

Denver Dietetic Association Newsletter

January/February 2008

Greetings Denver Dietetic Association members!

Welcome to 2008! Many people make New Year Resolutions and I thought it would be interesting to see some resolutions from fellow DDA members.

- Get more organized.
- Read (a book for pleasure) for at least 30 minutes before bed rather than watching TV.
- Complete as many projects as possible before taking on new, perhaps more fun and interesting, projects.
- To get started on my PDP (professional development portfolio).
- To get more involved with the DDA meetings this year!
- Buy a treadmill so that I can exercise regularly during the cold, short days of winter.
- Get in touch with an old friend each month.
- Adopt an "environmentally-friendly" practice each month (using fabric shopping bags, buying "green" cleansers, etc).
- Run my first half-marathon.
- Be more flexible with my plan for personal time. Once a week allow my plan to be disrupted by another opportunity allowing for more spontaneity.
- Be more fiscally responsible. Determine what is wrong with my current budget and how to limit spending.
- Be generous with time but admit my limits. Learn to say no to protect my sanity...even if it's to a loved one.
- Stop the 1-2 pound weight creep per year and loose the last 8 years of creep
- Try a new recipe every week.
- Read something about faith everyday in an effort to strengthen my own faith.

I am excited to be involved with such a wonderful group of colleagues and I look forward to the year ahead. The Meeting Planning committee lead by president-elect, Andrea Rougé, has planned a diverse group of meetings for the second half of the year culminating in May with a presentation by Dr. James Hill of the University of Colorado Health Sciences Center. Dr. Hill will discuss our city, metro Denver, as successful model for addressing the obesity epidemic.

With the new DDA website, www.eatrightdenver.org, it is easier than ever to get the latest information on meetings, become a DDA member or a member of the Speaker's Bureau, contact board members, etc. It is also a great way to publish an article or highlight some of the great things you are doing in your field. We are always looking for new material so if you would like to submit something or would like additional information regarding the website feel free to contact Angela Moore, angela@fitlifeofcolorado.com, or Shannon Strasser, shannon@summitnutrition.us.

I am always open to suggestions for the newsletter as well. If there is something you would like covered or added please let me know.

Have a wonderful New Year DDA Members!

Sincerely,
Kim Blood, RD
Denver Dietetic Association Newsletter Chair, 2007 - 2008

DDA Article

Physician Kits: Connecting Nutrition with the Medical Community

by Heidi Williams, MPH, RD and Anne Bennett, MPH, RD

Tri-County Health Department's Nutrition Division has formed a strong community partnership with area physicians in an effort to decrease childhood obesity, increase breastfeeding rates and increase physician awareness of nutrition services. Colorado children up to age five, have an overweight rate of 15%, increasing risk for chronic disease. Breastfeeding is associated with lower rates of obesity. A needs assessment was conducted in fifteen obstetric and pediatric offices to determine how best to assist physicians with obesity and breastfeeding issues. This resulted in development of childhood overweight and breastfeeding physician kits.

The kits contain hanging files with requested information: pamphlets in English and Spanish, resource lists for patients and physicians, assessment tools, nutrition counseling tips, obesity and breastfeeding key message promotion ideas, information about the Special Supplemental Food and Nutrition Program for Women Infants and Children and the Tobacco Prevention Program. Registered dietitians distributed the kits during lunch presentations to 21 physician offices.

Six-month follow-up survey results show that staff at 11 of the offices accessed the kits at least daily for patient education. A health department registered dietitian completes follow-up visits a minimum of two times a year to replenish materials, provide additional materials as needed and continue to strengthen the community partnership.

The stage has been set for future community collaboration as physicians see the health department as a resource for materials and referral information. TCHD received a National Association of City and County Health Officials (NACCHO) Model Practice Award for this project.

For more information regarding the Physician Kits contact...

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****If you know of an interesting nutrition program, new materials, or a DDA colleague who is doing great work, etc. and would like to write an article to share with your fellow DDA members - we would be happy spread the word! Please contact Kim Blood, kablood@hotmail.com, with article ideas or submissions.**

Click here to view more articles by DDA members

DDA Meetings

The Denver Dietetic Association is pleased to support local charities that support food, nutrition, and ending hunger in our community. At each DDA member meeting, a charitable donation will be given to a select non-profit that supports a healthier Denver Metro Area. Stay tuned for details...

Upcoming Meetings

Tuesday, February 19, 2008

“Effective Cooking Demonstrations”

Presented by: Eric Stein, MS, RD instructor Johnson and Wales University

Location: Johnson & Wales University, 7150 Montview Blvd., Denver, Colorado 80220

RSVP by Tuesday, February 12th to reserve your seat and dinner

Wednesday, March 12, 2008

“Supporting Your Gastric Bypass and Lap Band Surgery Clients: What You Need to Know”

Presented by: Kelly Elliot, RD, CNSD

Location: Lone Tree Golf Club & Hotel, 9808 Sunningdale Blvd, Lone Tree, Colorado 80124

RSVP by Tuesday, March 4th to reserve your seat and dinner

Click here for a complete list of meetings or to RSVP online

DDA 2008 Corporate Sponsorship Levels

The Denver Dietetic Association has implemented a new corporate sponsorship program which provides additional fundraising opportunities for DDA. Companies can choose from three sponsorship levels which allow them access to member events, mailing labels, advertising on the DDA Website, etc. See below for specific corporate sponsorship benefits.

Effective January – December 2008

Diamond Sponsorship (\$500)

- Recognition as a Diamond sponsor during all of our member events
- 15 minutes of sponsor speaker time at member events of your choice (only 1 speaker per event)
- Small exhibit table at 2 member events of your choice
- Two sets of DDA membership labels
- Free job postings on DDA website for sponsorship year
- Posted company logo on our quarterly newsletter
- Benefits of Denver Dietetic Association membership for sponsorship year (listserv, newsletter, etc.)

Emerald Sponsorship (\$250)

- Recognition as an Emerald sponsor during all of our member events
- Small exhibit table at 1 member events of your choice
- One sets of DDA membership labels
- Free job postings on DDA website for sponsorship year
- Free advertising space in our quarterly newsletter
- Benefits of Denver Dietetic Association membership for sponsorship year (listserv, newsletter, etc.)

Sapphire Sponsorship (\$100)

- Recognition as a Sapphire sponsor during all of our member events
- Small exhibit table at 1 member events of your choice
- One sets of DDA membership labels
- Free job postings on DDA website for sponsorship year
- Benefits of Denver Dietetic Association membership for sponsorship year (listserv, newsletter, etc.)

Current DDA Sponsors include...

- **Diamond Sponsors**
 - WhiteWave Foods (Silk® and Horizon Organic®)
 - Parducci Wine Cellars
- **Emerald Sponsors**
 - Colorado Beef Council
 - Sysco Denver

Visit <http://www.eatrightdenver.org/about/sponsors.html> for more information on our sponsors

Support Colorado Dietetic Association Members...

It's an exciting year for elections...including our own ADA election! Colorado Dietetic Association member JoAnn Pegues has been selected to run for the Director-at-Large position for ADA.

Please remember to vote, and to support our own Colorado candidate: JoAnn Pegues. From February 1 to March 3, ADA members participate in national ADA elections through paper ballots or electronic voting.

Go to www.eatright.org Click on ADA Member Updates on the homepage, and then on View ADA's 2008 Ballot.

ADA Director-at-Large Candidate: Jo Ann Pegues RD., MPA

Nutrition Consultant and Manager: Focus on Diabetes Program at the Center for African American Health.

Jo Ann is a strategic thinker and visionary having worked with federal, state and community leaders providing policy recommendations, training and technical assistance. Her professional practice spans 40+ years across the life-span with diverse populations.

She has promoted ADA's mission/vision/values over the years as a volunteer having served as Past President and Treasurer of the Colorado Dietetic Association, Delegate, Past Chair of GN (Healthy Aging) DPG and in several appointed positions within the Association.

Her many awards and honor include: ADA Medallion Award -2001; Oklahoma State University HES Distinguished Alumni Award -2003; Gerontological Nutritionist DPG Distinguished Service Award 2005.

Jo Ann is concerned about diversity within the Association and has a savvy understanding of the rapidly changing demographics. She would like to help position ADA to address the needs of all members to be aware and practice in a culturally competent manner to help reduce the incidences of disparate treatment in health.

Feedback

To remove your name from our mailing list, please [click here](#).

Questions or comments? Recommendations for the newsletter? E-mail us at kablood@hotmail.com