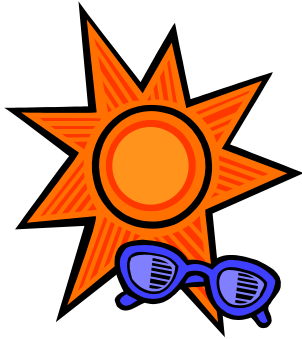




Wyoming Dietetic Association

**eat right** an affiliate of the  
American Dietetic Association



## MESSAGE FROM THE PRESIDENT

Hope everyone is enjoying their summer! I would like to thank the outgoing board for their hard work over the last year.

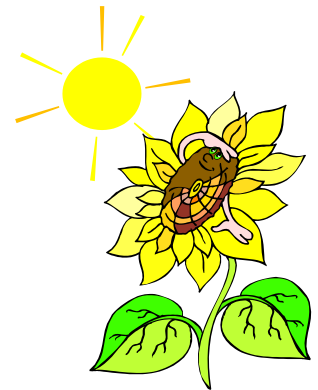
### Special points of interest:

- Licensure
- Photos from award night
- WIC Job Vacancy
- Diabetic Education Opportunity

We have a big challenge ahead of us for this upcoming year. Our membership decided at the last business meeting that we pursue Licensure. Our Public Policy Representative, Katie Stratton-Schulz and our Lobbyist, Dennis Ellis, have started working on this process and need support from our members to help us show that we are the Nutrition Experts. I have heard many dietitians throughout the state express their frustrations when a "nutritionist" is providing nutrition advice to clients without any education and giving poor advice. We need to let the public know to come to us for professional and sound nutrition advice.

Some goals for the upcoming year are:

- Continue communication and networking opportunities
- Licensure
- Recruiting new membership



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Thanks, and I look forward to a productive year.

***Congratulations Enette  
Meyer-Larson!!!!***

WDA member, Enette Meyer-Larson PhD, RD, CSSD, is the chair-elect for the Sports Cardiovascular and Wellness Nutrition (SCAN) Dietetic Practice Group of ADA. See Enette's bio on page 3.



## A note from Katie Stratton-Schulz, Licensure Committee Chair

Hello Fellow WDA Members,

This is an exciting time for dietitians in Wyoming, at the annual WDA meeting in April, the members who were present voted favorably to pursue licensure with hopes of presenting a licensure bill during the 2011 Legislative Session. Wyoming is one of only four states that does not have any type of licensure or certification in place. Currently a Licensure Committee has been established, a lobbyist has been hired, and the groundwork has started as far as educating the membership and other professions on the importance of licensure for dietitians.

*“...at the annual WDA meeting in April, the members who were present voted favorably to pursue licensure...”*

I am sure that some of you may be asking yourself why this is necessary. Well the answer is that licensing of registered dietitians protects the public health by establishing minimum educational and experience criteria for those individuals who hold themselves out to be experts in food and nutrition. The state has an obligation to protect the health and safety of the public and licensing of dietitians is consistent with this obligation. There is an increasing number of individuals and groups that are touting themselves as experts with no formal education, this is our competition and we need to promote and protect what we as RD's do, if we don't then who will?

In Wyoming the state requires that all licensing boards be self-sufficient so there will be an additional cost associated for each dietitian in the state. This number is unknown at this point but work is being done to come up with an estimate of the cost so that the membership can have their input.

I am sure that many of you will have questions and concerns regarding this process and I invite you to contact me at any time. Please also look for updates through your email. It is our goal to have as many members involved with this as possible so if you would like to join the committee or get involved with various meetings just let me know. Thank you!

Kate Stratton-Schulz RD, LMNT

Licensure Committee Chair

[stratton\\_katie@hotmail.com](mailto:stratton_katie@hotmail.com)

307-514-3210



## Enette Larson-Meyer, PhD, RD, CSSD, FACSM

**Bio:** Enette Larson-Meyer is registered dietitian and exercise physiologist who joined the faculty at the University of Wyoming (UW) in the spring of 2005. Enette is a native of Cheyenne. She received her bachelor's degree from UW, completed her dietetic training and master's at Massachusetts General Hospital in Boston and her doctoral and postdoctoral studies at the University of Alabama at Birmingham. Between her master's and doctoral degrees, Enette served as the research dietitian at the National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases in Phoenix, AZ, and is also the former Director of the Health and Fitness Center at the Pennington Biomedical Research Center in Baton Rouge, LA

Dr Larson-Meyer's 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. At UW, Dr Larson-Meyer has been particularly interested in both vitamin D and appetite regulating gut peptides. Recent studies in her laboratory at UW have focused on the importance of vitamin D status in relation to illness and inflammation in athletes. Her work has shown that distance runners living in the southern part of the US (Baton Rouge, 30.5° N latitude) had a surprisingly high prevalence of deficiency (2)—which was most likely related to the time of day they train—whereas college athletes living in Laramie (41.3° N) had a surprisingly low prevalence of insufficiency in the early fall (1). Serum Vitamin D stores (25-hydroxy vitamin D) in college athletes, however, were found to drop significantly during the winter months when synthesis of vitamin D cannot occur (because there is very little UVB in winter sunlight). Of greatest interest was the finding that vitamin D insufficiency was correlated with increased serum concentrations of the whole body inflammatory marker tumor necrosis alpha (2), and an increased prevalence of wintertime illnesses (which included upper respiratory tract infections, and gastritis) (1). Her research is continuing to focus on the role of vitamin D status in inflammation, overuse injury and illness in athletic populations.

Other work in her laboratory is focusing on how the hunger hormone ghrelin and the appetite suppressing hormones peptide YY (PYY) and glucagon-like peptide (GLP-1) are altered by either regular exercise or pregnancy and lactation. Dr Larson-Meyer's group recently finished a study which evaluated whether ghrelin, PYY and GLP-1 were altered by a 1-hour bout of running or walking in women who regularly ran or walked for exercise. The results of this study are currently being analyzed. Another study, currently in process, is evaluating whether these same hormones are altered during pregnancy and lactation, and are present in human milk (and therefore likely to impact appetite in breastfed infants). Results of these studies should help provide insight on how exercise, child bearing and breastfeeding influences food intake and body weight regulation. Dr Larson-Meyer is looking for first time moms (before 4 weeks postpartum) who are interested in participating in her studies.

Enette is a Certified Specialist in Sports Dietetics and is currently Chair-Elect of the Sports Cardiovascular and Wellness Nutrition (SCAN) practice group of the ADA.

1. Halliday TM, Peterson NJ, Thomas JJ, Kleppinger K., Hollis B, and Larson-Meyer DE. Vitamin D Status in Relation to Diet, Lifestyle Habits and Injury in College Athletes. 2010 (in press).
2. Willis KS. Vitamin D status & immune system biomarkers in athletes. Laramie: University of Wyoming, 2008. 85 p.



## Dietary Practice Group Summaries

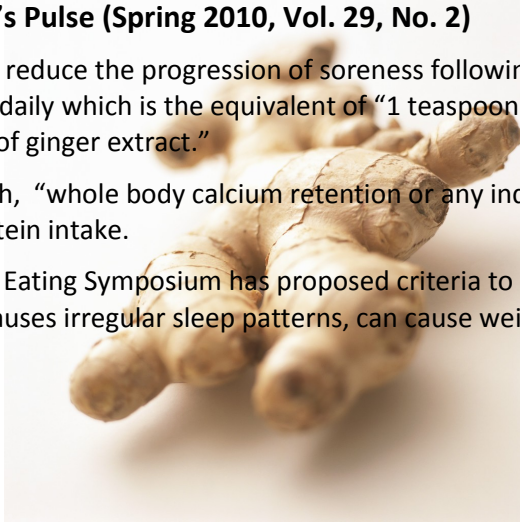
provided by: Chris Douglas, RD

### Highlights from SCAN's Pulse (Spring 2010, Vol. 29, No. 2)

Ginger has helped some reduce the progression of soreness following eccentric exercise. The participants consumed 2-g of ginger daily which is the equivalent of "1 teaspoon of powdered ginger, 1 tablespoon (10 g) of fresh ginger, or 2 mL of ginger extract."

Based on recent research, "whole body calcium retention or any indices of bone metabolism" is not influenced by increasing protein intake.

First International Night Eating Symposium has proposed criteria to diagnose night eating syndrome (NES). This syndrome causes irregular sleep patterns, can cause weight gain, and emotional stress.



### Highlights from "The Digest" (Public Health/Community Nutrition a dietetic practice group of ADA) Winter 2010

The American Overseas Dietetic Association is helping to improve the health of persons living outside the United States with success stories (and struggles) from Africa, Mediterranean nations, and Australia. USDA Economic Research Service 2008 report showed food insecurity in 14% of households, the highest since this report originated in 1995.



### Highlights from Dietitians in Integrative and Functional Medicine (a DPG of ADA) Winter 2010 Volume 12, Issue 3

Berries were highlighted for the role they play in "the prevention of UTIs, reduction in the risk of cardiovascular disease, and possible cancer prevention."

Utilizing nutrition to improve the gastrointestinal system appears to positively impact the neurological system in some people with neurological disorders.



## Delegate Report

By: Jean McLean



### Spring 2010 HOD Meeting

The virtual HOD meeting took place May 1-2 with delegates connecting via a Web based platform on the ADA Web site specially designed for the House. I was a table facilitator for the virtual meeting again this year, and had a lot of fun! Deliberation on the motions from the dialogue session discussions on Health and Nutrition Literacy and Management and Leadership across practice concluded with both motions being approved. The Backgrounders on both topics are available on the ADA Website ([eatright.org](http://eatright.org) > Member > Governance > House of Delegates > Mega Issues and Backgrounders).

The Health and Nutrition Literacy backgrounder identifies many resources for increasing knowledge in this area. Look for additional resources particularly the new Agency for Healthcare Research and Quality (AHRQ) "Health Literacy Universal Precautions Toolkit". While this resource is targeted to primary care physicians, the principles and tools are applicable to other healthcare providers and other settings.

In order for ADA and our members to improve health and nutrition literacy the identified priority partners as professional associations and government agencies. Important skills and knowledge needed include health literacy assessment skills; application of health literacy principles in developing education materials; engagement of clients utilizing teaching/coaching methods; tailoring information to meet client's needs; and, understand the research in this area.

Based on the Management and Leadership Across Practice dialogue, a series of guiding principles were identified regarding the actions for individuals and ADA organizational units: showcase leadership and management opportunities; utilize mentoring; consider leadership and management skills for developing a roadmap to success; foster leadership leading to increased competence and confidence (ADA organizational units); build communication skills, embody leadership mindset early in career, and encourage mentoring throughout career (individuals); and develop a management or leadership credential or certification program (ADA).

### ADA Committee Updates

Take some time to review the Summary of ADA Reports from the 21 committees that report to the HOD in order to appreciate all the activities and outcomes that benefit members and the Association ([eatright.org](http://eatright.org) > Member > Governance > Reports).

### Do you have an issue for ADA?

There is a process for members to submit issues, questions, requests for assistance to ADA. The Issues Management Committee refers requests to the appropriate ADA unit or committee for response which is typically within 8 business days. So, don't stew if you have an issue or need help. Send an e-mail to [is-suesmgmt@eatright.org](mailto:issuesmgmt@eatright.org). Include your ADA member number, description of issue, and what you would like to see happen.

### What's Coming

Topics for the Fall 2010 HOD dialogue sessions in Boston are Health Reform – Next Steps and Multidisciplinary Membership Category. I will try to e-mail you all additional information as it comes to me. Keep my e-mail handy: [jean.mclean@health.wyo.gov](mailto:jean.mclean@health.wyo.gov) or my phone number: 307-214-1886.

Jean McLean, RD  
Wyoming Delegate



***WDA Awards Night***  
***Congratulations, Way***  
***to go !***



Sharon Crispin, M.S. RD, FADA presenting the RO Dietetic educator of the year award to Paula Needles



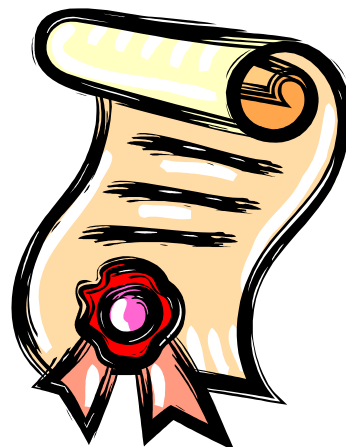
Paula Needles getting president's recognition award. Presented by Heidi Gillette



Katie Stratton-Shultz receiving the RO young dietitian of the year award. Presented by: Sharon Crispin



Leisann Paglia receiving the Outstanding Dietitian of the year



# WIC PROGRAM JOB VACANCY

**LOCATION:** Fremont County WIC Office, Riverton/Lander, WY

**JOB TITLE:** Health Specialist 08

**CLASS CODE:** HSHP 08-16784

**SALARY RANGE:** \$20.57-24.18/hr

**Note:** Part time position 24-32 hrs/wk

**DUTIES:** Coordinate all WIC operations at two Local WIC agencies in Riverton and Lander, with Supervision of 3 WIC staff at both. Responsible for Monthly and annual operational and fiscal reporting, Budgets, nutrition education plans, time studies, and Monitoring and evaluation. Conducts health and nutrition screening/assessment, counseling, referrals, and coordinates breastfeeding and vendor services.

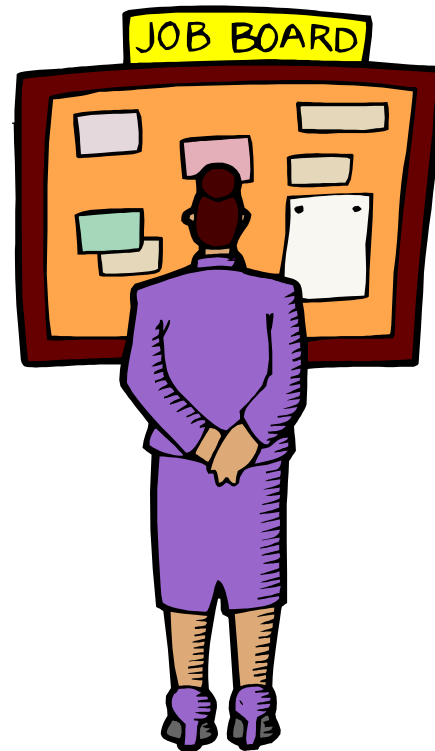
**QUALIFICATIONS:** Any combination of training and experience equivalent to a bachelor's degree in nutrition, nursing, public health administration or public health planning, PLUS two years of professional work experience in a program that provides services in maternal/child health, women's health or public health care.

Preference will be given to RD or BSN/RN.

**APPLICATIONS:** For more information or to apply online:

<http://statejobs.state.wy.us/JobSearchDetail.aspx?ID=16784>

For questions, call Susan Siler at the Park County WIC Office at 307-754-8880. WDH is an EOE/ADA employer.



## Diabetes Education available in Rapid City, SD!



The MRCDE (Mt Rushmore Chapter of Diabetes Educators) - SD affiliate of the American Association of Diabetes Educators-- is having its annual educational conference Sept 9-10. 10 CEU's pending approval. It will be a full day on Thursday and 8am-12noon on Friday at the Ramkota Inn in Rapid City, SD. You can register online at [HEDS.org](http://HEDS.org)

This would be a good opportunity for a comprehensive diabetes update. The conference is open any healthcare professional interested in diabetes. Some of the speakers include:

- \* Rachel Edelen, MD, Pediatric Endocrinologist
- \* Tom Repas, DO, Endocrinologist
- \* John Palmer, DO, Endocrinologist
- \* Nancy D'Hondt, RPh, Vice-president, AADE (American Association of Diabetes Educators)
- \* Sue Davies, MPH, RD, LN
- \* Mary Sullivan, RN, MSN, C-ANP, CDE, National Diabetes Educator of the Year

This would also be a good opportunity to network with other RD's and diabetes educators. There will be outstanding speakers who will cover a wide variety of topics.

*If you have questions, contact:*

Linda A. Fellows, MS, RD, LN, CDE, BC-ADM

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*Thank You to everyone who made contributions  
to another great issue of the Range Rider*



**WDA wants to hear from you!** For future publications please send information on what you've been up to, upcoming events, innovative programs you've implemented, interesting food and nutrition information, new RD's in your area, etc., to: [lori.ruess@health.wyo.gov](mailto:lori.ruess@health.wyo.gov) and/or [laura.hudspeth@health.wyo.gov](mailto:laura.hudspeth@health.wyo.gov)