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# the Long Island Dietetic Association

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## Food Day in Suffolk County

The first annual LIDA Food Day celebration in Suffolk County held at the Huntington YMCA was a huge success. Lead by Marina Stauffer Bedroissian, LIDA members Dianne Cochrane, Marion Eckl, Jean Essig, Laura Fafard, Helaine Krasner, Mike Krivyan, Danae Rotarum, Claudia Santos, Lisa Stollman, and Samanth Voor organized into six stations providing engaging activities geared toward young children and their families. The great turnout was aided by the fact the event was included as part of the community center's Halloween Festival. LIDA activities included; ways to make fruit fun by creating a face on an orange, making-your-own healthier version of a jelly apple using honey and whole grain cereal, oral hygiene education including a free toothbrush and mini-toothpaste, examples of healthy snacking ideas, and a hoola-hooping area to promote physical activity. In addition, parents received Food Day educational materials and healthy, affordable recipes. Huge thanks go out to the Huntington Y for providing the space for the event, to Richter's Orchard in Northport for their

generous donation of locally grown apples and educational material, and to the dental offices of Dr. Bonnie Helfner in Commack and Dr. Lisa Ritter Kahn in Woodbury for their generous donations of toothbrushes and toothpaste, and to Colgate-Palmolive for additional donations of toothpaste.

**By Helaine Krasner, RDN**





## Save the Date!

### Upcoming Webinars: Free for LIDA Members

12/3/2013

7-9 pm

"Breast Cancer  
treatments and  
Prevention" By  
Dr. Karen Barbosa

1/23/2014

7-9 pm

"Integrative and  
Functional  
Nutrition" By Sudha  
Raj, PhD, RD

2/6/2014

7-9 pm

"Let Food be Thy  
Medicine" By  
Sudha Raj, PhD,  
RD

## **Molly Kellogg's "Change Talk"** **LIDA Webinar October 2, 2013**

The perfectionist in me always wants to be the best at everything. I work hard and practice a lot. Although practice doesn't always make perfect, I believe that "what you put into it, is what you get out of it." This is something that frustrates me when it comes to the topic of motivational interviewing (MI). I now have a bachelors and masters in nutrition, have 1 year of counseling experience, and am currently a dietetic intern, yet I am nowhere near perfecting MI.

After listening to Molly Kellogg's webinar "Change Talk," I have realized that I may be acting a little fast in my frustration. I have been making this about me, when really it is about the patient. MI is a client-centered tool for making changes, and increasing helpful behaviors while decreasing unhelpful behaviors. I have to put my wants and needs on the backburner and try to really listen to what the patient needs in the moment. MI relies on the patient's intrinsic motivation and interest in change, using a non-aggressive approach to frame goals in a practical, attainable fashion. You need to build rapport and trust, instead of rushing to try and change them. This skill takes a great deal of practice and training and is not something you can simply learn from a book. Molly Kellogg explained many ways in which to both recognize and respond to change talk. Change talk can come in varying degrees, from recognition of need for change to actually making a change. She described listening for change talk through the acronym DARNCAT, which stands for: Desire, Ability, Reasons, Need, Commitment, Activation, and Taking Steps. Examples of statements to listen for include: "I would like to...", "I would feel better if...", "I could", "I'm willing to...", or "This week I started...". Molly also explained the importance in responding to change talk through the acronym EARS, which stands for: Elaborating with open questions, Affirming the patients efforts and strengths, Reflecting the change talk and Summarizing the change talk heard. These strategies help to elicit more change talk, which ultimately can help lead to change (the goal!).

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Building a relationship, of course, is much easier in an out-patient setting where you have sufficient time. Presently, I'm interning at a hospital for my clinical rotation and am struggling to incorporate MI. Many patients are too weak, fatigued or ill to have a full conversion, or want nothing to do with me. Others want me to sum-up how to change their life in 2 minutes. These patients are exhibiting what Molly Kellogg described as resistance. Some senior dietitians at this hospital would tell me to just do my job, give them some handouts, and write a note in their chart. I was technically doing my job, but it felt like I was doing something wrong, that I was missing something. I also didn't quite understand why some patients wanted absolutely nothing to do with me. I was going to give them what could potentially be lifesaving information, didn't they know that? I can now reflect back and see that they just weren't ready to change. I need to ask more provoking questions to elicit "change talk."

I took many notes and listened intently to the webinar on MI. I feel like I learned very practical ways to incorporate this into my own style to become a better counselor. Although this is going to be a challenge and a long road, I am ready to practice, practice, practice!

**By Jaclyn Washor, Dietetic Intern at LIU Post**

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## **Welcome to all of the NEW 2013-2014 LIDA board members!**

- PRESIDENT-ELECT: Stephen Della Croce, MS, RD, CDN
- NOMINATING CHAIR: Tracey Sperrazza, RD
- CORRESPONDING SECRETARY: Jasmine Nazarieh, RD
- COUNCIL ON PROFESSIONAL ISSUES DEVELOPMENT: Kimberly Philbin, RD Chair & Christine Dougherty, RDN Co-chair
- PROFESSIONAL LIASON: Laura Fafard, MA, RD
- WEBSITE CO-CHAIR: Jessica Kenney
- CAREER GUIDANCE: Michelle Hill, RD

And a special welcome to all of the LIDA Student Representatives from LIU Post & Queens College



## Health Fair in October

The health fair at Hempstead High School was great. Our table had the five-pound fat and muscle models, as well as many food models and was the one of the most popular tables at the fair. The kids seemed fascinated with the models and they all took a pamphlet. The fat model took a flight around the gym as some of the kids had fun throwing it around, but it was quickly retrieved by a teacher and returned safely. Many of the kids reported eating four times the amount of macaroni and cheese and mashed potatoes represented in the size of the food model. There were approximately 900 students present and just me at the table. I was able to make great connections with the school faculty who asked if I could do some guest speaking on nutrition topics. I thought that would be a great future opportunity, especially since we had little time to discuss things in depth at the booth.



The kids asked questions and brought up the following concerns:

- Not eating breakfast or all day due to fear of getting fat
- What should they eat before and after a workout?
- How to eat a balanced diet as a vegetarian?
- What foods to choose at their school lunch?
- Why is it so bad to eat fast food every day?

Also I found that the kids reported eating lots of processed/high carbohydrate foods. I think the health fair helped the kids learn some important nutrition facts and I hope to return to continue with nutrition education.

**By Robyn Kenul, Nutrition Student**



## Nassau County Food Day 2013

This year, Nassau County Food Day was a Healthy Halloween Festival that took place on October 26, 2013 at the Shop Rite in Uniondale. Packed with information and activities for both children and adults, the event was a huge success. For adults, body mass index (BMI) and blood pressure screenings were available as well as low sodium and dental health tips. For children, healthy Halloween activities were available such as; banana ghosts, flying bats (using grapes, blue tortilla chips and cheese), and edible eyeballs (using carrots, hummus and olives). In addition to the children and adults, this event was just as enjoyable for the volunteers. As nutrition students at LIU Post, we learn about community nutrition. However, being able to actually experience the concept hands-on at Nassau County Food Day was an incredible opportunity provided by the Long Island Dietetic Association. In class, we learn theory. However, outside of the classroom through experiences such as these, we learn the application. Capturing the true essence of this event is hard to do in a short newsletter segment. However, to sum it all up, the Healthy Halloween Festival for Nassau County Families was an enjoyable event for all who got the chance to participate. From those who received the education to those who provided it, Nassau County Food Day made nutrition education fun, informative and memorable.



**By Alyssa De Monte, Nutrition Student**



## Battling Childhood Obesity

*Cooking Up Energy®* is an exciting cooking and nutrition education program started by Dr. Kathy Isoldi, RD who is a professor of Nutrition at Long Island University's Post Campus. *Cooking Up Energy®* is currently being offered to children at the Boys and Girls Clubs in both Glen Cove and Oyster Bay. When Dr. Isoldi started teaching at LIU, she saw the foods lab in the Nutrition department and realized there might be an opportunity to teach people how to cook healthy foods. This realization, along with the knowledge that preparing food has become a lost art, led Dr. Isoldi to design *Cooking Up Energy®*.

After counseling overweight and obese children for more than two decades, Dr. Isoldi wanted to influence behaviors on a larger scale. She began to share her love of cooking with children by teaching them how to prepare their own meals, hoping that it would help them have more of a respect for the process. Along with the added respect that the children would have for food if they cooked it themselves, it would also lead them to think about making healthy food choices if they were involved in food preparation and eating better. Dr. Isoldi's idea for *Cooking Up Energy®* is not only to teach children cooking skills, but to change their attitudes towards food. Today, parents are busy, and these life skills are not being taught either at home or at school (such as in the Home Economics classes of the 1960's and 1970's).



## Battling Childhood Obesity Continued

*Cooking Up Energy®* is a ten week cooking and nutrition education program offering children a hands-on experience to cut, peel, stir, and measure ingredients, while preparing a healthy version of some of their favorite foods. When tasting the foods that they have made, the children have conversations with the nutrition student volunteers about the food. This serves as a stealth method of nutrition education that gets kids talking about food and how good healthy food can taste without lecturing. *Cooking Up Energy®* is a community education and research project. For the research portion, children's height, weight, blood pressure and waist circumference are all taken. Children also fill out surveys about meal preparation frequency, 24-hour recall, attitudes about healthy food, and self-efficacy. The children's measurements and surveys are completed before and after the program to see if participation in the 10 week program has influenced their behavior or outcome.

The goals of *Cooking Up Energy®* include: reducing body weight in those children who are overweight or obese at the start of the study, improving food intake- especially fruit and vegetable intake, increasing frequency of meal preparation at home, improving meal preparation self-efficacy and attitudes about cooking. Of course, it's also important for the children to enjoy the experience.

Dr. Isoldi says, "This program could not function without the many dedicated student volunteers from Post. They are passionate about food, hard-working and really care about children." To date, 174 participants have completed the program and 24 have repeated it for a second time. Preliminary findings show positive outcomes in program evaluation, body weight status, and intention to make healthier food choices. Funding for this program has been provided by the School of Health Professions and Nursing at LIU Post and the Bahnik Foundation.

**By Dianne Cochrane, Nutrition Student**

