for HOD](#)).



The graphic features the 'eat right.' logo in green and red at the top left, followed by 'Academy of Nutrition and Dietetics' in black. In the center, various food items like a skewer, spoon, fork, and bowl are arranged around the text 'Enjoy the Taste of EATING RIGHT'. To the right, a large green box contains the text 'National Nutrition Month® 2014' in white. At the bottom, a white box with a green border contains the text 'Learn more at www.eatright.org/nnm' in green.

eat right. Academy of Nutrition and Dietetics

Enjoy the Taste of **EATING RIGHT**

National Nutrition Month® 2014

Learn more at www.eatright.org/nnm



The graphic features a pink circular logo with 'RDN' in white, followed by 'Registered Dietitian Nutritionist' in green and red. Below this is the 'eat right.' logo in green and pink.

RDN Registered Dietitian Nutritionist

eat right.

March 12, 2014

Commemorating the dedication of RDNs as advocates for advancing the nutritional status of Americans and people around the world.

For celebration ideas visit www.eatright.org/nnm.

Licensure Renewal for Registered Dietitians

Application for renewal can be made 90 days before July 1 up until June 15th.

The renewal process includes the renewal fee, completed application, and proof of compliance with continuing professional education.

For the Rules and Regulations on the Biennial Renewal for licensure go to

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

(Chapter 6)

The Dietetics Licensing Board Members:

Leisann Paglia – Chair

Dietitian – Cheyenne, WY

Mindy Meuli

Dietitian – Laramie, WY

Anne Saunders

Public Member- Douglas, WY

Introducing Liz Fabrizio, MS,RD,LD,CDE

WAND Board Member

Awards Committee Chair

I grew up in Laramie and lived there during my childhood except for a two year stint in Afghanistan where my Dad taught agriculture for UW. I lived in Tucson and San Diego after college and now live in Cody, WY where I have been for 25 years. I love Cody and Wyoming because I can do my favorite things here, ride horses and camp. I have 3 grown children. My youngest is still in college.

EDUCATION: BS from UW in Nutrition & Dietetics. MS in Nutrition and Dietetics with an internship from University of Arizona.

Experience:

1988 until Oct. 2013 – Director of Nutrition Services for West Park Hospital in Cody, WY. This was both an administrative and clinical position.

Nov. 2013 to present - Director of Clinical Services. My job consists primarily working with hospital pts., out pt., dialysis pt. and overseeing the care at LTCC. I also do Diabetes education.

2000 – present. Contract employee for Cody Clinic (nutrition and diabetes education)

2003- present- Consultant for Crandall Consulting Dietitians at Absaroka AL

1980- 1988 Director of Nutrition Services Southwood Psychiatric Hospital, San Diego, CA

1982- 1988 Nutrition Instructor at Mesa Community college, San Diego, Ca

Professional Affiliations:

SD District Dietetic Assoc: chairperson for Employment, Education, Nominating and fund raising committees.

WAND: Education, nominating and award committees.

WAND Member in Action

News alert from Sara Pinson-the newbie dietitian to Wyoming! I will be co-presenting with an east coast colleague of mine at the 2014 Weight Management Symposium in St. Louis March 21-23rd. Our title is: "Little People, Big Problems: Lessons from the Front Line of Childhood Obesity Treatment". Prior to relocating to Laramie, I educated, guided and supported children and their families on a journey to make their goals into habits. Interacting with kids take practice, creativity, and adaptation and I look forward to sharing with my fellow nutrition professionals.

Here is a brief description of our discussion on March 22nd...

Two RDs from hospitals on opposite sides of the country are on a mission to utilize their experiences with over 5000 overweight and obese children and families to share lessons from the front line of pediatric obesity treatment. Over the past 5 years, they've honed their skills and found the most effective, direct, and sensitive plan of attack to deliver memorable nutrition education to our youngest and most vulnerable patients. From working with toddlers to teenagers (and their parents and family members), these RDs share how research and experience have helped them to master the art of communication, the challenge of raising healthy eaters, and the tools for maintaining a healthy lifestyle.

Link to register:

www.wmdpg.org/symposium

I will be also be delivering a brief presentation at the Rocky Mountain Chapter: American College of Sports Medicine Conference on March 29th in Denver, CO. My title is: The Fruit and Veggie Dance: How to Keep Nutrition "Cool" for Kids.

Link to register:

<http://www.rmascsm.org/annualmeeting.html>

Welcome

New WAND Member
Jessica Schwartz, RD, CD



It has been two months since my move to Jackson, Wyoming. Being born and raised near Milwaukee, Wisconsin makes me no stranger to the cold or snow, but these views of the mountains are definitely something I could get used to! I graduated in May 2013 from Mount Mary University's Coordinated Program where I received my Bachelors of Science in Dietetics and minor in Business Administration.

I had the opportunity to work as a clinical dietitian for Aurora, the largest health care provider in Wisconsin. I worked in both inpatient and outpatient with focuses on bariatric surgery, cardiac and pulmonary rehabilitation before bringing my career opportunities out west. I am currently seeking a position in the local community to further my passion for nutrition and health.

I look forward to meeting fellow Dietitians and WAND members!

Jessica Schwartz, RD, CD

Schwartz.jessica7@gmail.com

Fellow WAND Members,

We wanted to share a resource that may be valuable to you or your community groups that are working on policy, systems and/or environmental change (PSE) in any capacity.

We have developed a PSE toolkit for community groups that are working on local systems change. We utilized the framework developed by County Health Rankings. For more information please visit www.countyhealthrankings.org. In addition to the toolkit being offered at no cost, technical assistance is also being offered to interested parties at no cost.

We want to be able to work with communities wherever they are in the process, so everyone can be eligible to take advantage of this opportunity.

For more information please contact Kate Stratton-Schulz at katestrattonschulz@gmail.com or [\(307\) 421-6404](tel:3074216404) to discuss this in more detail.

Thank you!

Kate Stratton-Schulz RDN, LD, LMNT

Public Policy Workshop 2014

March 30 to April 1, 2014 , Washington, D.C.

Connect with nearly 500 of your nutrition and dietetics colleagues at the Academy's Public Policy Workshop. This annual food and nutrition advocacy summit is where you can learn how to become the voice of nutrition that Congress trusts. Whether you are new to policy and advocacy or a seasoned professional, there is something for everyone at PPW.

PPW will focus on critical policies that impact the health of the nation and the dietetics profession. Attendees will receive top notch leadership and communications training that will benefit them during the conference and beyond. At the end of PPW, participants put their knowledge into action when they visit Capitol Hill and meet with members of Congress.

PPW is an interactive, educational experience. Join us to learn about the ever-evolving political landscape that affects RDNs and DTRs all across the country. You can impact the future of dietetics and the health of the nation – start making waves at PPW!



The WAND Board would like to increase interest and participation in public policy and PPW. If anyone is interested in attending, there is money available to aid with the registration and travel costs. For more information please contact Kate Stratton-Schulz at katestrattonschulz@gmail.com or 307-421-6404. Thank you!

Indirect Calorimetry in an Obese Critically Ill Patient

Emily Haller RD; Support Line, Dietitians in Nutrition
Support DPG
Dec 2013, Vol 35, No 6

Use of predictive equations to determine energy requirement in critically ill obese patients can result in under or overfeeding due to differences in body composition and severity of metabolic stress. One third of patients in an ICU are obese. Obesity is associated with increased morbidity as well as disorders in respiratory, cardiovascular and metabolic functions. For the RD, the challenge with these patients is accurate estimation of energy needs. A specific concern is that the accuracy of predicting energy requirements from published equations decrease as BMI increases.

Frankenfieds and associates recently compared several commonly used equations with indirect calorimetry (IC) measurement to validate their use in underweight and morbidly obese critically ill patients. For the morbidly obese group, the Penn State equation was the most accurate equation and the only one determined to be valid, predicting the resting metabolic rate to within 10% in 76% of cases. Both the standard and the modified Penn State equation were tested and validated.

This case study featured a morbidly obese woman with acute respiratory distress syndrome. Her BMI was greater than 60 and she was fluid overloaded. Predictive equations for the obese population remain unclear due to difference in body composition, severity of metabolic stress and intravenous fluids which can affect body weight. IC documented a higher measured resting expenditure than original predicted energy needs. IC is considered the reference standard, providing a more accurate approach to assessing energy requirement in the obese, critically ill patient. However several factors need to be taken into consideration when interpreting result of a patient's IC study. The respiratory quotient (ratio of volume of carbon dioxide produced to the volume of oxygen consumed) must be within the human biological range of 0.67- 1.3 for the IC to be considered valid. Also the patient must achieve a steady state which represents a period of metabolic equilibrium.

**Submitted by Beth Kamber, Chair,
Council on Professional Issues**

WAND Range Rider

The WAND Range Rider is published
3 times a year.

Our next edition will be in May/June.

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

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

WAND Website

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 Coordinators:
Cheryl Gray at cheryl22gray@gmail.com
Karla Case at kcase@natronacounty-wy.gov

