

DIETITIAN SECTION

By COL Forman, Chief, Dietitian Section

Just a highlight of some of the activities going on in Army Dietetics:

RETIREMENTS: LTC Vickie Thomas, former Chief, Nutrition Care Division, Womack Army Medical Center recently retired and is enjoying her new retirement home in North Carolina. I extend my personal thanks and gratitude to LTC Thomas for all of her contributions to Army Dietetics and to the SP Corp. Although LTC Thomas served well in every assignment, she clearly made an impact on the future of Army Dietetics during her the three years she served as Nutrition Staff Officer at OTSG. Thanks so much LTC Thomas for your service to the country.

LTC Karen Wish, Chief Nutrition Care Division, Dwight David Eisenhower Medical Center, will retire officially in July 03. Karen has served the Army with great pride, professionalism and distinction for 24 years. I extend my personal thanks and gratitude to LTC Wish for her unwavering support; for taking the tough assignments and always getting the job done. Karen has served as the “clinical expert” officially and unofficially for many years because of her astute mastery of and passion for every aspect of clinical dietetics. Karen, you will be missed!!!

OPERATION IRAQI FREEDOM (OIF): I am very proud of every 65C and 91M deployed in support of OIF. I receive an update from many of the officers and NCO’s who are deployed and can assure you that we are making a difference throughout the theater of operations. I extend my personal thanks to every dietitian and Nutrition Care Specialist deployed in support of OIF, and OEF. Additionally, my thanks to those who are not deployed, but have had to assume additional duties in the absence of your fellow 91Ms and 65Cs or are involved in taking care of patients wounded in this conflict.

OPERATION ADOPT A COMBAT 65C or 91M: I am pleased to report that 100% of our deployed personnel have been adopted. Thank you so much for your unwavering support of this project. Adoption parents include Officers – both active duty and reserve, enlisted soldiers, NCO’s and civilian employees throughout the AMEDD.

WELCOME TO RESERVE DIETITIANS AND 91Ms: I want to say welcome and thank you to the 65C’s and 91M’s who were activated to provide backfill support at some of our MTFs. I am aware of dietitians and 91Ms backfilling at BAMC, Ft. Carson, Ft. Hood, Madigan, Ft. Campbell, Ft. Bliss, Ft. Gordon, WRAMC, Landstuhl and the AMEDD C&S. Please let me know if there are others that I may have omitted.

UPCOMING CONFERENCES:

AUSA Medical Symposium/Senior Leadership Conference: This AMEDD wide symposium hosted by LTG Peake will be held 2 – 6 June 03 here in San Antonio. The SP Senior Leadership to include RMC Nutrition Consultants or their representatives and I

will attend this meeting. We have set aside time to break away to discuss strategic issues affecting Army Dietetics and develop strategies to deal with these issues. If you have ideas about what we should be focusing on, please send me an e-mail or give me a call prior to the meeting. The outcome of this strategic planning session will be compiled and shared with the field at a future date.

OPERATION IRAQI FREEDOM AFTER ACTION CONFERENCE: Plans are underway to bring all deployed 65C's and some 91M's to San Antonio in October 2003 to conduct an After Action Conference. This conference will allow those deployed dietitians and 91Ms an opportunity to share their experiences and help us document all of the issues related to this deployment. This conference will also serve as a forum to begin to develop strategies related to our "Go To War" mission. This group will also develop two presentations describing their experiences and which will be presented at the DoD Nutrition Symposium, which will convene immediately following the After Action Conference. The DoD Nutrition Symposium will precede the annual Food and Nutrition Conference sponsored by the American Dietetic Association, which will be in San Antonio this year. Mark these dates on your calendar and I hope many of you will plan to attend.

AAR Conference: 21 – 23 October 03

DoD Nutrition Symposium: 24-25 October 03

Food and Nutrition Conference: 25 – 28 October 03

CALL FOR POSTERS/PLATFORM PRESENTERS/JOURNAL ARTICLES: A few months ago, I challenged each of you to focus on publishing and presenting the great work you are doing either through platform or poster presentations at national conferences, or through journal publications. Many of you have responded and I appreciate your support of this effort. If you submit abstracts for presentations, please let me know. This is not only a strategic initiative for the Dietitians, but is a major goal for the AMSC. We will capture this data and share it with you in the future.

MAJ Victor Yu was recently appointed as a member of the editorial board for Today's Dietitian. Please contact MAJ Yu if you are interested in submitting an article for publication.

DIETARY SUPPLEMENTS AWARENESS: I clearly believe that we are making a difference and having an impact on soldier health and wellness as we deal with the many issues related to this topic. The Rand Corporation released a report on the Efficacy and Safety of Ephedra Containing Supplements. You can view this entire report on line at <http://www.fda.gov/bbs/topics/NEWS/ephedra/whitepaper.html>

- [White Paper](#)
- [Fact Sheet](#)
- [Sample Warning Letter](#)
- [List of Warning Letters](#)

- [Federal Register](#)
- ["Ephedra and Ephedrine for Weight Loss and Athletic Performance Enhancement: Clinical Efficacy and Side Effects" \(Rand Report\)](#)
- [Summary of the Rand Report on Ephedra](#)

ARMY DIETITIAN's DIETARY SUPPLEMENTS WORKING GROUP: If you are wondering what you can do as related to dietary supplements awareness, please consider partnering with MAJ Corum and the Dietary Supplements Working Group. This small group of professionals to include: CPT Blackmore, CPT Brasfield, CPT Conteras, CPT Metzger; CPT Davidson, CPT Flash, CPT Frost, MAJ Helinski, LTC Hutson, CPT Kaefer, MAJ Kaufman, MAJ Kesselring, LCDR McClain, CPT Meyer, CPT Pulliam, MAJ Sanders, Ms. Steinacker, CPT Winn, and LT Woodward have worked diligently for the past year developing educational materials, conducting surveys, as well as developing strategies related to Dietary Supplements. Kudos to MAJ Corum and the entire group for the work you have accomplished thus far.

DOD/FDA/DHHS Dietary Supplements Working Group: The issue of dietary supplements is clearly on the Surgeon General's radar screen and he is rapidly becoming aware that Army Dietitians are leading the way in this area. I have been invited to brief the DoD Prevention, Safety, and Health Promotion Council about Dietary Supplement issues as well as describe the work that has already been accomplished. This group, which is chaired by LTG Peake also includes all service Surgeons Generals and other Army Senior leadership.

DIETITIAN's VTC: Our next VTC will be Wednesday 14 May 2003 from 1430 to 1600 CST. Hope you will be able to attend. I will publish the agenda on 12 May 03.

CONGRATULATIONS MAJ JAGHAB!! MAJ Danny Jaghab was recently presented an Award of Excellence from the Produce for Better Health Foundation for his innovative **Sample the Spectrum Campaign**. This campaign features 32, 60, and 90-second videotapes on the importance of eating 5-9 servings of fruits and vegetables for maximum phytochemical consumption. The goal of these tapes is to educate viewers on the types of phytochemicals in various colors in foods. This award was presented to MAJ Jaghab at a formal ceremony in California. This initiative will be featured at the upcoming AUSA Medical Symposium as a poster presentation.