

Weight Management

a dietetic practice group of the
eat right.™ American Dietetic
Association

2009-2010 ANNUAL REPORT

WEIGHT
MANAGEMENT
MATTERS



LEADING THE WAY...

Dear Friends...

In 2009-2010, the Weight Management (WM) Dietetic Practice Group (DPG) launched many new initiatives while continuing to grow and enhance our core member services. The vision and commitment of the WM Executive Committee provided our 4,768 members new professional development opportunities, expanded awards and stipends, and new weight management-related research resources, among many other member benefits.

Due to the vision of our Past Chair Ruth Ann Carpenter, MS, RD, LD in 2008 we initiated a new five-year strategic plan. As is standard practice for our Executive Committee and numerous DPG volunteers, we met and exceeded the five-year strategic plan goals in just two years! This report reflects these and the many other accomplishments achieved over the past year.

With adversity comes opportunity... The sharp economic downturn that occurred prior to the start of this past fiscal year was a driving force for a strategic shift in our professional development offerings. Although we have held three successful annual symposiums in the previous six years as a DPG, our Executive Committee decided to focus this year's professional development efforts to developing a new mode of "on demand" delivery that would expand our Continuing Professional Education (CPE) offerings to more members at low or no cost. This included launching a highly successful webinar program and online CPE Assessment Center. To complement these online services, the DPG also added many other online professional resources and online forms making it easier for members to apply for stipends and volunteer positions.

WM came through 2009-2010 with a net gain of just over \$88,000, thanks in large part to a very successful professional development program and the support of new and returning sponsors. A critical decision made by this year's Executive Committee was to NOT increase member dues—WM has remained at the same \$25 annual cost since its inception. Another financial decision made after much deliberation by the Executive Committee and feedback from our membership, was to deliver two of our four *Weight Management Matters* newsletter issues electronically. Based on responses from the membership, WM has decided to continue with this newsletter delivery option through the 2010-2011 membership year.

The WM DPG continues to grow both in numbers and as our nation's weight management and lifestyle change leaders. It has been a true pleasure working the WM Executive Committee and members this past year. You are all inspiring individuals, exemplary leaders, and wonderful friends.



Michele M. Doucette
MICHELE M. DOUCETTE, PHD
2009-10 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.

2009-2010 BUDGET ACTUALS REPORT

STATEMENT OF ACTIVITIES

REVENUE

Membership Dues	\$113,605
Meeting Registration Fees	\$5,844
Royalties	\$1,879
Grants and Sponsorships	\$108,937
Interest income	\$38,208
Misc. Receipts	\$(13)
TOTAL REVENUES	\$268,460

EXPENSES

Transportation	\$16,269
Lodging	\$15,759
Subsistence	\$1,203
Professional/Consulting	\$27,766
Postage/Mailing Services/Freight	\$12,803
STATIONERY/FORMS/Books	\$1,064
Telephone & Teleconference	\$1,289
Data Processing-Outside Services	\$10,398
Depreciation	\$894
Other Expense	\$4,603
Member Dues/Seminars	\$5,708
Credit Card Processing	\$3,085
Outside Services	\$13,065
ADAF & other Donations/Contributions	\$7,500
Honorariums/Awards	\$16,427
Rental – Off site	\$240
Audio/Visual	\$7,403
FNCE/Meeting Services	\$1,157
Food Service	\$22,292
Printing/Copying	\$9,953
TOTAL EXPENSES	\$179,778

BUDGET SURPLUS

\$88,682

2008-2009 Membership	4,610
2009-2010 Membership	4,768

2009-2010 EXECUTIVE COMMITTEE

Elected Officers

Chair: Michele M. Doucette, PhD
Chair-Elect: Anne Mathews, PhD, RD
Past Chair: Ruth Ann Carpenter, MS, RD, LD
Secretary: Eileen Myers, MPH, RD, LDN, FADA
Treasurer: Christine Weithman, MBA, RD, LDN
Nominating Committee Chair: Anne Daly, MS, RD, BC-ADM, CDE
Nominating Committee Chair-Elect: Sue Cummings, MS, RD
Awards and Honors Chair: Lori Tanner, RD, MPH
Awards and Honors Chair-Elect: Jackie Boucher, MS, RD, CDE

Manager, DPG/MIG/Affiliate Relations:
Lisa Sands, MS

Executive Coordinator:
Paula Peirce, PhD, RD

Professional Development

Professional Development Director: Lynn Grieger, RD, CDE, cPT
2011 Symposium Chair: Denice Ferko-Adams, MPH, RD, LDN
CPEU Chair: Amanda Browning, MS, RD, LD, CDE
CPEU Assistant: Dina Aburmishan, RD, LDN
Resource Coordinator Chair: Rachel Huber, MPH, RD
Leadership Resource Coordinator: Emily Kornis, MBA, RD
Technology Resource Coordinator: Amy Virus, RD, LDN
Mentor Network Chair: Marietta Schmid, MS, RD, LD



Member Services

Member Services Director: Linda Gigliotti, MS, RD, CDE
Recruitment & Retention Chair: Angela Hasemann, RD
Student Services Coordinator: Susan Hayman, LD, RD
Volunteer Chair: Anne Wolfe, MS, RD
Member Market Site Chair: Hope Warshaw, MMSc, RD, CDE

Research Committee

Research Chair: Rebecca Reeves, DrPH, RD, LD; **Research Resource Coordinator:** Hollie Raynor, PhD, RD

Communications

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: Jackie Mauer Abbott, PhD, RD, CSSD, LD
Web Site Editor: Lori Greene, MS, RD, LD
Associate Web site Editor: Ashley Mullins RD, LD, CNSC
Listserv Chair: Rena Schaeffer, MS, RD, LDN
Blast E-mail Editor: Beth Hubrich, MS, RD, LD

Subunits

Bariatric Surgery Subunit Chair: Sue Cummings, MS, RD
Pediatric Weight Management Subunit Chair: Joanne Ikeda, MA, RD

External Relations

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

Reimbursement & Public Policy

Director: Rosa Lopez, MS, RD, LD; **Legislative Chair:** Erin Gonzalez, RD, LD

Networks & Alliance

Network and Alliance Chair: Lynn Umbreit, MS, RD, LD

A YEAR OF GROWTH ...



- Launched WM’s inaugural State Workshop Series on Motivational Interviewing. Workshops were held at the Pennsylvania Dietetic Association and Georgia Dietetic Association annual conferences.
- Developed and launched a new webinar delivery platform that offers both live and recorded webinars to our members. This new service is integrated with the new online *WM CPE Assessment Center*. The result has been an explosion in the number of CPEUs administered through the WM DPG, with 805 CPEU certificates issued to members who completed newsletter and webinar CPEUs.
- Launched new, robust online “101 Resources” that include research, technology, and leadership resources.
- Enhanced member services to provide more coordinated communication to our members about WM DPG services that are available to both general and student members.
- Expanded and enhanced external communications, including the online delivery of the *Weight Management Matters* newsletter and establishment of Yahoo listserv groups.
- Expanded the Web site offerings to include online submission forms for awards, stipends, and volunteer interests.
- Enhanced and re-launched the WM Mentor Network that has resulted in successful pairing of interested WM mentors and mentees.
- Research Committee moved full-steam ahead in developing new, first-rate weight management-related research resources.
- Completed the first WM Fellowship project by Delores James, PhD, RD, LD and selected the second WM Fellow, Leslie Anders, MS, RD. The \$10,000 fellowship was sponsored by ARAMARK.
- WM submitted two American Dietetic Association (ADA) award nominations that won! Congratulations to Anne Wolf, PhD, RD who received the ADA Excellence in Dietetic Research award and Robert F. Kushner, MD, MS for honorary membership in ADA.
- Expanded and enhanced Bariatric Surgery and Pediatric Weight Management Subunit online resources, along with launching dynamic subunit Yahoo group subunit listservs.
- Enhanced and fine-tuned volunteer tracking and training that has resulted in expanded opportunities for more WM members to get involved in the DPG activities.

REACHING OUT & GROWING ...

COMMUNICATIONS

- The member Web site (www.wmdpg.org) continues to grow with added resources and ease of use. The last quarter of this year included more than 8,000 visits to our site. As part of the goal to drive more members to the Web site for current happenings and resources, we revamped our bi-monthly blast e-mail to be more concise and interactive with the Web site content.
- The quarterly *Weight Management Matters* Newsletter continues to be our #1-rated member benefit. In 2009-10, the Fall and Winter newsletter issues were offered solely online. A survey of our members found the vast majority to be supportive of this online (greener) mode of delivery. To support this effort, the newsletter is now broken out by article on the Web site for ease of reading and downloading.
- Three new Yahoo Groups listservs were successfully launched that continued to thrive with active, helpful, shared online conversations.

AWARDS AND HONORS

- The fourth annual “Excellence in Weight Management Practice Award” was awarded to Lynn Umbreit, MS, RD, LDN. This award is sponsored by Slim-Fast.
- The fourth annual “Excellence in Weight Management Research Award” was awarded to Linda Delahanty, MS, RD, LD. This award is sponsored by McNeil Nutritionals.
- Awarded our first Public Policy Workshop (PPW) stipend awards (\$500 each) to support hosting a “Kick-Off Party” for ADA’s 2010 Online PPW. Stipend recipients were:
 - Nina Crowley, MS, RD
 - Elizabeth Quintana, EdD, RD, LD, CDE
- Professional development travel stipends (\$1,000 each) were awarded to WM DPG members to attend professional meetings. Stipend recipients were:
 - Deborah Wendt, RD – 2009 The Obesity Society Annual Meeting in Washington, DC
 - Amber Seewald, RD, 2010 ASMBBS Annual Meeting in Las Vegas, NV
- Provided four travel stipends (\$500 each) for one student and three general members attending the ADA Food & Nutrition Conference & Expo (FNCE) in Denver. Stipend recipients were:
 - Michele Coelho (student)
 - Karen Bellesky, RD, LDN
 - Kathy Jackson, RD, LD
 - Caroline Whitby, MS, RD, LDN

PROFESSIONAL DEVELOPMENT AND NETWORKING OPPORTUNITIES

- Conducted a record 12 webinars, with six of these being offered free to members. There were a total of 2,361 attendees throughout the 2009-2010 webinars series:

July, 2009: *Beyond the Handout: Motivational Interviewing Skills for Behavior Change.*

Presented by Eileen Stellefson Myers, RD, MPH. 1 CPEU (Free)

September, 2009: Two-part webinar series sponsored by the Corn Refiners Association: *High Fructose Corn Syrup, Obesity, Science, and the Role of the RD.*

- Part I: *Changing the Conversation about High Fructose Corn Syrup.* Presented by John White, PhD. 1 CPEU (Free)
- Part II: *High Fructose Corn Syrup - Applying the Research to Practice.* Presented by Michele M. Doucette, PhD. 1 CPEU (Free)

November, 2009: *How to Get the Most Out of the WM DPG Website: Tools You Can Use.*

Presented by Lori Greene, MS, RD, LD, Diane Heller, MMSc, RD, LD, and Amy Virus, RD, LDN (Free)

November, 2009: *Weight Management at the Worksite: Deal or No Deal.* Presented by Denice Ferko-Adams, MPH, RD, LDN. 1 CPEU (Free) – Sponsored by the Campbell Soup Company

December 2009: *Winning at Losing: Successful Strategies for Pediatric Weight Management.*

Presented by Michelle Demeule, MS, RD, LDN. 1 CPEU

January 2010: *From Bench to Broadcast: Putting Research into Perspective.* Presented by Adam Drewnowski, PhD & Hope Warshaw, MMSc, RD, CDE, BC-ADM. 1 CPEU (Free) – Sponsored by the Calorie Control Council.

January 2010: *Body Contouring After Weight Loss.* Presented by J. Timothy Katzen, MD & Deborah Wong, MPH, RD. 1 CPEU

February 2010: *Substance Abuse: The Weight Management Connection.* Presented by Rosa Lopez, RD and Renee Hoffinger, M.H.S.E., RD, LD. 1 CPEU

March 2010: *Nutrition Support for the Complicated Bariatric Patient.* Presented by Kimberly Mahoney MS, RD, LDN and Kris Mogensen, MS, RD, LDN, CNSD. 1 CPEU

April 2010: *Pediatric Weight Management: Nutrition Assessment and Intervention Strategies.*

Presented by Paula Mrowczynski-Hernandez, RD, LD and Shelley Kirk, PhD, RD, LD. 1 CPEU

May 2010: *Stevia: The Journey from GRAS to Grocery.* Presented by Hope Warshaw, MMSc, RD, CDE, BC-ADM, Michael Carakostas, DVM, PhD, DACVP, and Claire Kruger, PhD, D.A.B.T. 1 CPEU (Free) – Sponsored by the Calorie Control Council

- Provided networking receptions for WM members attending The Obesity Society and American Society of Metabolic and Bariatric Surgery annual meetings.
- Launched new online “101 Resources” including member resources in technology, research, and leadership. The Technology 101 section includes information on blogs, nutrition software, podcasts, RSS Feeds, and social communities, among others. The Research 101 includes an extensive interactive list of current weight management-related peer-reviewed articles with direct links to PubMed.

2009-2010 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.

EXCELLENCE IN WEIGHT MANAGEMENT PRACTICE AWARD

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

EXCELLENCE IN WEIGHT MANAGEMENT OUTCOMES RESEARCH AWARD

McNeil Nutritionals, LLC

2010 WEIGHT MANAGEMENT DPG FELLOWSHIP

ARAMARK (ADA Corporate Partner DPG credit)

FNCE 2009 ANNUAL MEETING

WM/DCE MEMBER RECEPTION SPONSORS:

McNeil Nutritionals, LLC

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EXECUTIVE COMMITTEE MEETING SPONSORS:

California Date Administrative Committee

Dreamfields Pasta

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2010 SPRING STRATEGIC PLANNING MEETING

ACCUSPLIT

Bariatric Advantage

Burger King

ConAgra Foods

NEWSLETTER SPONSORS

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California Date Administrative Committee & Bard Valley Medjool Date Growers Association –
Fall 2009

The Almond Board of California – Winter 2010

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WEBINAR SPONSORS

Campbell Soup Company

Calorie Control Council

Corn Refiners Association

BLAST EMAIL SPONSORS

California Walnut Commission

THE OBESITY SOCIETY NETWORKING BREAKFAST

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

AMERICAN SOCIETY OF METABOLIC AND BARIATRIC SURGERY NETWORKING RECEPTION

Ethicon-Endo Surgery

McNeil Nutritionals, LLC

WM MEMBER DISCOUNTS & OFFERINGS

Contemporary Forums – WM Member Discount & Exhibit Table at the Obesity Treatment and Prevention 2010 Conference in Washington, DC

WLS Lifestyle Magazine

UNRESTRICTED EDUCATIONAL GRANT

The Coca-Cola Corporation

