



Louisiana Dietetic Association

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The Louisiana Dietetic Association
Promotes Healthy Eating and Prevention of Childhood Obesity
An Overview Presented to
The Senate Committee on Health and Welfare
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Presented By:

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Our Members

- LDA is an affiliate of the American Dietetic Association (ADA), the world's largest organization of food and nutrition professionals, with over 60,000 professional members.
- LDA represents over 1,000 registered, state licensed health experts working in:

Schools
Hospitals
Health Clinics
Nursing Homes
Research Centers

Private Practice
Wellness Centers
Business and Industry
Food Companies
Physicians' Offices



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LDA's Commitment to Community

- Our sole function is to help improve the health and lifestyles of all Louisianans.
- We promote good nutrition and better eating habits everyday in our daily scope of practice.
- Registered Dietitians/Nutritionist have daily access to ADA's **evidence-based library**.
- As an affiliate of the American Dietetic Association, LDA supports members' efforts in achieving ADA initiatives, including childhood obesity campaigns.
- Our members stand ready to work with media and public policy helping to improve, implement and/or create nutrition policies for the betterment of our current and future generations' health.



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LDA's Public Policy Panel

- Public Policy Coordinator-
 - Lori Roy, MS, RD, LDN, CDN monitors grassroots training and ADA/LDA Affiliate campaigns.
 - State Policy Representative-
 - Sandy Sutton, RD, LDN engages with appropriate leaders & representatives in the state to collaborate responses to emerging nutrition and health issues.
 - State Regulatory Specialist-
- Beth Sloan MS, RD, LDN, CLC tracks state regulatory issues of importance to Registered Dietitians.



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ADA National Campaign

- *Kids Eat Right* launched at ADA's 2010 Food & Nutrition Conference & Expo, Boston Mass.
- Mobilizes RDs to participate in community and school efforts to prevent and eliminate childhood obesity.
- Educates children, families, communities and policy makers on the importance of high-quality, nutritional foods in childhood obesity prevention efforts.
- Supports the recommendations of the White House Childhood Obesity Task Force.



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ADA National Campaign, continued

Kids Eat Right's customizable website designed around the theme of “Shop-Cook-Eat”

- **SHOP:** How to shop for healthy foods for the family
- **COOK:** How to cook foods to gain the most nutrient value, including tips and recipes.
- **EAT:** The benefits of eating together as well as how to eat when away from home.



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“Let’s Move” Campaign

- First Lady, Michelle Obama, is championing the “Let’s Move” campaign. Let’s Move Cities and Towns is a program that targets mayors and other municipal leaders and encourages them to get involved. This program’s theme is all about communities taking action. Louisiana Dietitians are currently participating in this initiative. LDA’s two appointees as La. Coordinators to ADA are:
- Martina Musmeci Salles, MPH, RD, LDN
- Pam Romero , RD, LDN, CDE



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LDA Campaign

- LDA 's annual statewide conference provides educational opportunities to meet our members' continuing education needs.
- LDA Districts provide education, initiatives, and networking & mentoring opportunities

**Shreveport District
Northeast District
Cenla District
Southwest District
Bayou District**

**Acadiana District
Baton Rouge District
Southeast District
New Orleans District**



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LDA Member Activities

- New Orleans District -*Fuel Up to Play 60* grants
- Baton Rouge District - Member helped to develop USDA's *HealthierUS School Challenge* initiative, a school-based component of *Let's Move*.
- Bayou District -Living Well Grant Project, At-Risk Youth Education, Food Bank Education-Food Insecurity Education Session.
- Cenla District -RD's are providing obesity counseling in WIC program, Medical Center, and for Parish School Board.



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LDA's Commitment to Educating RD, LDN Experts

LDA Council of Professional Issues/Education reviewed/approved these continuing education programs during for 2010:

- Getting to Fresh
- Economics and the Menu: Understanding Why Americans Make the Food Choices They Do
- *Fuel up to Play 60*
- Developing Health & Wellness Programs in Unusual Places
- Growth Assessment, Malnutrition and Nutritional Needs of Pediatric Patients
- Feeding the Infant and Pediatric Nutrition Support
- Pediatric Parenteral Nutrition Guidelines
- Web-based Menus and Tools
- Health Care Reform: Update from Capitol Hill
- Childhood Obesity and Public Health Conference



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ADA: One Source, Endless Possibilities

Dietetic Practice Groups and Member Interest

- Pediatric Nutrition
- Food & Culinary Professionals
- School Nutrition Services
- Behavior Health Nutrition
- Public Health/Community Nutrition

Many of our members work in organizations or agencies providing testimony here today.



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Summary

- On behalf of the Louisiana Dietetic Association members, I thank this committee for the opportunity afforded today.
- We pledge our continued expertise, commitment, and educational resources to end childhood obesity within a generation of Louisiana families.
- The website for the American Dietetic Association is www.eatright.org and the LDA website is www.eatrightlouisiana.org.