Dietitian Category Day
Thursday, May 23, 2013

The planners and presenters for this activity wish to disclose that they have no financial interests or other relationships with the manufacturers of commercial products, suppliers of commercial services, or commercial supporters. Presentations will not include any discussion of the unlabeled use of a product or a product under investigational use.

7:45 am - 8:00 am
Welcome and Introductory Remarks
Speakers: CAPT Edith Clark, USPHS, MBA, RD, CDE; CDR Claire Banks, USPHS, MS, RD/LD, CDE; CDR Sandra Magera, USPHS, MS, RD, CDE, USPHS; and LT Casey Cavanaugh, USPHS, MS, RD, CLC

Attendees will have the opportunity to ask questions about current activities, how these activities personally impact them and how they can help to make all of these activities successful.

At the end of this session, participants will be able to: 1. Explain three ongoing activities within the Dietitian category. 2. Identify activities for each individual to demonstrate to make these projects successful. 3. Summarize the activities of the dietitian Professional Advisory Committee over the past calendar year.

8:00 am - 9:00 am
Health Coaches Support Patient-centered Care
Speakers: LCDR Gwenivere Rose, USPHS, MS, RD and LCDR Faye Scott, USPHS, RD

This presentation will give participants an opportunity to learn about the health coach model and staff capacity-building strategies that the Indian Health Service, Navajo Area, Chinle Service Unit has effectively utilized in the areas of healthy weight, breastfeeding and diabetes. The Diabetes Prevention Project (DPP) was instrumental in showing the effectiveness of lifestyle interventions and the coaching model in preventing chronic illnesses such as diabetes. The health coach model was first utilized in Chinle in 2005, with the native lifestyle balance program which was implemented at worksites. In 2007, this model was introduced into clinical services to support breastfeeding moms and in 2008 for diabetes management services. Currently, the
Dietitian Category Day Agenda

diabetes and health coach model is fully integrated into clinical services as part of the baby-friendly hospital and the healthy heart initiatives. The health coach model and staff capacity building have allowed for culturally integrated patient-centered care to be integrated into clinical services across the Chinle Service Unit resulting in improved clinical outcomes and patient experience with services.

At the end of this session, participants will be able to: 1. Describe a model for training and coaching clinical care teams on SMS techniques, documentation, fitting into daily practice and methods of evaluation. 2. Identify the importance of patient self-management in improving the patient experience and clinical outcomes. 3. Compare and contrast techniques for implementing health coaches into clinical/community settings.

9:00 am - 9:30 am  
**Dietitians Shape the National Prevention Strategy**  
*Speaker: CDR Carol Treat, USPHS, MS, RD, CDE*

The National Prevention Strategy (NPS) is authorized by the Affordable Care Act and developed by a national non-governmental advisory group using evidence based practices to promote health. The first publication of the NPS was distributed in June 2011. The U. S. Surgeon General (SG) announced a call to action for the U. S. Public Health Service (USPHS) categories to draft and submit an outline of specific proposals to increase awareness and efforts related to the National Prevention Strategy. The USPHS Dietitian category convened a small work group to develop a Dietitian National Prevention Strategy. The goal is to showcase the importance of dietitians’ efforts in disease prevention and health promotion throughout the lifecycle. The workgroup formed a partnership with The Academy of Nutrition and Dietetics to develop a video/podcast and promote it on the Academy’s website. The final product will be available to disseminate globally to all interested parties.

At the end of this session, participants will be able to: 1. Outline the National Prevention Strategy. 2. State at least one way a dietitian can participate in the NPS. 3. Verbalize ways to access the Dietitian National Prevention Strategy.

9:30 am - 9:45 am  
**Break**

9:45 am - 10:45 am  
**Revising the Nutrition and Supplement Facts Labels**  
*Speaker: CDR Blakely Fitzpatrick, MPH, RD, CSSD*

The Nutrition Labeling and Education Act of 1990 (NLEA) amended the Federal Food, Drug and Cosmetic Act (the Act) to provide the U.S. Food and Drug Administration (FDA) with the explicit authority to require nutrition labeling on most packaged foods regulated by the Agency. FDA issued a series of regulations in 1993 establishing requirements for nutrition labeling. The Agency also issued regulations in 1997 establishing requirements for the labeling of dietary supplements after the Dietary Supplement Health and Education Act of 1994 was enacted. With the exception of the
2003 amendments requiring declaration of the amount of trans fat per serving, the regulations for the labeling of conventional foods and dietary supplements largely have not been updated since the 1990s. New scientific information and dietary recommendations are now available, which have led the Agency to conduct a comprehensive review of the current state of the Nutrition Facts and Supplement Facts labels. The Agency issued several Advanced Notices of Proposed Rulemaking (ANPRM) in the Federal Register to request public comment on issues related to the labeling of conventional foods and dietary supplements. FDA is now considering comments received to those ANPRMs; citizen petitions; information in consensus reports, such as the Institute of Medicine’s Dietary Reference Intakes reports and the Dietary Guidelines for Americans, 2010; intake data from the National Health and Nutrition Examination Surveys; other scientific evidence, and findings from consumer studies. This session will discuss this ongoing effort.

At the end of this session, participants will be able to: 1. List 3 reasons why the Nutrition Facts and Supplement Facts need to be updated. 2. Explain the regulatory process for updating requirements for nutrition labeling. 3. Identify information the Food and Drug Administration considers when setting Daily Values.

10:45 am - 11:15 am
**Oral Health Care During Pregnancy**
*Speaker: CDR Pamella Vodicka, USPHS, MS, RD*

This session will discuss Oral Health Care During Pregnancy: A National Consensus Statement, which is the first national report of its kind, using the latest science and research in providing information to medical and dental professionals regarding the oral health care of pregnant women. This national consensus statement provides an ideal opportunity to re-shape the current practices of health care providers serving pregnant women. Ultimately, this guidance will bring about change in the health-care-delivery system and improve the overall standard of care. The primary focus of this workshop is to offer an overview of the promising action steps to ensure oral health is a focus of prenatal care, review the strategies for dissemination and implementation, and recognize the role and responsibilities of the registered dietitian in these efforts.

At the end of this session, participants will be able to: 1. Identify the process for developing a national consensus statement in support of the integration of oral health into the overall care of pregnant women. 2. List next steps in the dissemination and implementation process of a national effort to improve the oral health care of pregnant women and their children. 3. Identify the roles and responsibilities of registered dietitians in supporting this national effort to improve the overall care of pregnant women.

11:15 am - 12:00 pm
**Break in Exhibit Hall**

12:00 pm - 1:30 pm
**Luncheon, Chief Professional Officer – Thanks**
*Speaker: CAPT Edith Clark, USPHS, MBA, RD, CDE*
This session will re-cap the activities of the Dietitian Professional Advisory Committee (DietPAC) over the past four years and focus on the accomplishments of all of the subcommittees. There will also be an emphasis on the National Initiatives of the Surgeon General and what has been accomplished. In addition, this session will provide an update on the involvement of dietitians in recent deployments and opportunities and recommendations for preparation for future deployments.

At the end of this session, participants will be able to: 1. Describe the role that dietitians play in national initiatives. 2. Identify two opportunities for dietitians to provide leadership/officership within the PAC. 3. Summarize PAC activities and their impact.

1:30 pm - 3:00 pm

**Facing the Changes and Challenges of an Integrated Health Care Delivery System**

*Speaker: Ms. Sayeeda Hyder, MS, RD, LD/N*

Research has shown that in order to improve product and services in the changing health care industry an integrated approach is critical for facing challenges of the 21st century. There is a widely held belief that an organization would have few if any problems if workers would do their jobs correctly. Leaders are faced with the challenges to maximize human potential by not working harder, but working smarter to produce exceptional results in a changing marketplace. The solution for an effective and efficient health care delivery model lies with a “TEAM APPROACH”. When we combine brain power we can maximize the potential to provide the best health care products and services. The video clip and the story from “Who Moved My Cheese” by Dr. Spencer Johnson will help us to understand our behaviors as related to the character to deal with change. The team-building activity will help attendees understand the power of synergy involved in team work and the team approach. By understanding the ingredients of an effective team, we can build on our strengths and face changes of the ever evolving health care delivery system. The session will cover the essential basic characteristics of effective and ineffective teams. The role of an effective facilitator in building and maximizing team strength and examine how cooperation is vital. Dietitians can serve as team facilitators to help organizations evolve into efficient and integrated health care systems.

At the end of this session, participants will be able to: 1.Identify challenges in team building. 2. Name 3 effective ingredients and characteristics of team building. 3. Capitalize on individual strengths and challenges for creating a synergistic team.

3:00 pm - 3:15 pm

**Break**

3:15 pm - 4:45 pm

**Nutrition and Food Service Management in the Federal Bureau of Prisons**

*Speakers: LCDR Mitchel Holliday, USPHS, MS, MSED, RD and LCDR Amanda Loveless, USPHS, RD*
This session will highlight the promotion of healthy eating and how the BOP has cost-effectively “Bridged the Gaps” and strived toward meeting healthy eating priority recommendations of the National Prevention Strategy. Specifically, implementation of a National Menu based on the Institute of Medicine’s Dietary Reference Intakes and the Dietary Guidelines for Americans, risk-factor based screening for chronically ill, implementation and expansion of related tele-nutrition programming and advancement of nutrition-related educational materials to attempt to reduce health disparities.

At the end of this session, participants will be able to: 1. Summarize the history of the Federal Bureau of Prison (BOP) food service and medical nutrition-related services. 2. Describe nutrition-related chronic health issues and health disparities within the United States and incarcerated populations within the BOP. 3. Identify advancements of the BOP to help eliminate nutrition related cultural and health disparities.

4:45 pm – 5:00 pm  
**Concluding Remarks**

*Closing keynote will be in Solana E*