

# **Dietetic Update**

A publication for members of the North Dakota Academy of Nutrition and Dietetics



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## Mission:

The North Dakota
Academy of Nutrition and
Dietetics is the advocate
of the dietetics
profession, serving the
public through the
provision of optimal
nutrition, health, and
well-being.

## President's Message by Deanna Askew

As my term as NDAND President continues, I'm continually amazed at how quickly time is passing (not a new issue to most of us). Apparently time does fly when you're having fun. If writing the President's Message is an opportunity for reflection, I will say that what first comes to my mind is the impressive group of dietitians on the NDAND board. As Mattie Stepanek, the young American poet, said, "Unity is strength...when there is teamwork and collaboration, wonderful things can be achieved."

At this point in the year, one of our largest tasks has been planning the annual convention, which will be held with the North Dakota Nutrition Council (NDNC) in Fargo on April 23-24. In addition to planning with NDNC, we are sharing the venue and keynote speaker costs with the School Wellness Summit (April 24) and Sanford Health's Obesity Symposium (April 25). All four groups are working together to host this learning opportunity for our respective groups.

**W**e are excited to share that our keynote speaker will be Dr. David Katz, an internationally renowned authority on nutrition, weight control, and the prevention of chronic

disease. Dr. Katz directs the Yale University's Prevention Research Center which he co-founded in 1998. We look forward to him presenting two sessions during our convention on April 24. He will also



present a community session that evening and the keynote session at the Obesity Symposium on April 25.

Another high point of this quarter has been the inaugural NDAND webinar, "The 'Drill' on Health Care Reform," presented on Nov. 1 by Amy Davis, our Reimbursement Representative. This was a great opportunity for one of our own members to share her expertise with other NDAND members. Additional information on health care reform can be found on the Academy's website: http://www.eatright.org/healthcarereform. We look forward to future webinars from our members, so continue to check your email for those announcements.



Log into your Facebook account and Search Facebook for North Dakota Academy of Nutrition and Dietetics.

## President's Message continued from page 2

would like to mention that we are still looking for one board position—the Convention Planning Chair. Please contact me if you are interested and I'd be happy to visit with you about the position.

Respectfully submitted,

Deanna Askew, MPA, RD, LRD





# Have An Important Message to Send? Try the NDAND-Listsery!

NDAND members can subscribe to the NDAND Listserv that NDSU manages for NDAND (thank you to Julie Garden-Robinson!).

## To subscribe to the NDAND listsery, send an e-mail to:

- Listserv@listserv.nodak.edu
- Leave the subject line blank in the e-mail.
- In the body of the e-mail enter the following:

SUB Ndsu-ndand@listserv.nodak.edu yourfirstname yourlastname

## Example:

SUB Ndsu-ndand@listserv.nodak.edu Jane Doe

You will be asked to confirm the request in a follow-up email.

## **Questions?**

## Contact:

julie.garden-robinson@ndsu.edu

# Highlights from NDAND Board of Directors Meeting on November 5

by Brenna Swanson, MS, RD, LRD



- Looking to get more involved with the ND Academy? The convention planning chair is open.
- Motion carried to form a subcommittee to review academy recommendations for board structure regarding voting and nonvoting positions and change in bylaw process.
- Plan to attend the ND Academy Spring Conference April 23 and 24 in Fargo. The ND Academy is joining with North Dakota Nutrition Council and working with the Sanford Health Obesity Symposium and School Wellness Summit to sponsor nationally acclaimed Dr. David Katz, as the keynote speaker on obesity.
- Motion carried to donate \$100 to the ND State Science and Engineering Fair.
- The 2014 budget was approved.
- The Reimbursement Representative hosted a first in a series of four webinars to membership on healthcare reform with twenty-seven participants.

The board meeting minutes can be found at www.eatrightnd.org under the Members page.

The username to access the members page is *eatrightnd.org* and the password is *diet*.



## Use of the RDN Credential in ND

When the Academy of Nutrition and Dietetics (AND) announced that RDs may now use the RDN credential the BODP was asked if there would be any conflict with the ND licensure law. In response the BODP asked Edward Erickson, legal counsel for the BODP, to review the information sent out by AND in light of the ND Dietetic Practice Act. Mr. Erickson informed the BODP that "the law is the law" and regardless of which title you choose to use, if you claim to be a dietitian then you must be licensed. The BODP will continue to grant an LRD credential because that is what is required by law. So in essence, the use of either RD or RDN doesn't change the LRD designation. In an additional comment Erickson stated that the RDN credential will potentially cause confusion for the public within our state because we also have Licensed Nutritionists (LN's). This is a situation that is unique to our state and not something that would be of concern for other states or nationally. He cautioned that LNs must be careful to not get the two credentials mixed up and that a licensed nutritionist would not ever be qualified to use the RDN designation. As to wording in the Dietetic Practice Law, at some point we could submit a technical change to have the RDN credential added but it still wouldn't change the need for licensure or the granting of the LRD designation.

## How to Contact NDBODP Board Members

#### **NDBODP** Chair

Georgianna Walker, MS, RD, LRD Email: georgiannawalker@hotmail.com

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## National Honors and Awards—Due by March 1, 2014

Academy of Nutrition and Dietetics

The Academy is shining the spotlight on outstanding food and nutrition practitioners and supporters of the profession through its National Honors and Awards program. Don't miss this chance to honor those who have advanced the profession, exhibited leadership and shown devotion to serving others in both dietetics and allied fields.

You may now submit your nominations entirely online! *The submission deadline is midnight Central Standard Time on March 1, 2014.* Award recipients will be announced in May 2014 and recognized at the Academy's 2014 Food & Nutrition Conference & Expo in Atlanta, GA. Visit <a href="http://www.eatright.org/nationalawards/">http://www.eatright.org/nationalawards/</a> to learn more and submit your nominations.

## Reimbursement Updates By Amy Davis, RD, LRD

On November 1st I presented a webinar on "The Drill on Healthcare Reform." This webinar was sponsored by Foodservice Express. Participants received 1 free CEU and learned about the changing times of healthcare and the opportunities ahead for dietitians.

A major underpinning of everything related to healthcare reform is the Institute for Healthcare Improvement (IHI) Triple Aim. This framework was developed back in 2007 and describes an approach to optimizing health system performance. It is IHI's belief that new designs must be developed to simultaneously accomplish three critical objectives ("Triple Aim"):

- 1. Improve the health of the population 2. Enhance the patient experience of care
  - 3. Affordability as measured by the total cost of care



It is about time that finally the healthcare system is thinking about prevention. Massive changes are being explored both from a delivery side and the payment side. New models of care are being promoted and older models are being reinvented or receiving renewed attention. We are shifting from a "sick care" system to one more focused on prevention and management of chronic diseases. Efforts are being made to remove silos and operate in a more team-based and collaborative manner. Payment models are shifting from a focus on paying for procedures/services to a focus on paying for value/performance. Everyone is looking for ways to improve quality, increase access and reduce costs.

The new focus on prevention and chronic disease management is driving changes in reimbursement from both public and private payers. What is also new is the focus on a primary-care centered model of care. For example, the Intensive Behavioral Therapy for Obesity benefit under Medicare Part B only pays primary care providers (PCP's). It allows RD's to provide these services "incident to" the PCP. In the private market, as a result of the Affordable Care Act (ACA), all non-grandfathered health plans (one that was written after the passage for the ACA) must offer preventative services that have received a Grade A or B rating from the US Preventative Services Task Force (USPSTF). This includes 2 diet/nutrition-related areas, "healthy diet counseling" and "obesity screening and counseling for children and adults". It is important to note that health plans can determine how many visits to cover as well as who they pay to provide these services. Each health plan can decide what CPT codes and ICD-9 codes they will recognize for billing purposes. For example, Blue Cross Blue Shield of ND specifically lists RD's as providers of preventive services using the MNT CPT codes (97802-97804) for the following services: 4 visits per year for hyperlipidemia, 2 visits per year for hyperlipidemia, 2 visits per year for hypertension and 4 visits per year for obesity.

As we work to seize the opportunities ahead of us, we don't need to recreate the wheel. I encourage you to check out the resources below.

## **Academy Resources**

- www.eatright.org/coverage
- www.eatright.org/shop
- www.eatright.org/mnt
- <a href="http://tinyurl.com/qz2sflm">http://tinyurl.com/qz2sflm</a>

## **Center for Medicare and Medicaid Innovation**

• <a href="http://innovation.cms.gov/initiatives/map/index.html">http://innovation.cms.gov/initiatives/map/index.html</a>

Reimbursement questions? Contact Us: Amy Davis or Kayla Cole amy.davis@sanfordhealth.org and kayla.cole@trinityhealth.org



The North Dakota Academy of Nutrition and Dietetics is a member of the Creating a Hunger Free North Dakota (CHFND). The CHFND Coalition is a statewide network of organizations, agencies and individuals established to collectively identify and address the unmet food and hunger needs and their underlying causes.



https://www.facebook.com/pages/Creating-a-Hunger-Free-North-Dakota-Coalition/197947553569595

## What can I do to reduce hunger in North Dakota?

If you want to help **achieve the vision**: a hunger-free North Dakota and work to reduce food insecurity for

1 in 8 (12 %) North Dakotans;

9.3 % of North Dakota seniors;

6.0 % of North Dakota children.

- ⇒ Donate food or funds to the Great Plains Food Bank and their network of food pantries across the state
- ⇒ Donate food in the next food drive or organize a virtual food drive
- ⇒ Next spring, plan to plant an extra plant or an extra row to share with your neighbors in need
- ⇒ Be aware of what is in your refrigerator and work to reduce food waste; in the US, up to 40% of our food is thrown away
- ⇒ Volunteer at a local food pantry or soup kitchen, and take your children
- ⇒ Teach your children how to cook and garden, so they have the skills to be self-sufficient
- ⇒ Tell your elected representatives that you support ending hunger in North Dakota

If someone asked you how to create a hunger free North Dakota, what would you share? Please send your ideas to:

Michelle Fundingsland, RD, LRD
NDAND Representative on the CHFND Coalition
NDAND Chair of the Council on Professional Issues and Alliances
Email: michelle.fundingsland@trinityhealth.org.





2014 Annual NDAND Convention Fargo
More details coming soon!

## Nutrition Services Delivery and Payment: The Business of Every Academy Member



## **HOD** Fact Sheet

House of Delegates Fall 2013

## **HOD Fact Sheet: Outcomes of the Fall 2013 HOD Meeting**

October 24, 2013

The House of Delegates (HOD) conducted a dialogue on Nutrition Services Delivery and Payment on October 18-19, 2013. The purpose of the dialogue session was for delegates and meeting participants to:

- 1. Identify relevant stakeholders and their needs.
- 2. Comprehend the impact that current and evolving health care delivery and payment models will have on **ALL** areas of practice.
- 3. Give examples of successful integration into evolving delivery and payment models.
- 4. Communicate the need for nutrition and dietetics practitioners to be an essential part of evolving health care delivery and payment models.
- 5. Promote information to members and stakeholders and encourage members to utilize Academy resources.
- 6. Empower members to lead efforts and seize opportunities to provide cost-effective nutrition services to optimize the public's health.

During the meeting, the House of Delegates completed the following activities:

- 1. Identified key stakeholders and their needs as it relates to delivery and payment models;
- 2. Identified a number of gaps to address the issue;
- 3. Identified opportunities to close the gaps; and,
- 4. Identified actions that members and the Academy can do to address this critical issue facing the profession.

As a result of the meeting dialogue session, a number of key concepts were noted for use in addressing this topic:

- Address the needs of the various stakeholder groups identified (i.e., students, educators, preceptors, practitioners, employers, legislators/policy makers, health care plan administrators, insurance companies, other health care providers, consumers, etc.).
- Consider the identified gaps, such as lack of member and student knowledge of delivery and payment models, lack of member awareness of current resources available, lack of a standardized curriculum for education of students, the need for more professional development tools for educators, preceptors and practitioners, the need for collaboration with stakeholders, insufficient outcomes data, insufficient marketing of the RDN's uniqueness in providing nutrition services and lack of leadership in this effort at the local level.
- Utilize the opportunities to close the gaps such as positioning the RDN as a key player in prevention and wellness, integration of the RDN/DTR in evolving health care delivery systems, RDNs/DTRs understand and participate in outcomes data collection to demonstrate value, promoting collaborative teams to enhance quality care, and, education of members and students in delivery and payment of services.
- Incorporate actions that can be taken by members such as mentoring of new practitioners, obtaining knowledge of evolving delivery and payment models, participate in delivery and payment models and in teams focused on quality, seek skill development in marketing, leadership, physical assessment, business and management, creation of stakeholder relationships, understanding our own health insurance plans regarding the inclusion of nutrition services, create opportunities to position the RDN and DTR, and share success stories with other practitioners and the Academy.

## **HOD Report continued from page 6**

 Affiliates, DPGs, MIGs and Academy organizational units engage in activities to support the needs of members to fully and successfully participate in evolving delivery and payment models.



Using the above key concepts, three HOD motions were prepared for discussion and voting by the House of Delegates:

HOD Motion #1-Request Coding and Coverage Committee and the Legislative and Public

Policy Committee to collaborate in developing an action plan for members and the Academy. The action plan will consist of the following:

- Current Academy resources for nutrition services delivery and payment;
- Actions that members will need to take to address the delivery and payment of their services in their practice settings;
- Future resources that the Academy will need to provide for members.
- An evaluation component to determine the impact of this plan.
- ♦ The action plan will be submitted by May 1, 2014.

HOD Motion #2-Request assistance from ACEND, CDR, NDEP and the Committee on Professional Development:

- ACEND creates new standards for graduate and undergraduate nutrition and dietetics didactic and supervised practice programs that include competencies for the evolving delivery and payment models.
- CDR assures the inclusion of competencies for practitioners related to assertiveness, marketing, leadership, business and management skills, and outcomes data management and analysis.
- NDEP considers opportunities to standardize curriculum design for educating future practitioners regarding delivery and payment models and tools for use by educators.
- Committee for Professional Development investigates the establishment of a certificate program related to delivery and payment models.
- Each organizational unit will submit a report to the House of Delegates by May 1, 2014 to provide a reaction and plan for addressing this request.

**HOD Motion #3**- requests the creation of a communications and marketing plan for members to use which is focused on students, employers, legislators/policy makers, consumers and other stakeholders. This plan will provide key messages specific to delivery and payment models for the RDN. A report on the status of a plan will be shared with HOD by May 1, 2014.

The three motions were posted to the HOD Communications Platform on Thursday, October 24 for action by delegates. The HOD Leadership Team is also working on several follow-up items of this meeting which include:

- Providing CPE for the HOD Backgrounder for members to access and to enhance their knowledge on the topic.
- Creating three You Tube videos using the three content experts that spoke during the Fall HOD Meeting so that members can benefit from the information provided.
- Collaborating with staff teams to develop a webinar for all Academy members to utilize on the topic and to increase their knowledge for implementation in their practice settings.

Watch for further updates on this Fall HOD Meeting topic. Please feel free to contact your delegate to learn more.



NDAND Delegate
Bonita Hoverson, RD, LRD
Email: bonita.hoverson@ars.usda.gov

Phone: 701.795.8436

For information on how members are currently involved in nutrition services payment and delivery, read the Member Spotlights section Available at:

<u>www.eatright.org/hod</u> >Fall HOD Meeting Materials

# **Board Member Spotlight**



Meet

Michelle Hoppman, RD, LRD, CDE

NDAND
Consumer
Protection
Coordinator

Michelle Hoppman, RD, LRD, CDE

Director, Nutrition Division & Executive Success Coach—DM & A

Michelle spends the majority of her time traveling out of North Dakota to provide education, coaching, and mentoring to Registered Dietitians, Certified Diabetes Educators, Physicians, Food Service Teams, and many other health care providers in hospitals around the globe. She also has a wide variety of experience presenting locally and nationally in the area of customer service, management, empowering employees, clinical nutrition best practices, malnutrition, and diabetes to name a few. When Michelle is not traveling she's working at home in North Dakota supporting teams nationally, volunteering at the Free Clinic and her church, and spending time with her family and friends.

Michelle was instrumental in the successful development and rapid growth of the Nutrition Division at DM&A, including spearheading a new focus directed toward malnutrition documentation and coding that speaks directly to the bottom line while simultaneously improving the quality of patient care. As Director, Michelle guides her team to educate, coach, and support dietitians, Clinical Nutrition Managers, Food Service Directors, physicians, and other members of the patient care team in hospitals across the country.

Michelle holds a B.S. in Food and Nutrition/Dietetics with a minor in Chemistry from North Dakota State University, is a Registered Dietitian and a Certified Diabetes Educator. She began her career working in the field of Public Health and School Food Service in Coastal North Carolina. During her 7 years there, she successfully developed, led, and facilitated the Dare County Medical Nutrition Therapy program and assisted in developing the 3-time, ADA-Recognized, Diabetes -Management Education Program.

Michelle is extremely excited to be serving as the North Dakota Academy of Nutrition and Dietetics (NDAND) Consumer Protection Coordinator (CPC), formerly titled the Licensure Liaison. The CPC serves as a liaison between the NDAND and the North Dakota Board of Dietetic Practice (NDBODP). "I am very passionate about maintaining our licensure as Registered Dietitians and Nutritionists in the state of North Dakota and ensuring that we continue to protect public safety and health. We will all learn more together about how we, the NDAND and the NDBODP, can proactively be involved in maintaining and improving licensure in North Dakota."

Michelle Hoppman, RD, LRD, CDE Email: michelle@destination10.com

Phone: (716) 572-6502

## Licensure for Registered Dietitians and Nutritionists – Knowledge is Power

## by Michelle Hoppman, RD, LRD, CDE

## Consumer Protection Coordinator for the North Dakota Academy of Nutrition and Dietetics

A few months ago I was working with a group of registered dietitians in a state that currently does not have licensure. I asked them if they thought licensure was important. They all in unison said yes and stated they were very passionate about obtaining it. I asked them what they were currently doing about it. Everyone was silent.

Every day in the United States people are teaching nutrition, advising consumers about how to eat, how to lose weight, how to manage their health and disease with food, selling supplements, diets, or the latest fad... the majority of these people are not nutrition professionals and are potentially causing harm to the public because of their lack of knowledge and education.

In July of each year we pay our dues and renew our licenses as licensed registered dietitians or licensed nutritionists. When you are paying your renewal fee has the thought ever crossed your mind as to, "What is the function of our licensure? "Do you know the steps to take to file a complaint to the North Dakota Board of Dietetic Practice? What constitutes a complaint?

The North Dakota licensure law for dietitians and nutritionists passed in 1985 and is managed by the North Dakota Board of Dietetic Practice (NDBODP). Many states across the country have licensure but there are still states that do not have licensure. Now more than ever, states with licensure are being challenged by individuals and health groups who are becoming more vocal about our licensure with the end goal of eliminating licensure all together.

Knowledge is power! Are you in the know? To protect our license, we all need to have the knowledge and use it. The goal of licensure for a dietitian and nutritionist is to *protect the consumer*, not the dietitian or nutritionist. When the consumer hears the word, nutritionist, dietitian, health coach, life coach, certified nutritionist, etc... how do they know the difference between the titles and what the benefit of licensure is? It is the job of the Consumer Protection Coordinator and all licensed nutrition professionals (that's you the dietitian and nutritionist!) to educate the public. You are empowered but first we need to know the law, understand its importance, and take action by filing a complaint properly when possible harm has been done. It is essential to know the licensure law. If you haven't already, read it today. It can be found on the NDBODP website. <a href="http://www.ndbodp.com/">http://www.ndbodp.com/</a>

## A few bites of information from the licensure law

## #1: Understanding the use of titles and abbreviations is important.

Chapter 43-44-06 in the North Dakota Century Code: A person may not practice or represent as able to practice as a dietitian, or use the title "dietitian", "registered dietitian", "licensed dietitian", or "licensed registered dietitian", or the abbreviations "RD", "LD", or "LRD" unless so licensed under this chapter. A licensed registered dietitian may use the title "licensed registered dietitian" and the abbreviation "LRD". A person may not practice, or represent that the person is able to practice, as a licensed putritionist using the title "licensed putritionist" or the abbreviation "LN" up



nutritionist using the title "licensed nutritionist" or the abbreviation "LN" unless so licensed under this chapter. A licensed nutritionist may use the title "licensed nutritionist" and the abbreviation "LN".

## #2: Registered Dietitians working in North Dakota, for more than 10 days per year, are required to carry a license.

One exception is a person practicing dietetics or providing general nutrition services as a duty of serving in the armed forces. If a dietitian fails to renew their license they may not practice dietetics in the state of North Dakota until that license is renewed.

## CPC Report continued from page 9

#3: The NDBODP may grant a waiver of requirements for licensure of dietitians: Chapter 43-44-09 in the North Dakota Century Code: Upon application, the board shall grant a license to any person certified prior to July 1, 1985, as a registered dietitian by the commission on dietetic registration of the Academy of Nutrition and Dietetics or its predecessor or successor organization. Upon application of any person certified by the commission on dietetic registration of the academy of nutrition and dietetics or its predecessor or successor organization after July 1, 1985, the board may waive the examination, education, and experience requirements and grant the applicant a license if the board determines that the requirements for certification are equivalent to the related requirements for licensure in this chapter.

## **The Complaint Process**

It is important to know how to properly file a complaint to the NDBODP against someone or a group who is non-complaint with the law and potentially causing harm to the consumer. The complaint process is simple and easy to do and remember the reason we are going through with the process is to protect the consumer! This is our job too; we need to protect the public from false information that could harm them. The complaint form can be found on the NDBODP website. Click on complaints on the right side of the screen. The complaint information is not confidential.

#1: Complete the NDBODP Complaint Form: accurately complete the form and ensure your contact information is included. <a href="http://www.ndbodp.com/docs/complaint/ComplaintForm2013.pdf">http://www.ndbodp.com/docs/complaint/ComplaintForm2013.pdf</a>

#2: Send the completed complaint form to the NDBODP Executive Secretary.

#3: Provide further information if contacted by the NDBODP or the Assistant Attorney General.

That's it! This is an easy process that needs to be utilized more often by our profession.

The Academy of Nutrition and Dietetics vision for consumer protection is for the public to trust the registered dietitian and in North Dakota the licensed nutritionist as well. They want members to view licensure as vital to our profession and for licensure to create a fair market place for our profession.

Take the time to review the law, learn the complaint process, and stand up for the consumer! If you know stories of harm, document them and share them along with stories of dietitian and nutritionist success! Hold on and spread the passion you have for nutrition!



## **Did You Know?**

NDAND has a **Find An RD** feature on our web site. This means as a member you can list your name, specialty and contact information.

To include your information go to www.eatrightnd.org and click on the **members** page. The members page is password protected so enter eatrightnd.org for the username and diet for the password. Click on **Add Your Name to Find an RD Directory**.

## Interested in Serving on the ND Academy of Nutrition and Dietetics Board?

Currently there is one unfilled NDAND Board position.

Convention Planning Chair

Contact Deanna Askew for more information.

Email: daskew@nd.gov Phone: 701.328.4568

# North Dakota Academy of Nutrition and Dietetics Board of Directors (June 1, 2013—May 31, 2014)

#### **President**

Deanna Askew, MPA, RD, LRD Phone: 701.328.4568 Email: daskew@nd.gov

## President—Elect

Anne Bodensteiner, MS, RD, LRD

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#### **Awards Chair**

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## **Convention Planning Chair**

Unfilled

## **Nominating Committee Chair**

Desiree' Steinberger, RD, LRD

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## Chair, Council on Professional Issues

Michelle Fundingsland, RD, LRD

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## Chair, Membership

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#### **Greater Grand Forks District President**

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## Fargo/Moorhead District President

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#### **Student Members**

Brittney Meyer (NDSU)

Email: Brittney.a.meyer.2@my.ndsu.edu

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Dietetic Update is a quarterly publication of the North Dakota Academy of Nutrition and Dietetics. Comments should be sent to:

Pat Anderson, RD, LRD
NDAND Executive Secretary
E-Mail: execsec@eatrightnd.org

Visit our Web page at www.eatrightnd.org
Members Page (eatrightnd.org is the username
and diet is the password)



