

Dietitians in Corrections

DRIs and other Hot Topics

by Barbara Wakeen, MA, RD, LD, CCFP, CCHP

This Dietitians' Corner is an update on the latest Dietary Reference Intake (DRI) discussion which was one of the major topics of the Dietitians in Corrections (DIC) Networking Luncheon at the ACFSA Conference in Grand Rapids, MI. For those RDs who were unable to attend, and those members who wonder what we do at this luncheon, this is the opportunity to hear what goes on behind these doors.

First I would like to extend a special 'thank-you' to Good Source for sponsoring our luncheon again this year. Your generosity is much appreciated!

Our group was smaller this year with 15 RDs, one guest from the Federal Bureau of Prisons and of course our Good Source sponsors. I invited representatives from ADA and NCCHC to attend, but their scheduling did not permit.

Points of discussion:

- ✓ Good Source presented their new vitamin fortified milk alternate. Use of this product was discussed versus milk due to costs, budget constraints and regulations. For more information on this product, contact your Good Source representative.
- ✓ Reviewed Dietetics in Health Care Communities (DHCC), formerly CD-HCF—name change, membership, Corrections Sub-unit eml changes and subscription, and member benefits.
 - The new web address is www.dhccdp.org.
 - The Corrections Sub-unit eml has been discontinued due to budget constraints. All corrections communications are now through the DHCC eml, cdhcf-forums@v2.listbox.com. Include 'CORRECTIONS' in the 'subject' line along with the subject to alert other Corrections participants.
 - Anyone who has not subscribed to the DHCC general eml must do so to join in the discussion. Visit the DHCC web site to subscribe.
 - Nutrition and Food Service Management in Correctional Facilities Manual, 3rd Edition, is still available from ADA or the DHCC web site. <http://www.dhccdp.org/essentials/index.asp> Select Products and item #5023.
- ✓ Our discussion concentrated on the DRIs and meeting/or not 100% of the DRIs in correctional menus. We reviewed the past two years' DRI nutrient discussions, emails, my recent communication with ADA representatives, a potential study with NCCHC and the NCCHC draft resolution to the American Medical Association (AMA). Two previous Dietitians' Corner articles on this subject were also referenced.
 - A DRI Committee was formed. I solicited volunteers to be part of a committee to create and conduct a survey, and review the data **with a goal to set a corrections 'standard'**.
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ACFSA INSIDER

MEETINGS

NCCHC

October 9-13, 2010
National Conference on Correctional Health Care,
Las Vegas, NV
For more info. visit www.ncchc.org

2010 FNCE

November 6-10, 2010
ADA's Food and Nutrition Conference and Exhibition
Boxton, MA
www.eatrightma.org

Moving forward...

- ✓ I solicited additional RD committee members to be representative of federal, state, contract and consultant dietitians across North America.
- ✓ A draft survey has been sent out to the DRI Committee and is in the final review stages. This survey will be forwarded to a variety of corrections venues with intentions of reaching RDs representing federal, state, county and private agencies.
- ✓ Follow-up discussions with ADA resulted in the withdrawal of the NCCHC draft resolution. The potential for an inmate nutrient study has been put on hold at this time.
- ✓ If you are interested in participating in the survey or having your dietitian participate, please email me at bwakeen@neo.rr.com to ensure I include you in the emails.
- ✓ If you are not an RD and receive the survey, please forward to your dietitian to complete. I will be emailing this through the general listserv. This is our chance to make a difference and set the standard for our industry!

Other Hot Topics and Listserv Queries

- Commissary limitations
- Incorporating sweets into the diabetic diet
- Ceremonial religious meals
- Food safety paranoia regarding allergies
- Role of the RD in safety and sanitation inspections
- Types of medical diets served
- Vegan diets
- How to make an oven 'kosher'
- ICE Detention Standards

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. You do not have to be a dietitian to be on the list.

If you are interested in joining the Corrections Sub-unit or if you are already a member and want to subscribe the DHCC EML or be listed in the directory, visit the DHCC web site at www.dhccdp.org. Emails communicated through this group sent through a private email address.