

Newsletter  
November 2009



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

**GADA Executive Board**

**Betsy Dietsch**  
President

**Susan Bertucci**  
President-Elect

**Sherry Coleman**  
Immediate Past  
President

**Monica Fink**  
Secretary

**Kate Wiley**  
Treasurer



**Membership  
Directory**

The GADA  
M e m b e r s h i p  
D i r e c t o r y is now  
available on the  
GADA website for  
G A D A M e m b e r s  
only!



**Reminder!**

Membership application is  
available online at:

[http://  
www.eatrightatlanta.org/  
membership.htm](http://www.eatrightatlanta.org/membership.htm)

**Message from the President**

Dear Fellow GADA Members,

This membership started with a hiccup. We had a great social at the Red Brick Brewery, and then our first membership meeting had to be rescheduled due to the heavy rains and flooding in the area. We got back on track last month when Erica Lesperance, RD, LD spoke to our members about "Weight Loss and Wellness: The Life Coach Approach." We followed that with our first GDA/GADA wine and cheese social on November 12<sup>th</sup>. David Orozco, GDA Delegate spoke about the importance of ADA membership and the role of delegate.

Our board has been hard at work planning meetings and socials, as well as attempting to redesign the website. We have decided this task is too much for the board alone to handle. We would like to form a committee to organize the content we would like to have on the website. Once the committee has a clear picture of what we want on the website, then they will gather quotes from web developers to present to the board. If you would like to serve on this committee, please email me at [betsy.dietsch@gmail.com](mailto:betsy.dietsch@gmail.com) by November 30<sup>th</sup>.

Stay connected with GADA on Facebook. GADA has a Facebook page and we'd love for you to join our group. Learn about upcoming events or network online with other GADA members. Get linked into other RD's across the state on GDA's LinkedIn page. You can network with other RD's or join a conversation.

GADA is our organization and will only be as successful as its membership involvement. Don't miss out on your opportunity to grow professionally and personally as an active member this year. There are one-time and on-going opportunities to volunteer available. Please contact me or any board member for more information.

Be Well,

Betsy Dietsch, RD, LD  
GADA President 2009-10

**What's New in the Literature?**

**Probiotics**

Vouloumanou EK, Makris GC, Karageorgopoulos DE, Falagas ME. Probiotics for the prevention of respiratory tract infections: a systematic review. Int J Antimicrob Agents 34 : 197-206, 2009.

Bonifait L, Chandad F, Grenier D. Probiotics for oral health: myth or reality? J Can Dent Assoc 75 :585-590, 2009

Boyle RJ, Bath-Hextall FJ, Leonardi-Bee J, Murrell DF, Tang ML. Probiotics for the treatment of eczema: a systematic review. Clin Exp Allergy 39: 1117-27, 2009.

**Obesity**

Aronne LJ, Nelinson DS, Lillo JL. Obesity as a disease state: a new paradigm for diagnosis and treatment. Clin Cornerstone 9: 9-29, 2009.

Lakdawalla D, Philipson T. The growth of obesity and technological change. Econ Hum Biol 7: 283-293, 2009.

Brown BB, Yamada I, Smith KR, Zick CD, Kowaleski-Jones L, Fan JX. Mixed land use and walkability: variations in land use measures and relationships with BMI, overweight, and obesity. Health Place 15 :1130-1141, 2009.

**Vitamin D**

Myhr KM. Vitamin D treatment in multiple sclerosis. J Neurol Sci 15: 104-108, 2009.

Lee P, Greenfield JR, Seibel MJ, Eisman JA, Center JR. Adequacy of vitamin D replacement in severe deficiency is dependent on body mass index. Am J Med. 122 :1056-1060, 2009.

Giovannucci E. Vitamin D and cardiovascular disease. Curr Atheroscler Rep 11: 456-461, 2009.

**Organic Food**

Dangour AD, Dodhia SK, Hayter A, Allen E, Lock K, Uauy R. Nutritional quality of organic foods: a systematic review. Am J Clin Nutr 90: 680-685, 2009.



Congratulations to **Patty Garrett**, GADA member, who recently won the election for DeKalb County - Decatur - City Commission District 2 Post A.

## Film Festival

ADA's first annual "Film Festival" was held on October 3, 2009 at Inman Middle School's Auditorium in the Virginia Highlands neighborhood of Atlanta. Using film in health education is entertaining and an innovative way to raise food consciousness. We brought together nutrition educators and local community to engage in thoughtful discussion following 2 documentary films. The first film, *The True Cost of Food* was produced by the Sierra Club and the second from Southern Foodways Alliance, *The Rise of Southern Cheese*. Our expert panel consisted of Kevin Gillespie head chef (and Top Chef contender!) from Woodfire Grill, Christiane Lauderbach, food journalist from the AJC and Atlanta Magazine, Charlotte Swancey, farmer from Riverview Farms, and Jonathan Tescher from Georgia Organics. Whole Foods provided bread, apples, crackers and sparkling cider; Sweetgrass Dairy (local Georgia cheese producer) provided delicious goat cheeses. Donations of food and dollars went to the Atlanta Community Food Bank. For more information on Film as food for thought from the Hunger and Environmental DPG, read the October issue of *Today's Dietitian*, Vol. 11, No. 10, which has an excellent blueprint to help you create a successful event in your community.

Cheryl Orlansky RD, LD, CDE  
GDA State Media Representative



**Hunger and Environmental DPG:** <http://www.hendpg.org/hen.cfm?page=member-benefits>

Mission: Empowering members to be leaders in sustainable and accessible food & water systems



## 2010 Award Nominations

Do you know a RD who has demonstrated outstanding leadership qualities and performance in one of these areas: clinical dietetics, community outreach, legislation, management, public relations, or research? If so, please read on...

The Nominations Committee is seeking qualified candidates for the following **GDA Affiliate Awards**:

- Recognized Young Dietitian
- Recognized Dietetic Technician,
- Outstanding Dietitian
- Emerging Dietetic Leader

and **GDA Distinguished Service Awards** which acknowledge those who make significant contributions to one of the following areas:

- Distinguish Service to GDA
- Distinguish Service to GADA
- Distinguish Service by a Legislator
- Distinguish Service, Community Leader
- Distinguish Service, Researcher
- Distinguish Service in the Media,
- Distinguish Service to a Grassroots Effort
- Special Recognition Award

awards are open to GDA members and nonmembers; e.g. media/ reporters, members of Congress, etc. If you are interested in nominating someone, please contact Tracy Smith, Nominations Chair, at [Tracy.Smith@southernregional.org](mailto:Tracy.Smith@southernregional.org) by December 1, 2009.

### **Outstanding Educator Award**

The Outstanding Dietetic Educator Award recognizes the teaching, mentoring, and leadership activities of faculty and preceptors in CADE-accredited and approved dietetic education programs (Dietetic Internship, Coordinated Program in Dietetics, Didactic Program in Dietetics, and Dietetic Technician Program). One educator will be selected from each program in each geographical area (we are in Area 3; there are 7 geographical areas). If you are interested in nominating someone, please contact Tracy Smith, Nominations Chair, at [Tracy.Smith@southernregional.org](mailto:Tracy.Smith@southernregional.org) by December 1, 2009.

### ***GADA is also accepting nominations for the 2010 GADA Election.***

Descriptions of board positions and responsibilities are on our website at [www.eatrightatlanta.org/board07-08.htm](http://www.eatrightatlanta.org/board07-08.htm).

Open board positions are:

- President-Elect
- Secretary
- Nominating Committee

Develop your leadership and networking skills with the GADA Board of Directors.

Submit nominations to Tracy Smith, Nominations Chair, at [Tracy.Smith@southernregional.org](mailto:Tracy.Smith@southernregional.org) by January 31, 2010.

## ADA UPDATES FOR PRACTICE

Code of Ethics for the Profession of Dietetics and Process for Consideration of Ethics Issues Effective January 1, 2010. [http://www.eatright.org/ada/files/COE\\_09.pdf](http://www.eatright.org/ada/files/COE_09.pdf)

RD Standards of Practice and Professional: *Nephrology* (September 2009 ADA Journal); *Pediatric Nutrition* (August 2009 Journal); or visit: [http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home\\_13731\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_13731_ENU_HTML.htm)

Evidence Analysis Library (members only): New Evidence-Based Guidelines— *Unintended Weight Loss* (October 2009)

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## GDA ANNUAL MEETING HAS A NEW NAME!

The Annual Meeting of the Georgia Dietetic Association is now called the *GDA Annual Conference and Exhibition (ACE)*. The 2010 ACE will be held April 29-May 1 at the Cobb Galleria Centre. Information about the meeting will be available soon on the GDA website [www.eatrightgeorgia.org](http://www.eatrightgeorgia.org).

## GDA POSTER SESSION.....CALL FOR ABSTRACTS



The Georgia Dietetic Association (GDA) invites you to participate in the professional exchange Poster Session at its Annual Conference and Exhibition (ACE) at the Cobb Galleria Centre, April 29—May 1, 2010. The Poster Session will be held on April 30.

Poster Session participants must pay for registration, but primary author receives \$50 off registration; if a student author, participant receives \$15 off registration.

The poster session provides an opportunity for GDA members to learn about quality projects, programs, or professional activities. Don't miss this opportunity to share your success with GDA members.

Application deadline is March 19, 2010. Go to <http://www.gda-online/annualmtg.php> to download an application.

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## SPINACH POMEGRANATE SALAD

1 (10 ounce) bag baby spinach leaves, rinsed and drained  
 1/4 red onion, sliced very thin  
 1/2 cup walnut pieces  
 1/2 cup crumbled feta  
 1 pomegranate, peeled and seeds separated  
 4 tablespoons balsamic vinaigrette



Place spinach in a salad bowl. Top with red onion, walnuts, and feta. Sprinkle pomegranate seeds over the top, and drizzle with vinaigrette.