

Dietitians Corner
Summer Updates and Hot Topics

By Barbara Wakeen, MA, RD, LD_

Nutrition Related Highlights of the ACFSA Conference in Savannah

Presentations

Dietitian's Panel: Nutritional Guidelines from an International Perspective

Presented by Sally Macqueen, BSc, BNutrDiet, MCouns, APD and Nancy Guppy, MHSc, RD and myself.

This panel presented the latest nutrition/dietary guidelines from their respective countries – Australia, Canada and United States.

Aging Inmates

Presented by Nancy Porter, RD, LDN

- What states are doing to address needs of aging inmates
- Bureau of Justice Statistics:
 - nursing homes in prison
 - health status of older inmates
- Details of how North Carolina has designated different prisons to have more nursing 24/7 than others and how they came to that conclusion
- Nutritional assessments, the importance of CDM and CFMS in the nutritional management of long term care in the prison
- Primary problems with elderly, i.e. ↓ appetite, dehydration, decrease in the ability to chew - texture modifications and even tube feedings

Handouts from these presentations are available via email by request.

Dietitians in Corrections Networking Luncheon

The luncheon was sponsored by Good Source – *a big Thank You* to Good Source. We had 30 in attendance; 22 were RD's, 3 were guests and 5 were Good Source Representatives. We had international attendance from Australia and Canada.

We were pleasantly surprised and honored that Rebecca (Becky) Reeves DrPH, RD, FADA, President of the American Dietetic Association, attended part of the conference and joined us as a guest at the Dietitians in Corrections Networking Luncheon. Becky spoke to the dietitians group at the luncheon and touched on the portfolio requirements.

Becky got first hand information of what corrections RD's do and the challenges we face, particularly with the 2005 Dietary Guidelines and the MyPyramid Food Guidance System. This was the focus of our group discussion along with meeting budgets and other agency guidelines. She expressed enlightenment with our roles, and with the size and cohesiveness of our nontraditional group.

Good Source gave a brief presentation about their low sodium lunchmeats and other available products.

Other topics discussed:

- National School Lunch/School Breakfast Program. No changes have been made to this program since the release of the 2005 Dietary Guidelines and the MyPyramid Food Guidance System.
- Meeting Potassium and Vitamin D with fortification of beverages (already Ca++ and Vitamin C fortified).
- Professional Development Portfolio and CEU's for conference attendance.

Other Hot Topics

Part of my role as Chair of Dietitians in Corrections is to field queries, by those seeking correctional food service and nutrition assistance via ACFSA. Topics of discussion this summer have included:

- Religious meal accommodations - mainly kosher meals and parameters involved
- Nutrition and calorie requirement by state
- Recognized cost savings in caloric reductions expressed
- Jail standards for menu planning
- Meal Management Loaf
- Food service software
- Use of powdered milk as a beverage
- Procedures for food borne illness
- Soy milk powder for vegans
- Blind feeding
- Self service bars

To some these are obviously new topics and to many these are part of our operational procedures. This indicates newcomers to 'our world' and a wealth of expertise to share. Many thanks to all who have contributed to these discussions!

Meetings and Announcements

American Dietetic Association (ADA)
FNCE

St. Louis, Missouri
October 22 - 25, 2005
Corrections Sub-unit Meeting – time and date to be announced.

Past Dietitians Corner articles may be viewed on the ACFSA web site –
www.acfsa.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 CD-HCF Corrections Sub-unit, contact me directly at bwakeen@neo.rr.com. ADA membership and CD-HCF membership are required to participate. 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/subunits.