

Newsletter
December 2007



www.eatrightatlanta.org

Message from the President

Hello Fellow GADA Members!

The 2007-2008 membership year seems to be flying by. The GADA Board of Directors continue to work hard to plan membership activities that will entice all of our members. We are committed to providing quality membership meetings, networking opportunities, and social events for our members. Based on membership surveys, networking seems to play a large role in your decision to become and remain members. Therefore, we hope to include various networking opportunities at our meetings and through volunteer and social events. It is my hope that you will continue to be active GADA Members. If you have any suggestions for member activities or would like to get involved, please contact myself or any of the Board of Directors or Committee Members.

The holiday season is upon us! With that comes friends and family get togethers, celebrations, and – *how could we forget* – holiday meals. This is a great time for you to showcase your nutrition knowledge. Share a healthful recipe with a friend, volunteer at a soup kitchen or for a food drive, or write an article for your favorite charity or faith based group. Help others have a healthy holiday season. Remember-You are the nutrition expert.

Wishing you and your family a happy and healthy holiday season!

Warm Wishes!

Kelley Dodgson RD, LD
GADA President



Membership Directory

The GADA Membership Directory is now available on the GADA website for GADA Members only!

Existing Health and Wellness Programs for All Ages

Health and wellness programs provide individuals of all ages with abundant opportunities for a healthy and high-quality life. Programs often tend to target specific population groups and offer a variety of activities that meet individual needs. Examples of health and wellness agencies in Georgia are schools, the YMCA, businesses, and the Atlanta Regional Commission (ARC).

Numerous health and wellness policies have been set up through the school system for children (1). *Team Nutrition: Local Wellness Policy* aids school systems in the establishment of nutrition and physical activity programs. *Fit, Healthy, and Ready to Learn: A School Health Policy Guide* provides a foundation for creating health programs and policies in schools. *Nutrition Standards for Healthy Schools: Leading the Way Toward Healthier Youth* directs schools in the process of starting or advancing wellness activities. *School Wellness Policy and Practice: Meeting the Needs of Low-Income Students* guides schools in helping low-income children to benefit from wellness policies (1).

Children can also benefit from programs offered by local YMCAs (2). The Y-Tri Youth Program provides running, biking, and swimming training for children between the ages of seven and twelve. The Fit Tweens Program teaches teenagers about the benefits of physical fitness and how to have a healthy diet, make physical fitness a part of their life, and meet fitness and health goals. Yoga for Kids is a program offered for 6- to 12-year-old children (2).

Health and wellness programs for adults have become especially important in recent years as the problem of obesity and rising health care costs have grown (3). More and more employers provide programs aimed at improving the health of their employees.

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GADA Executive Board

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This issue of the GADA Newsletter is devoted to topics in community nutrition. The next issue will focus on Food Service and Management. If you are interested in submitting an article, please contact Barbara Hopkins at bhopkins@gsu.edu. The deadline for submission is February 15, 2008.

Community Nutrition in Greater Atlanta

Heart Healthy in Cobb County

In January 2007, Cobb County, along with the Atlanta Regional Commission Division of Aging Services, Pfizer Pharmaceuticals, Inc., Lockheed Martin, and Wellstar, kicked off the Cobb Health University at their five Senior Services Multipurpose Centers. Seniors aged 55 and older who were at risk for or had heart issues, high blood pressure, high cholesterol, and/or diabetes were eligible to participate. The Health University consists of monthly sessions focused on diet, exercise, and general well-being education. Various speakers from around the community come to present to this group. For example, Joe Engelbird, registered dietitian and head chef for Fulton County Senior Centers, conducted cooking demonstrations for "Heart healthy flavors around the world" during the month of November.

Participants were given journals at the kick-off of the University to track the activities they do in an effort to improve their health. Points are assigned for each activity and are tallied monthly. For example, class attendance is worth 2 points, 30 minutes of exercise is worth 1 point. Prizes, such as restaurant gift certificates, pedometers, and exercise bands, are given to participants with high point levels on a periodic basis.

Though the program is still underway, the participants so far are reporting positive results. At a recent group meeting, participants stood up and gave testimonials to the group about decreased blood pressure, decreased A1C levels, decreased cholesterol levels, increased activity levels, and increased knowledge of heart healthy foods.

Submitted by Anita Kolmers, MS, Dietetic Intern, Georgia State University

Atlanta Regional Commission

The Atlanta Regional Commission (ARC) is a multi-faceted community agency that serves as a liaison between the government and the region of Atlanta. It is the regional planning agency that coordinates with the Atlanta region based on legislation passed by the Georgia General Assembly. It is so huge and is involved in so many aspects of the community that it is difficult to grasp the magnitude of what they are actually involved with. The department of community services, specifically, the Health & Wellness area, works with the aging community in Georgia. The ARC is directly under the Department of Human Resources and is over 10 counties in Georgia, and services the Area Agency of Aging (AAA) for the Atlanta Region and senior centers are the entry point for many older adults. It is continually serving the Atlanta Community by utilizing resources and connections within the community while being guided by legislation. ARC is supported by funds arising from local, state and federal government, and plays an integral role the coordination and collaboration of resources and services to serve the Atlanta community.

The department of community services, specifically, the Health & Wellness area, works with the aging community in Georgia. ARC services the Area Agency of Aging (AAA) for the Atlanta Region and senior centers are the entry point for many older adults. Nutrition education is one of the main components that is coordinated with the senior centers in the community. There are a variety of nutrition education classes that are offered at the community senior centers such as general nutrition, diabetes, weight management and heart health. Nutrition education is an interactive process with the seniors, including; hands on activities, demonstrations, handouts and questions are highly encouraged.

Submitted by Michele Rosbruck, Dietetic Intern, Georgia State University

Great holiday recipe: Pumpkin Pancakes

1 cup canned pumpkin
1 cup flour
1 tsp baking powder
1 Tbsp cinnamon
½ cup brown sugar baking blend
½ tsp vanilla extract
4 large egg whites
¼ cup chopped walnuts (optional)
Cooking spray

Mix flour, baking powder, cinnamon, and sugar in large bowl. Beat pumpkin, egg whites, and vanilla together and add to dry ingredients. Stir in walnuts. Batter should be thick. Turn skillet or griddle to medium-high. Spray with cooking spray and spoon batter and spread into 4-inch circles. Reduce heat to medium and cook about 2 min on each side. These pancakes are delicious plain or topped with applesauce. Yield 12 pancakes.



What's in it for me? In 2 pancakes: 175 calories, 31 g CHO, 6 g protein, 3 g fat, 2 g fiber



CONGRATULATIONS



Fit Kids and TIPP's for Kids Receive National Award

Children's Healthcare of Atlanta's Fit Kids and TIPP's for Kids™ programs have received the 2007 *Innovation in Prevention Award* for promoting healthy lifestyles in communities. The award was presented by the Department of Health and Human Services (HHS).

Fit Kids is a six-week community based family education program that uses a non-diet approach to improve eating habits. It is designed to teach overweight children ages 6-12 years and their families ways to lead more healthy lives.

TIPP's for Kids is a 12-week after-school exercise and nutrition program for overweight youths between the ages of 10 and 17 years and their families. The goal of the program is to delay or prevent the onset of type 2 diabetes. Cristina Caro, 2006-2007 GADA president and 2007-2008 GDA president-elect, is the program coordinator (second from the right in the photo).



GADA National Nutrition Month Activities

March 2
Hunger Walk

March 8
Diabetes Expo

March 10
RD Social Event

Plus....
MARTA Bus Ads
You Tube Contest

Details to follow on
GADA website

National Nutrition Month ® 2008 will be very special this year as we celebrate the first Registered Dietitian Day on March 10. Registered Dietitian Day will provide the perfect opportunity to recognize the contributions, expertise and commitment of RDs who work throughout local communities as advocates for nutrition and health.

Also new for 2008 is a redesigned section of the Web site designed especially for National Nutrition Month and Registered Dietitian Day that provides resources for members and consumers around the theme "Nutrition: It's a Matter of Fact." At www.eatright.org/nnm you will find event ideas, sample proclamations, teacher's classroom guide, the NNM catalog with gift items for Registered Dietitian Day and other helpful resources for promoting NNM and Registered Dietitian Day. In January, press releases and interactive features will be added including a fact or fiction quiz, fad diet timeline and nutrition games.

Featured online this year will be these downloadable consumer education flyers:

- Top Ten Nutrition Facts
- Top Ten Reasons Why Consulting with a Registered Dietitian Can Benefit You
- Registered Dietitians Bring Food and Nutrition Expertise to the Table
- NNM 2008 Recipes selected from ADA publications

Health & Wellness: Not Just A Dietitian's Job

"No man is an island."

"Rome was not built in a day."

"It takes a village to raise a child."

These age old sayings come together to form one common concept- collaboration. The idea of collaboration, working together for a common goal, is seen throughout history and has been proven to be effective. Coming into the profession of dietetics , one thing has become clear: collaboration is key to successful and permanent change in any community. It only makes sense that it takes many different professions working together to make healthy, positive changes in the lifestyles of those in the community. Dietitians are essential in the movement towards community health and wellness: we serve as conductors of change. Collaboration for sustained, continuing health and wellness takes initiation not only from dietitians but also support from doctors, schools, community center, senior center, and churches (1). A 2005 press release from the USDA outlined the importance of collaboration and how assistance from all sectors are necessary to create change that will last (2). Using community connections, no matter how big or small, is the first step in collaboration. As diet continues to be highlighted and connected to overall optimal health and wellness, dietitians can start the trend to make lasting change.

Submitted by: R. Aislinn Hundley, Dietetic Interns, Georgia State University

References

1. <http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=558848>
2. <http://www.fns.usda.gov/cga/PressReleases/2005/FNS-0005.htm>

Existing Health and Wellness Programs for All Ages, continued

The first step in establishing such programs requires employees to complete a Health Risk Assessment. The results of such an assessment should determine the type of health and wellness program developed. For example, if most employees have poor cardiovascular health, aerobic exercise may prove beneficial. Many companies also invite dietitians and other health professionals to employee lunches to discuss health issues and encourage employee participation in health and wellness activities (3).

Adults can also benefit from programs offered by YMCAs (2). The Y-Tri Adult Program trains adults in running, biking, and swimming, and the Master's Swim Team provides stroke clinics and endurance training (2).

The ARC (Atlanta Regional Commission) is a major supporter of health and wellness programs for seniors in the Atlanta area (4). The Medication Management Program offers classes and pharmacist-administered medication reviews. The Pedometer Walking Program encourages seniors to walk regularly and to use a pedometer to keep track of steps taken. The Cholesterol Management Program provides education and exercise programs with the goal of reducing cholesterol in seniors. The Vision Screening Program works to prevent blindness and provide vision care for low-income seniors. Live Healthy Georgia...Seniors Taking Charge provides nutrition education interventions for older adults in senior centers. Seniors are encouraged to meet fruit and vegetable recommendations, exercise regularly, and manage diabetes effectively (4).

Submitted by Theresa Hedrick, MS, and Rashelle Berry, MPH, Dietetic Interns, Georgia State University

References

1. National Center for Chronic Disease Prevention and Health Promotion. Local wellness policy tools & resources. Retrieved from <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>
2. YMCA of Metropolitan Atlanta. Health & wellness. Retrieved from http://www.ymcaatlanta.org/Branches/SBY-Sanders_Buckhead_YMCA/Programs/
3. McCrea, B. Promoting wellness. Retrieved from <http://www.sbsonline.com/National/Article.aspx?CID=8806>
4. Atlanta Regional Commission. Health & wellness. Retrieved from http://www.atlantaregional.com/cps/rde/xchg/arc/hs.xsl/476_ENU_HTML.htm.

Want to Get Paid to Speak?

Whether you're just beginning to speak, or you're a seasoned professional, we want to hear from you! GADA has initiated a speakers bureau on its website. Each time a request for a speaker comes our way, we'll forward it to everyone on the list. Interested? Please send Dr. Jo (drjo@drjo.com) your name, title and company, credentials, the topics you speak on, preferred phone, email address, and website.

We also have a volunteer speaker's bureau for students and others willing to participate in community outreach efforts, such as health fairs, high school career fairs, and the like. Interested in the volunteer speakers bureau? Please contact Maureen McAndrews at maureen.mcandrews@emoryhealthcare.org

Step Up--Start a Walking Group!

Are you bored with your workout routine? A fun way to increase your activity level, shape up, and maybe even meet some new people is to start a community walking group. It sounds like a lot of work, but there's not much to it. Even if you (or your clients) already love to walk, there are plenty of reasons to walk in a group. It's much safer than walking alone, it's motivating, and it can keep you committed to your program. Here's how to get started:

Recruit online: Free internet groups like www.meetup.com make it simple for you to reach people in your area with similar interests. You create and name your walking group, describe the geographic area your walks will cover, and other fitness-minded folks will sign up. You can communicate with members and even see how many plan to attend your next walk. So log on and get moving!

Recruit traditionally: Most local newspapers or magazines have free advertising available for community announcements. Post a free ad with a planned meeting, or have interested walkers call you to help plan one. Put up flyers in the library, community centers, and apartment complexes with the same information.

Keep it free (and simple): Don't charge a membership fee. Even if you plan to have refreshments or speakers, it's best to accept donations as funds are needed. Better yet, don't plan anything with a cost. One of the reasons walking is increasing in popularity is because it's free.

Get together: Decide where and when your first group walk will be held. Set guidelines. Will you have a 10-minute grace period for walkers arriving late, or will the group leave at the scheduled time? Will your walks be planned for indoors, outdoors, or a combination? Will you hold separate events for fast walkers or leisurely paced walkers?

Keep it interesting: Don't walk the same route time after time. Take into account where your members are driving from. Ask them where else they enjoy walking. You might choose to walk neighborhoods, indoor tracks, local trails, parks, shopping centers, or colleges.

Written by Jessica Griffin, GSU dietetic intern

Resources for Community Nutrition

- American Public Health Association <http://www.apha.org>
- Georgia Public Health Association <http://www.gapha.org>
- Community Food Security Coalition <http://www.foodsecurity.org>
- Center for Science in the Public Interest <http://www.cspinet.org/>
- Future of Children <http://www.futureofchildren.org/>
- Georgia Coalition for Physical Activity and Nutrition www.g-pan.org
- Healthy Mothers, Healthy Babies Coalition of Georgia <http://www.hmhbga.org/>
- Obesity Action Coalition <http://www.obesityaction.org/home/index.php>
- Surgical Review Corporation www.surgicalreview.org
- Centers for Medicare & Medicaid Services <http://www.cms.hhs.gov/>
- Open Hand <http://www.projectopenhand.org/s-nutr-outreach.asp>
- 2005-2015 Georgia's Nutrition and Physical Activity Plan
<http://health.state.ga.us/pdfs/familyhealth/nutrition/NutritionandPhysicalActivityPlanFINAL.pdf>
- National Center for Chronic Disease Prevention and Health Promotion. Local wellness policy tools & resources. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>
- Live Well Age Well, Seniors Taking Charge <http://www.livewellagewell.info/resources.htm>





2008 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.

GADA is also accepting nominations for the 2008 GADA Election. Descriptions of board positions and responsibilities are on our website at 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 Bethany Smith, Nominations Chair, at bcsmith@charter.net by January 31, 2008.

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 Barbara Hopkins at blhopkins@mindspring.com by January 7, 2008.