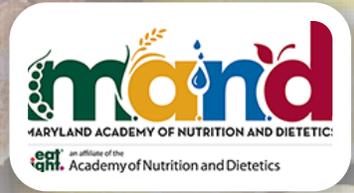


Welcome to the Maryland Academy of Nutrition and Dietetics (MAND):

Chesapeake Lines

WINTER EDITION 2017



MAND's New 2016-2017 President: Livleen Gill, MBA, RD, LDN

Bringing in the new year with focus!

On October 25, 2016, I took over as President of MAND when Jennifer Roberts stepped down from the position. I felt privileged to work with Jennifer as President-Elect, and I feel honored to represent such a dynamic group of professionals.

The last member survey highlighted three areas of interest:

- More networking opportunities (54.7%),
- Career development (52.7%), and
- Advocating for our profession (51.2%).

The MAND Board has used these findings to prioritize the year's activities.

I hope that you have taken part in our Fall networking/CEU events, or will be able to participate in the upcoming activities. In an effort to fully engage our members and better meet their needs, our board meetings will be held in different parts of the state. You are strongly encouraged to attend these meetings if you can. We also plan to get your feedback through periodic surveys.

The MAND public policy team has been hard at work advocating on our organization's behalf before the DHMH, Maryland insurance commission, and the Health Services Cost Review (HSCRC). We are gearing up for the state legislative session. MAND is fortunate to have a strong team at Barbara Brocato and Associates to advocate on our behalf.

Volunteer member organizations depend on their members to run, and MAND is no exception. If you have a few hours a week—occasionally on an ongoing basis—consider volunteering for a board position ([see p.5](#)), or helping out with a committee/event. Contact Rebecca Ponder, MAND's Executive Director, at execdirector@eatwellmd.org if you are interested. Please let me know if you have any concerns or suggestions. It is always good to hear from our members. Wishing you all a happy, healthy and successful 2017.

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Academy of Nutrition and Dietetics Updates

National Nutrition Month® is coming this March!

“Put Your Best Fork Forward” is the theme for 2017 which serves as a reminder that each one of us holds the tool to make healthier food choices. Making small changes during National Nutrition Month® and over time, helps improve health now and into the future. Need ideas on how to promote National Nutrition Month®? Click [HERE!](#)

RDN Day—March 8, 2017

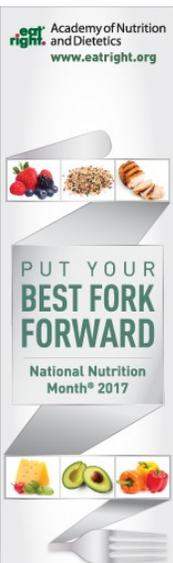
Stay on the lookout for communications about this year's RDN Day. A brief survey will be distributed in the MAND e-blast to get your opinion on how we should celebrate OUR day! Thank you in advance for participating.

Upcoming Academy Elections



Be sure to vote in the Academy election from: **February 1-22, 2017**. Maryland representation on the ballot this year includes **Berit Dockter, MAND Delegate**, who is running for House of Delegates Director.

Stay tuned for voting information from MAND e-blasts!



MEETING THE NUTRITIONAL NEEDS OF PREGNANT WOMEN AFTER BARIATRIC SURGERY

BY KELSEY CIAMPA, BEC McDORMAN, AMANDA MOLINAR—JHBMC DIETETIC INTERNS

Many women experience improved fertility after undergoing weight loss surgery. Pregnancy in this population comes with a unique set of nutritional recommendations with which registered dietitians should be familiar in order to provide patients with the best possible care.

Studies have shown that women who conceive after bariatric surgery have a decreased risk of hypertension, gestational diabetes, large for gestational age fetus, and macrosomia. However, these women have an increased risk of nutritional deficiencies during pregnancy, especially in vitamin D and folate. Vitamin D deficiency alone can lead to low birth weight, type 1 diabetes mellitus, neurological impairments, and an increased risk for respiratory infections in the fetus. Due to these risks, it is recommended that women who have undergone bariatric surgery wait at least one year post-operation before conceiving.

As integral members of the healthcare team, dietitians play an important role in helping women remain healthy during the pre-conception and pre-natal phases. One of the key ways dietitians can assist patients is by helping them find a balance between the micronutrient recommendations for post-bariatric surgery and those for pregnant women, including correcting nutritional deficiencies prior to pregnancy. Harmonizing these two sets of guidelines can be tricky.

The biggest gap in the two sets of micronutrient recommendations involves folic acid, vitamin D, choline, and iodine. After Roux-en-Y gastric bypass surgery, patients are always advised to take a multivitamin that meets 200% of the established daily values. Therefore, most of the patients who become pregnant are already meeting a large portion of their vitamin and mineral requirements, simply by adhering to the supplement recommendations. However, the post-bariatric surgery recommendations, as established in 2013 by the American Society for

Metabolic and Bariatric Surgery (ASMBS), do not include guidelines for folic acid, vitamin D, choline, or iodine.

Pregnant women are advised by the Institute of Medicine to take 600 mcg of folic acid, 600 IU of vitamin D, 450 mg of choline, and 220 mcg of iodine per day. For bariatric patients who become pregnant, their daily multivitamin may cover a large portion of their needs throughout the pregnancy. Yet, there may be certain nutrients that are still missing because unlike a prenatal vitamin, a bariatric multivitamin is not designed specifically for pregnant women. Furthermore, bariatric patients are advised against increasing their prenatal vitamin intake to meet their needs as this may lead to going above the tolerable upper limit that is established for folic acid. Dietitians are responsible for helping patients recognize the gaps in these two micronutrient regimens. Patients also look to dietitians for assistance in finding additional supplements that will cover their full scope of needs.

In addition to micronutrient needs, protein needs may vary. The current protein recommendation for patients who have undergone bariatric surgery is 65-90 grams per day. The recommendation for pregnant women is 1 gram per kilogram for a mother less than or equal to 300 pounds, and 0.8 grams per kilogram plus 15-20 grams per day for each baby in a woman greater than 300 pounds. Patients should aim to reach whichever protein goal is higher.

Finally, the increased calorie needs for pregnant women presents an additional challenge for those who have undergone bariatric surgery. The calorie recommendations for all pregnant women are as follows: no additional calories in the first trimester, 340 extra calories per day in the second trimester, and 450 extra calories per day in the third trimester. The weight gain required for a healthy pregnancy goes against the weight loss that bariatric patients have worked so hard to maintain.



Therefore, educating patients about appropriate calorie requirements during pregnancy is critical in ensuring patients do not overestimate their needs and gain unnecessary weight, or underestimate their needs and continue to lose weight during pregnancy. Dietitians should also be aware that some patients in this population may have a fear of gaining weight and need to be referred to a counselor for psychological treatment.

It may seem challenging to determine the appropriate calorie, protein, and micronutrient needs for pregnant women who have undergone bariatric surgery. By working closely together with their patients, dietitians can help determine an appropriate nutrition regimen for patients during pregnancy. In this way, dietitians play a key role in helping patients achieve optimal nutrition status.

Sources

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EDITORIAL: BUILDING THE DIETITIAN-DOCTOR RELATIONSHIP

BY MAND MEMBER ANDREA DAVID, MS, RD, LDN, CLINICAL DIETITIAN, MORRISON HEALTHCARE/BALTIMORE LIPID CENTER/MEDSTAR UNION MEMORIAL HOSPITAL

This past month I attended grand rounds at the hospital where I work full time as a renal dietitian. The topic was Weight Loss Approaches, an area that no matter your current specialty, every dietitian has had experience. What we do not always see is an apparent interest in weight loss and weight management from other members of the medical team.

The doctor who presented grand rounds was very well versed in treatment options for patients looking to lose weight and she took the time to speak about the important role the MD plays in counseling patients if only to guide those patients towards a dietitian or weight loss program to meet their needs.

One of the most interesting points she made was what may appear to be a lack of lifestyle based programs (those which include calorie restriction, physical activity, and behavioral strategies) within our area. This is a prime example of our need within our communities, one which most of us are already aware. This community need is the reason I became a dietitian.

As the leaders and experts in the nutrition field, it is not only important for us to stay on top of the latest research based material to help our patients facing weight struggles, but we also play a huge role in helping to establish working relationships with the doctors in our communities. Most of us are already marketing ourselves through social media, print, etc. This is important and we need to continue or start marketing ourselves as the nutrition experts whether we are working as an inpatient dietitian, grocery store dietitian, or have our own private practice.

The point is, while there was only one other dietitian present during this talk, the room was filled with doctors, residents, and medical students. These are the very people it is necessary for us to build relationships with, not only to build our own practices and clientele base, but to show our expertise and worth within the realm of weight

management and most importantly, to help our patients. There may be a stronger interest in MD's turning towards dietitians as the nutrition experts than it may appear. If you haven't already, now is the time to reach out to the doctors within your own community and educate them on the specific ways you can help their patients.

While working full time, I also provide medical nutrition therapy and lifestyle counseling at The Baltimore Lipid Center in Towson, MD. Dr. Pokrywka who founded the practice, is a great example of a medical doctor that not only values the knowledge of dietitian's within his practice, but shares these ideas with every patient who may be in need of nutrition counseling.

Building these dietitian-doctor relationships do not only help our patients, but our careers as well. The idea that grand rounds at one of Baltimore's largest and most respected hospitals focused on discussing weight loss approaches further proves our worth within our communities and it is now our job as dietitians to remind the rest of the medical field of our knowledge and expertise.

A good opportunity to increase your knowledge on the latest weight management research and strategies, plus earn CEU's, is to attend the Certificate of Training in Adult Weight Management, right here in Baltimore.



MEET YOUR CHESAPEAKE LINES EDITOR, JANA WOLFF, RD, LDN

Jana has been a member of MAND since October 2015, when she became the Student Representative of the MAND Board of Directors. In this role she gained pertinent knowledge of nutrition-related current events in Maryland and the role MAND played to advocate for the profession.



In May 2016, Jana decided to revive the Chesapeake Lines newsletter in order to provide a platform to celebrate successes, highlight Maryland nutrition professionals, and provide MAND members a voice and a resource.

Jana received her bachelor's degree in Communications and worked for 7 years in corporate worksite wellness before becoming a registered dietitian. Jana now works at the Greater Baltimore Medical Center as the Director of Bariatric Nutrition.

Jana is thrilled to contribute to MAND and be part of such a capable, motivating network of professional peers.

YOU can also contribute to Chesapeake Lines! Writing about accomplishments or the latest research within your specialty helps to connect nutrition professionals across the state of Maryland and better understand the breadth of our profession.

Contact Jana Wolff, by [e-mail](#) with questions, ideas or articles. Articles should be received no later than March 20, 2017 for the Spring Edition. For complete information on advertising through Chesapeake Lines, click [HERE](#).

The Commission on Dietetic Registration is hosting the Certificate of Training in Adult Weight Management Program

March 2-4, 2017
[Hyatt Regency Baltimore Inner Harbor](#)
 Baltimore, Maryland
[Tentative Timeline](#)
Registration Deadline:
February 15, 2017

Don't Forget:
MAND Board of Directors Positions Open for Nominations!
 See [page 5](#) for more details

HOW AND WHY TO MAKE CONTACT WITH YOUR LEGISLATORS

BY BARBARA HOFFSTEIN, RD, LDN, MAND PUBLIC POLICY COORDINATOR



*Barbara Hoffstein, RD, LDN
with Senator Chris Van Hollen*

No matter which way you voted this year, politics is probably the last thing you want to hear about. But as nutrition professionals, we do need to talk about Public Policy. Public policy is simply what the government (any public official, including school officials, city council members, county supervisors, etc.) does or does not do about a problem that comes before them for consideration and action. Policy is made on behalf of the public and the government, whether ideas come from outside the government or through the interaction of government and the public. We are gov-

erned by laws and regulations made by our elected officials. **So for the public to influence the laws we must live by, we better interact with elected officials.**

In the current climate, where health care is ever changing, it is imperative that Maryland Licensed RDNs and DTRs are present to educate legislators about our education, jobs and our positive impact on health care costs and patients/clients. We also have to let them know that we can be the primary resource for those with nutrition issues.

Remember, we have both Federal *and* State Legislators. State laws set regulations for Long Term Care and Assisted Living Facilities. The state regulates our Board of Dietetic Practice—our ability to be licensed. They write regulations for insurance companies working in our State. We have members of MAND on the Maryland Insurance Administration workgroup now setting up standards for insurance networks. State laws also determine if your restaurant trains employees about food allergies or food safety, which can change by county. Do you know your Maryland State Delegates and Senator? Click [HERE](#) and type your address to see your state and federal voting districts and elected officials.

Federal laws determine/provide funding for Meals on Wheels for senior citizens, SNAP for families at risk, and other benefits. Healthcare will change with our new administration and both the Academy and I will keep you updated on relevant healthcare issues.

So how do you make contact with *your* legislators? Go to the State Legislative Interactive Workshop ([see p.5](#)), and tell your State Delegates and senators your story. Watch the MAND website for updates on needs for speakers at hearings in Annapolis for bills that will affect you and your clients. Since the 115th Congress began in January 2017, get to know the two US Senators and your US Representative. The Federal Senators and Congressman have newsletters—sign up! Find out if they are having a Town-Hall Meeting or will be at an event in the community. Volunteer to work with them if they are going to be at a health fair, for instance.

Call your Federal Congressman or Senator's District Office.

Find out if you can talk to the staff. (They are often the boots on the ground and the perfect one to introduce yourself to). Tell them your story and that you would like to be a nutrition resource based on your specialty. Go to the Feb. 27th Quarterly Advocacy Day (see below) to educate our federal legislators on obesity. But be careful: know the difference between State and Federal laws and avoid talking about State issues with Federal legislators and vice-versa.

Also know that ANDPAC will provide financial support for affiliate members to attend a fund raising event for a US Congress member. I met Chris Van Hollen at a meet-and-greet this summer. I actually walked in the front door at the same time he did and had a chance to introduce myself. Later, I told him my story, how I got interested in dietetics and how passionate I was about public policy accomplishments. He told me he was interested in my views. I signed the list to follow Van Hollen's Senatorial bid. When I was notified about a fundraiser, I requested ANDPAC funds and they approved the Maryland request. I did see Van Hollen again and discussed the Treat & Reduce Obesity Act, (the Academy's partnership with the Defeat Malnutrition Today Organization) and the CMS's effective screening/assessment of older adults in hospitals. It was a wonderful night where I got to network with everyone from school board members to CMS employees, not to mention a good conversation with Van Hollen. He is now our Senator, and I will soon meet with him alongside other dietitians in his office.

If you are interested in attending a fundraising event, please [email me](#). Requests for ANDPAC funds are prepared by me as your MAND Public Policy Coordinator.

Attend the Academy's Obesity Advocacy Day on February 27, 2017

The Academy will host its 2nd quarterly Advocacy Day on Monday, Feb. 27 in Washington, D.C. in collaboration with partner organizations from the [Obesity Care and Advocacy Network](#) (OCAN). The event will include a Congressional briefing, Hill visits and an ANDPAC hosted reception focused on obesity. Prior to the event, a webinar on Feb. 8th will be offered to prepare you to advocate for this topic. The webinar conflicts with our State Legislative Interactive Workshop, but no worries--you can listen to the recording!

Tentative Schedule: 8:30-5pm with a required pre-meeting, Hill visits, congressional briefing, and reception with congressional champions.

The event is open to **all** Academy members and there is no charge to participate. Please [Register](#) to attend or contact the [Policy Initiatives and Advocacy Team](#) for more information.

If you have experience working with obesity programs, or want to get involved, please contact [Barbara Hoffstein](#).

PUBLIC POLICY, HOUSE OF DELEGATES & BOD UPDATES

NOW ACCEPTING MAND BOARD OF DIRECTORS (BOD) NOMINATIONS

The Academy of Nutrition and Dietetics is the world’s largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education, and advocacy. As part of the Academy, we encourage all dietitians to be part of your chapter, the Maryland Academy of Nutrition and Dietetics (MAND), where YOU get to be part of the change. MAND is now accepting nominations for the 2017-2019 MAND Board of Directors.

President-Elect	Nominating Committee Chair
Treasurer	Nominating Committee Position
Secretary	Nominating Committee Position
Delegate (3 year term)	Clinical Nutrition Division Chair
CPI Chair-Elect	Education & Research Division Chair
Communications Chair	Food & Nutrition Management Division

If you or any other dietitians you know are interested in any of the positions below, please submit a picture, bio, and letter of interest by **January 31, 11:59 PM to Chimene Castor, EdD, RDN, LDN** by clicking [HERE](#).

Delegate Update from MAND Delegate Berit Docter, MPP, RD, LD

Interested in joining a short-term focus group on wellness and prevention? Between January and April 2017, a series of “open space brainstorming discussions” will occur to explore innovative ideas to advance the profession in the area of wellness and prevention.

If you have questions or are interested in participating, please email MAND Delegate, Berit Docter MPP, RD, LD by clicking [HERE](#)



THE 2017 STATE LEGISLATIVE INTERACTIVE WORKSHOP IS FULL AGAIN!

On Feb. 8, 2017 seventy-five state RDN's, DTR's, Interns and Students will meet in Annapolis to show our state legislators what a valuable resource dietitians to nutrition and preventive health issues. We will also witness a hearing either in the House of Delegates or Senate!

Marc Koreman, State Delegate from District 16 will give us a tutorial on "How to Approach Legislators. Public Policy Panel Members **Arnetta Fletcher** and **Anna Bondy**, and MAND President **Livleen Gill** will update us on the inroads that they have made in the state, giving testimony on regulatory changes and with the insurance network workgroup. We will also hear from **Dan Shattuck**, one of our lobbyist on the changes we can expect in the state of Maryland with the changes in our government, Federal and State. **Barbara Marx Brocato**, President of our lobbyist firm will do her usual excellent job of debriefing us, "What we learned, and where we go from here". A fun, valuable day organized this year by **Andrea Troutner**, MAND State Policy Representative.

**Use #MANDSWIL
to stay updated!**

The program this year includes:

- 7:30-7:45 AM: Registration & Breakfast provided.
- 7:45-8:15 AM: Team Interactive Workshops: Discuss issues with your team that will later be addressed with legislators.
- 8:15-8:45 AM: Keynote Speaker: “How to approach legislators” Marc Korman, District 16 House of Delegate
- 8:45-9:00 AM: BREAK/Walk to appointments
- 9:00-10:00 AM: First meetings with Legislators
- 10:00-10:15 AM: BREAK/Walk back to meeting room
- 10:15-10:45: Lobbyist Speaker: “Is healthcare going to be different in the state with the new administration?” Barbara Brocato and Associates and MAND Lobbyist-Dan Shattuck
- 10:45-11:00 AM: BREAK/Walk to appointments
- 11:00-11:45: Second meetings with Legislators
- 11:45 AM-12:00 Noon: BREAK/Walk back to meeting room
- 12:00-12:45: Lunch/Speakers
- “Update on Current efforts on regulation and insurance network at the State level”
Speakers: Arnetta Fletcher, RD, PhD and Anna Bondy, MPH, RD, LDN
- “Federal Policy efforts” - Livleen Gill, MBA, RD, LDN, MAND President
- 12:45-1:00 PM: BREAK/Walk to Legislative Hearing
- 1:00-2:00 PM: Attend one hour of a Legislative Hearing in the House or Senate
- 2:00-2:15 PM: BREAK/Walk back to meeting room
- 2:15-3:15 PM: Closing Remarks: MAND Lobbyist-Barbara Brocato and Associates

MAND FALL SYMPOSIUM

By Caitlin Krekel MSPH, RD, LDN, MAND CPI Chair

All Things Agriculture: Food, Farming, and the Chesapeake



On November 5th, 2016, MAND members came together at Chateau Bu De Winery and Vineyard to learn about agricultural practices in Maryland and their impact on the environment. Clinical dietitian turned farmer, Jennie Schmidt, MS RD, shed light on the science of farming GMO and non GMO crops and shared her personal experience growing both.

The group enjoyed a tour of the grounds with Jennie, who planted the grapes for Chateau Bu De, learning about the conditions for grape growing in Maryland and how they affect local wine. You can follow Jennie on her blog, *The Foodie Farmer*. Hans Schmidt, Assistant Secretary of Agriculture, followed up with a presentation on the impact of farming on the health of the Chesapeake and Maryland's extensive conservancy efforts. Updates from the MAND membership chair, Bonnie Bonner, and public policy coordinator, Barbara Hoffstein, sparked a discussion about MAND's role in shaping the future of dietetics and bringing members together. Conversations continued as attendees tasted Chateau Bu De's award winning wines.

Thank you to all who came out, we look forward to seeing you at the Annual Meeting on May 12th, 2017 at the Maritime Conference Center!



Photo Credit: Caitlin Krekel, Angela Green, Megan Larson, and Lise Sanchez

FEATURED WINTER RECIPE:

Starting your New Year's Resolution?

Why not start with dessert?

HONEY RICOTTA PARFAIT WITH BERRIES AND ALMONDS

Servings: 1 (1 cup)

Total Prep Time: 20 mins

Ingredients:

- 1/4 cup, 1 tbsp Ricotta Cheese, Part Skim
- 1-1/2 tbsp Honey
- 1 tbsp Lemon Juice, Fresh
- 1 tbsp Basil, Fresh, Chopped
- 1/8 tsp Pure Vanilla Extract
- 3/4 cup Strawberries, Fresh, Capped, Sliced
- 1 tbsp Almonds, Toasted, Sliced



Preparation

Mix together ricotta cheese, honey, lemon juice, chopped basil and vanilla extract. Layer in to a tall soda class or mason jar—first 3 tbsp of ricotta blend, 6 tbsp sliced strawberries, 3 tbsp ricotta blend, 6 tbsp strawberries, 1 tbsp almonds.

Tips & Notes

Layer this into a mason jar, cover with lid for an easy to go snack.

Nutrition: 216.9 calories, 24.7g carbohydrates, 9.4g fat, 4g sat fat, 11g protein, 3.3g fiber

Source: balanceittakesyou.com

A Message to MAND Members...

A big THANK YOU to all MAND members for supporting and attending MAND initiatives and events during the 2016 calendar year. Without your participation and membership, many of these programs would not be possible. Consider getting more involved in your state affiliate and making 2017 an even more memorable year. In order to stay up to date on current MAND events, past newsletters and future meetings, visit the MAND website. Also be sure to "like" us on [Facebook!](https://www.facebook.com/manddietetics) If you want to get more involved, reach out to our Executive Director, Rebecca Ponder, MS, RD, LDN at execdirector@eatwellmd.org.

Chesapeake Lines

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Maryland Academy of Nutrition and Dietetics' (MAND) mission is to empower members to be Maryland's food and nutrition leaders. Our vision is to optimize the health and well-being of Marylanders through food and nutrition.