



# Weight Management

a dietetic practice group of the  
American Dietetic  
Association



2008-2009 ANNUAL REPORT

WEIGHT  
**MANAGEMENT**  
MATTERS



# GROWING, LEADING, EXCEEDING

## MESSAGE FROM THE CHAIR

In 2008-2009, our sixth year as a dietetic practice group, the Weight Management (WM) Dietetic Practice Group (DPG) took on numerous important tasks. Thanks to the dedication and hard work of the Executive Committee and the support of our 4,610 wonderful members, we met and surmounted all the planned—and unplanned—challenges.

We started the year with new mission and vision statements (see box) and a new five-year strategic plan. After working for five years to establish and build the WM DPG, the focus of the new strategic plan is on vastly expanding member benefits. Please turn to pages 5-7 to see the many ways we got a jump-start on the five-year plan. Of course, none of these achievements would have been possible without the countless hours and leadership expertise provided by the 2008-2009 Executive Committee (see list below). I am truly grateful for their commitment to our members. If you have the opportunity, please be sure to thank them for their time and efforts.

One of the unplanned challenges last year was the sharp downturn in the economy. At one point, the funds that ADA requires we have in reserve dropped by over \$50,000. The Executive Committee swiftly took action to reduce or delay expenses and increase revenues where possible to shore up our financial position. By the end of the year, the reserve loss was only \$15,370. Nevertheless, as you can see from the financial report provided below, the DPG finished the year with a positive net gain of nearly \$85,000, thanks in large part to a very successful spring symposium and to the support of numerous sponsors (see list on pages 8-9).

The WM DPG has grown tremendously in size and scope in its first six years. With the obesity epidemic showing no signs of abating, there is no better time for the WM DPG and our members to provide leadership for innovative solutions to reverse the obesity trend. Please bookmark and visit our WM Web site ([www.wmdp.org](http://www.wmdp.org)) as it is our primary vehicle of communication to members and has the latest news of our group. I am honored to have served as the WM DPG Chair this last year and look forward to staying involved with this exciting, dynamic group.



**RUTH ANN CARPENTER, MS, RD, LD**  
2008-09 Chair, WM DPG

# OUR MISSION

The mission of the WM DPG is to empower members to be the nation's weight management and lifestyle change leaders.

**Our vision** is to optimize the nation's health through weight and lifestyle management.

To fulfill our mission and vision, the WM DPG adheres to the following values:

**CUSTOMER FOCUS:** Meet the needs and exceed the expectations of all customers.

**INTEGRITY:** Act ethically with accountability for life-long learning and commitment to excellence.

**INNOVATION:** Initiate and embrace change with creativity and strategic thinking.

**SOCIAL RESPONSIBILITY:** Make decisions with consideration of environmental, economic, public policy and cultural issues.

**COLLABORATION:** Seek opportunities to share weight management expertise with our stakeholders.

# 2008-2009 BUDGET ACTUALS REPORT

## STATEMENT OF ACTIVITIES

### REVENUE

Membership Dues	\$110,885
Meeting Registrations	\$37,384
Grants and Sponsorships	\$172,171
Interest income	\$(15,370)
Misc. Receipts	\$5,355
<b>TOTAL REVENUES</b>	<b>\$310,425</b>

### EXPENSES

Transportation	\$15,220
Lodging	\$21,214
Subsistence	\$1,352
Professional Consulting/outside services	\$48,288
Postage	\$13,614
Mailing service/Freight	\$3,502
Office Supplies/Stationary/subscriptions	\$1,405
Telephone	\$45
Teleconferences	\$2,263
Dues to other organizations	\$8,809
Donations/Contributions to ADAF	\$6,500
Honorariums and awards	\$11,842
Advertising and promotion	\$1,283
Depreciation	\$7,975
Credit card processing	\$912
Audio visual equipment	\$10,471
Food service	\$42,219
Expo meeting services	\$5,337
Printing & copying	\$19,346
Combined miscellaneous expenses	\$3,884
<b>TOTAL EXPENSES</b>	<b>\$225,481</b>

**BUDGET SURPLUS** **\$84,944**

**2007-2008 Membership** **4,737**

**2008-2009 Membership** **4,610**

# 2008-2009 EXECUTIVE COMMITTEE

**Chair:** Ruth Ann Carpenter, MS, RD, LD

**Chair-Elect:** Michele M. Doucette, PhD

**Past Chair:** Monica Krygowski, MS, RD, LD

**Secretary:** Susan Burke March, MS, RD, LDN, CDE

**Treasurer:** Christine Weithman, MBA, RD, LDN

**Nominating Committee Director:** Anne Wolfe, MS, RD

**Nominating Committee Director-Elect:** Anne Daly, MS, RD, BC-ADM, CDE

**Awards and Honors Chair:** Lynn Umbreit, MS, RD, LD

**Awards and Honors Chair-elect:** Lori Tanner, MPH, RD

**Professional Development Director:** Lynn Grieger, RD, CDE, cPT

**Symposium Chair:** Linda Gigliotti, MS, RD, CDE

**CPEU Chair:** Rachel Huber, MPH, RD

**Member Recruitment and Retention Director:** Amy Mobley, PhD, RD

**Recruitment and Retention Chair:** Kellie Griesel, RD, LDN

**Volunteer Chair:** Anne Wolfe, MS, RD

**Member Market Site Chair:** Hope Warshaw, MMSc, RD, CDE

**Research Chair:** Rebecca Reeves, DrPH, RD, LD

**Communications Director:** Diane Heller, MMSc, RD, LD

**Newsletter Editor:** Julie Schwartz, MS, RD, CSSD, LD, ACSM-HFS

**Associate Newsletter Editor:** Ryan Andrews, MS, MA, RD, CSCS, NSCA-CPT

**Assistant Newsletter Editor:** Julie Bender, RD, LD and Jackie Mauer Abbott, PhD, RD, CSSD, LD

**CPEU Editor:** Rachel Huber, MPH, RD

**Web Site Editor:** Lori Greene, MS, RD, LD

**Associate Web site Editor:** Kelli Janowski, MS, RD

**Listserv Chair:** Kristen Bing, RD and Ashley Mullins, RD, LD, CNSC

**Blast E-mail Editor:** Beth Hubrich, MS, RD, LD

**Subunits Director:** Jaime Reid, RD, LDN

**Bariatric Surgery Subunit Chair:** Sue Cummings, MS, RD

**Pediatric Weight Management Subunit Chair:** Joanne Ikeda, MA, RD

**External Relations Director:** Pat Harper, MS, RD, LDN

**External Relations Assistant Director:** Susan Burke March, MS, RD, LDN, CDE

**Public Policy Director:** Suzanne Brodney-Folse, PhD, RD

**Legislative Chair:** Rosa Lopez, MS, RD, LD

**Reimbursement Chair:** Cathy Smithweiss, MS, RD

**Network and Alliance Chair:** Eileen Myers, MPH, RD

**ADA Practice Team Manager:** Linda Flanagan Vahl

**Executive Coordinator:** Paula Peirce, PhD, RD



# A YEAR OF FIRSTS ...

- For the first time ever, two of ADA's DPGs – Weight Management and Diabetes Care and Education (DCE) – collaborated to present a professional development symposium in March, 2009. Over 330 people attended. Twelve of the 20 sessions were presented by WM or DCE members who are doing innovative, outcomes-focused work.
- Audio recorded the joint symposium educational sessions thereby enabling those who could not attend to benefit from the dynamic and informative sessions.
- Established the WM DPG Fellowship, another first for ADA. Delores James, PhD, RD, LD of the University of Florida is the first recipient of the \$10,000 award to support a one-year professional development service project. ARAMARK is sponsoring the Fellowship.
- Awarded the first "Excellence in Weight Management Outcomes Research" award to Molly Gee, MEd, RD, LD. This award was sponsored by McNeil Nutritionals, LLC.
- Established a Research Committee headed up by Rebecca Reeves, DrPH, RD, LD to help our members become better producers and consumers of weight management-related research.
- Conducted our first professional development webinar. The resulting infrastructure and expertise will enable us to offer many more professional development webinars in the future.
- Set up a WM DPG PayPal account to have the ability to collect payments online for webinar, symposium, and other fees as needed.
- Launched a FREE Member Market Site where WM DPG members can submit information about and links to publications and services they offer. A brief application is located on the WM DPG Web site.
- Submitted a WM DPG-sponsored session on the cost-effectiveness and return on investment of lifestyle intervention for weight management for presentation at the 2009 The Obesity Society Annual Meeting.
- Established a Student's Section in the newsletter and Web site.

# REACHING OUT & GROWING ...



## COMMUNICATIONS

- The member Web site ([www.wmdpg.org](http://www.wmdpg.org)) was vastly improved in terms of content provided and navigability. The goal is for WM DPG members to use the Web site as the hub for information.
- The quarterly newsletter had a “makeover” to include a new logo, masthead, and color scheme. The outstanding content has remained for this #1 member benefit.
- The member listserv was active with helpful, collegial “conversations.”

## PROFESSIONAL DEVELOPMENT AND NETWORKING OPPORTUNITIES

- Conducted two bariatric surgery-related teleseminars:
  - *Best Practices in Continuum of Care for Bariatric Patients*, presented by Sue Cummings, MS, RD and Chris Beisemeier, MS, RD, LDN, FADA.
  - *Advanced Practice in Bariatrics*, presented by Jeanne Blankenship, MS, RD
- Conducted one webinar:
  - Weight Loss Surgery as a Treatment for Type 2 Diabetes Presented by: *Renee Kalmbach, RD, PhD*. This one CPEU credit webinar is archived on the WM DPG Web site through May 2010.
- Provided networking receptions for WM DPG members attending The Obesity Society and American Society of Metabolic and Bariatric Surgery annual meetings.
- Issued 805 CPEU certificates to members who completed newsletter and webinar CPEUs.

# OTHER IMPORTANT ACTIVITIES ...

## AWARDS AND HONORS

- The third annual “Excellence in Weight Management Practice” Award was awarded to Sue Cummings, MS, RD, LDN. This award is sponsored by Slim-Fast.
- Professional development travel stipends (\$1,000 each) were awarded to WM DPG members to attend professional meetings. Stipend recipients were:
  - Kathleen J. Melanson, PhD, RD, LD and Joan Heins, MA, RD – 2008 The Obesity Society Annual Meeting
  - Malorie Blake, RD, LDN – 2009 WM Spring Symposium
- Provided five travel stipends (\$100 each) for students attending the ADA Food & Nutrition Conference & Expo (FNCE) in Chicago.

## PUBLIC POLICY AND REIMBURSEMENT

- WM DPG members worked with ADA’s Coding & Coverage Team to write a CPEU newsletter article on telehealth to clarify scope of practice and highlight opportunities for reimbursement.
- The following WM DPG members serving on the MNT Effectiveness Workgroup submitted a manuscript to the *Journal of the American Dietetic Association* titled, “Cost and clinical effectiveness of outpatient medical nutrition therapy by registered dietitians for managing diet-related chronic diseases.”
  - Geeta Sikand, MA, RD, FADA, CDE
  - Suzanne Brodney-Folse, PhD, RD
  - Erica Gradwell, MS, RD
  - Mary Hager, PhD, RD, FADA
  - Christina K. Bieseimeier, MS, RD, FADA
  - Anne Wolfe, MS, RD
- Recruited WM DPG members interested in reimbursement and legislation to support WM goal of preparing members to influence key decision makers in public policy and reimbursement.
- Highlighted the expertise of WM DPG members by providing ADA’s Washington, DC office with a list of WM DPG contacts by specialty area for assistance with content and testimony.

# 2008-2009 WM DPG SPONSORS

Thank you to our sponsors without whose support we would not be able to provide many of the member benefits that we value.

## WEIGHT MANAGEMENT & DIABETES CARE AND EDUCATION JOINT SYMPOSIUM

### CHAMPION LEVEL:

Amylin Pharmaceuticals, Inc.

### LEADER LEVEL:

Abbott Nutrition

Kraft Foods

McNeil Nutritionals, LLC, A Johnson & Johnson Company

Nestle Brands: Lean Cuisine, Boost GC, Optifast

PistachioHealth.com (Paramount Farms)

### PATRON LEVEL:

ACCUSPLIT

Eli Lilly and Company

General Mills Bell Institute of Health and Nutrition

GlaxoSmithKline Consumer Healthcare

Slim-Fast/Unilever (ADA Corporate Partner DPG funds)

### FRIEND:

American Heart Association

Cabot Creamery Cooperative

California Walnut Board

COSMED USA, Inc.

Diabetes Prevention and Control Program

Dreamfields Foods

Health and Nutrition Technology

Health Management Resources

Jenny Craig

Kao Health and Nutrition LLC

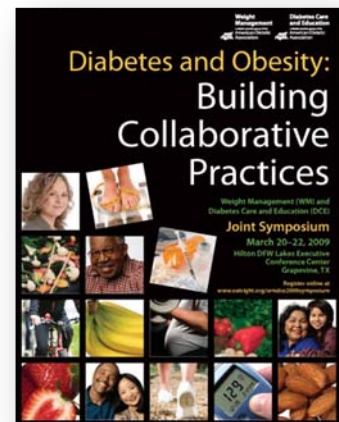
National Starch Food Innovation

New Direction System by Robard

PureVia

Sprim, ALS

Walden Farms



# **2008-2009 WM DPG SPONSORS**

## **EXCELLENCE IN WEIGHT MANAGEMENT PRACTICE AWARD**

Slim-Fast/Unilever (ADA Corporate Partner DPG funds)

## **EXCELLENCE IN WEIGHT MANAGEMENT OUTCOMES RESEARCH AWARD**

McNeil Nutritionals, LLC

## **WEIGHT MANAGEMENT DPG FELLOWSHIP**

ARAMARK (ADA Corporate Partner DPG funds)

## **FNCE 2008 ANNUAL MEETING**

### **MEMBER RECEPTION SPONSORS:**

McNeil Nutritionals, LLC

Lean Cuisine

### **EXECUTIVE COMMITTEE MEETING SPONSORS:**

ACCUSPLIT

ARAMARK

Corn Refiners Association

DSM Nutritional Products

General Mills Bell Institute

Paramount Farms

Slim-Fast/Unilever (ADA Corporate Partner DPG funds)

## **NEWSLETTER SPONSOR**

Slim-Fast/Unilever (ADA Corporate Partner DPG funds)

## **THE OBESITY SOCIETY NETWORKING BREAKFAST**

The Almond Board of California

## **AMERICAN SOCIETY OF METABOLIC AND BARIATRIC SURGERY**

### **NETWORKING RECEPTION**

McNeil Nutritionals, LLC