



Corrections Dietitians Recognized

By Barbara Wakeen, MA, RD, LD

This article will highlight some of our dietitian members' accomplishments in corrections. Some have been speakers at national and international correctional conferences in 2004. For many of the organizations, it is a first to have Registered Dietitians and nutrition-related topics on their agendas!

January 2004:

American Correctional Association (ACA) Winter Conference - New Orleans, LA

Cheryl Johnson, RD, Food Program Manager for Washington State Department of Corrections (WDOC) and the Chaplain for WDOC presented, "The Universal Diet Card Promoting Systematic Efficiencies." WDOC has implemented a universal diet card systemic approach to diets that has proven to lower or contain both raw food and labor costs. Cheryl is the first registered dietitian to speak at an ACA conference.

April 2004:

American Correctional Food Service Association (ACFSA) Spring Conference - New Orleans, LA

Nancy Guppy, RD, MS, and I presented a panel discussion of "Correctional Standards and Guidelines - What's New? And Allergy Diets." General nutrition and diet questions were answered also.

Cpt. Mary Goodwin, MS, RD, LDN, spoke on "Food Specifications - Getting what you Order."

American Jail Association (AJA) Spring Conference - Birmingham, Ala.

Joseph Montgomery, MS, RD, LDN, CCFP, and I presented "Correctional Nutrition - What is Appropriate?" This presentation reviewed the basics of menu planning for the regular and medical diets in jails and detention facilities. Joe and I were the first registered dietitians to speak to this group of corrections professionals.

To share a bit of humor from the session, one of the attendees from a very small jail was interested to know if he was serving adequate calories with "Hungry Man" meals for lunch and dinner. Of course we told him how much he could benefit from joining ACFSA and learning more about correctional foodservice.

For information on any of these presentations, please contact me at bwakeen@neo.rr.com.

New Corrections Manual

The second edition of *Correctional Foodservice and Nutrition Manual* is now available. This 2004 revision has the latest updates in nationally recognized standards and guidelines including NCCHC Standards, HACCP reflecting the latest Food Code information, a new "Aging Inmate" chapter, a more detailed "Diets" chapter that includes a detailed "Allergy Diet" section, an expanded appendix, and more.

This manual is a product of the CD-HCF Corrections Sub-unit, a practice group of the American Dietetic Association. Joseph Montgomery and I are the editors of this manual. Many thanks to the dietitians who are ACFSA members who contributed as authors and reviewers: **Chris Althaus, RD, CD**, Nancy Guppy, Cheryl Johnson, **Dorthea Rourke, MS, RD, LDN**, **Jane Stadick, MS, RD, LD**, and **Joanne Zacharias, RD, LD, CCFP**.

The manual can be ordered from www.cdhcf.org/products or through ADA at 1-800-877-1600 ext 5000. Item # 5023. Cost is \$22.00 plus shipping.

Nancy Guppy crosses the border again...

Nancy Guppy has joined me as the new CD-HCF Corrections Sub-unit Co-chair, replacing Joseph Montgomery. She is the first international member of the Corrections Sub-unit.

Welcome and Good-bye Joe...

As mentioned earlier, Joseph W. Montgomery has fulfilled his term as the CD-HCF Sub-unit Co-chair and is moving on to wear a bigger hat as our next ACFSA President for 2004-2005. He will still be involved with CD-HCF as he is replacing me as the Alliance Representative for CD-HCF to ACFSA.

Cheryl Johnson awarded...

Cheryl Johnson was selected to receive the Secretary's Leadership Award from the Washington State Department of Corrections. See the full announcement in a dedicated article.

Meetings and Conferences

ACFSA - Spring Conference, New Orleans, LA.

The Dietitians in Corrections held a networking luncheon at the ACFSA Spring Conference in New Orleans, LA. We discussed menu planning, meeting the DRI's in a nutrient analysis and what nutrient levels are acceptable. We referenced and reviewed *Dietary Reference Intakes: Applications in Dietary Planning*, a late 2003 publication from the National Academies Press. Available at www.nap.edu.

**2004 ACFSA International Conference
"Unlocking Your Future"**

August 15-19, 2004
Hyatt Regency Sacramento
Sacramento Convention Center
Sacramento, Calif.

There will be a Nutrition Professionals in Corrections panel on Monday, Aug. 16, presenting the latest nutrition standards, obesity issues in corrections and California's standards.

There will be a dietitians networking meeting with the time and date to be announced.

Approximately 18-22 pre-approved ADA CEUs can be earned at the conference. This is a very cost-effective method of acquiring CEUs for credential certification. CEUs are also available through the Dietary Managers Association and the American School Food Service Association.

**2004 National Conference on Correctional Health Care
(NCCHC)**

November 13-17, 2004
New Orleans, LA
For more information visit www.ncchc.org.

Membership Information

If you would like to be added to the Dietitians in Corrections networking EML, please email me directly at bwakeen@neo.rr.com. This is an informal discussion group and your name/email address will be listed in each email sent to the group.

If you are interested in joining the Corrections Sub-unit contact me directly at bwakeen@neo.rr.com. If you are already a member and want to subscribe the Corrections Sub-unit EML or be listed in the directory, visit the CD-HCF web site at www.cdhcf.org. Emails communicated through this group are sent through a private email address and are only shared with others in the group.

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American Correctional Food Service Association

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