

## DIETITIAN'S CORNER

# Keeping You in the Loop and Sharing Around the World

By Barbara Wakeen, MA, RD, LD, CCFP



Prior to the International Conference in Sacramento, I received requests to record the presentations, so those who are unable to attend can still have access to the information presented. ACFSA is researching ways to provide high quality recordings of the sessions in a cost-effective manner.

For those who were unable to attend the International Conference or missed some of the sessions, I thought I would share highlights from the Nutrition Professionals in Corrections Panel:

### **Nutrition Issues in Corrections: Incidence of Obesity - Do We Contribute?**

Presented by **Eliana C. Schultz**, RD, Director of Food and Nutrition Services, County of San Mateo Sheriff's/Probation Facilities

This focused on the rising obesity in our institutions and what modifications in menus, diets and commissaries can be made to control this problem while meeting mandates.

### **Title 15 Standards - California**

Presented by **Jan Wyatt-Lucha**, RD, FS Manager, Marin County Sheriff's Department

This presentation was an update of the California Title 15 Standards for meal patterns for county facilities and menu planning and how California menus have been modified to meet these standards.

### **Dietary Reference Intakes and Standards Updates**

Presented by **Barbara Wakeen**, MA, RD, LD, CCFP, Correctional Nutrition Consultants

This summarized the Dietary Reference Intakes and the Latest American Correctional Association, National Commission on Correctional Health Care and American Diabetes Association Standards.

*If you would like details or emailed handouts from any of these presentations, please contact me directly at [bwakeen@neo.rr.com](mailto:bwakeen@neo.rr.com). Please let me know if you can receive it in a PowerPoint handout format.*

### **The Dietitians in Corrections Networking Luncheon**

The Dietitians in Corrections Networking Luncheon was held at the ACFSA International Conference, Monday, Aug. 16, 2004. The event was sponsored by Dressler Foods, a manufacturer of soy products.

Twenty-one dietitians were in attendance, including many new corrections dietitians (and new ACFSA members) and many seasoned professionals.

Our time was short, but we had a wealth of experiences to share for all aspects of correctional feeding. The 2004 Second Edition *Correctional Food Service and Nutrition Manual* was introduced.

### **Electronic Listserv - EML**

EML communications continue to keep corrections dietitians, foodservice directors and other correctional professionals connected across North America and around the world.

To date, we have communicated with dietitians in corrections from across the US, Canada, Puerto Rico, South Africa and Australia.

In July, I received an inquiry from Puerto Rico about standards and documentation validating the elimination of salt, fat and sugar in medical diets. In August, I had an inquiry from a military RD in Guantanamo Bay, Cuba regarding the "Food Loaf." Most recently, I received a query from a physician in Poland regarding US dietary standards for food and nutrients.

Some of the general recent listserv topics include the use of dry milk for drinking; the addition of calories for inmates who work outside of our facilities; standards for juvenile community-based corrections; palliative care; computer software; vegan diets and allergy diets.

*If you have a question you would like posted or have information to share, please contact me directly at [bwakeen@neo.rr.com](mailto:bwakeen@neo.rr.com).*

### **Meetings and Announcements**

#### **National Commission on Correctional Health Care**

*2004 National Conference on Correctional Health Care*

November 13-17, 2004

New Orleans, LA

For more information visit [www.ncchc.org](http://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](mailto: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 CD-HCF Corrections Subunit, contact me directly at [bwakeen@neo.rr.com](mailto:bwakeen@neo.rr.com). If you are already a member and want to subscribe the Corrections Subunit EML or be listed in the directory, visit the CD-HCF website at [www.cdchcf.org/subunits](http://www.cdchcf.org/subunits).