

## An Inside Look at the AND's new Sustainable, Resilient and Healthy Food and Water Systems SOPP

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Chief Nutrition and Food Service,  
Martinsburg VA Medical Center

WVAND Annual Nutrition Conference, May 14, 2014

### Hunger and Environmental Nutrition

a dietetic practice group of the  
eat right. Academy of Nutrition and Dietetics

## GreenGov Presidential Award Good Neighbor 2010



## Imagine a World Where...

All eaters have equitable and optimal access to food and water now and in the future

All WV RDNs are experts in Sustainable, Resilient, and Healthy Food and Water Systems

WV RDNs are often asked for help with Sustainable, Resilient, and Healthy Food and Water Systems topics.

WV RDNs have a national reputation as experts in this area.

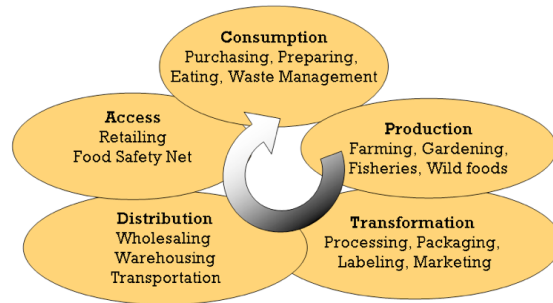


## Objectives

- ① Review WVAND food systems support.
- ② Describe the SOPP concept with emphasis on sustainable, resilient and healthy food and water systems.
- ③ Synthesize case examples of use of SOPP.
- ④ Formulate an action plan.



## Food Systems



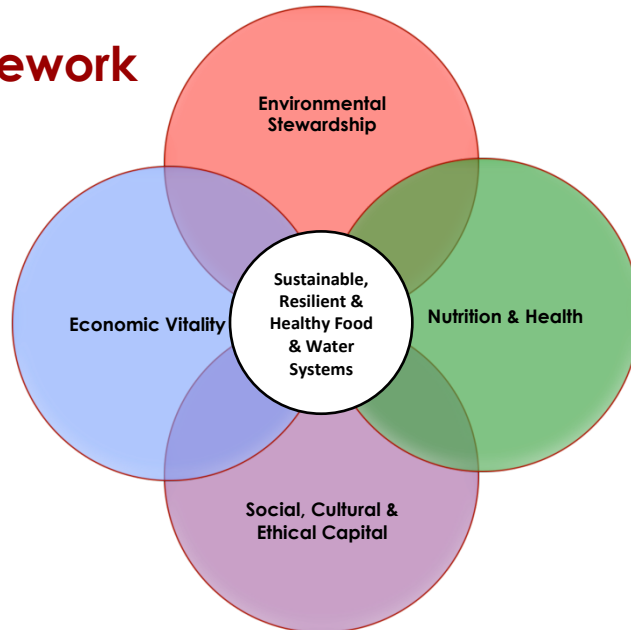
Source: Harmon, A.H., R.S. Harmon, & A.N. Maretzki. (1999). The Food System: Building Youth Awareness through Involvement. A guidebook for educators, parents, and community leaders. A Keystone 21: PA Food System Professions Education Project. The Pennsylvania State University, College of Agricultural Sciences, University Park, PA.



**“Sustainability is a process, not a prescription.... It is a journey we embark on together, not a formula we agree to.”**

Fred Kirschenmann, PhD, Farmer and Distinguished Fellow, Leopold Center for Sustainable Agriculture

## Framework



Tagtow A, Robien K, Bergquist E, Bruening M, Dierks L, Hartman B, Robinson-O'Brien R, Steinitz T, Tahsin B, Underwood T, Wilkins J. Academy of Nutrition and Dietetics: Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Sustainable, Resilient, and Healthy Food and Water Systems. *J Acad Nutr Diet*. 2014; 114(3):475-488.

## Marshall University Kellie Smith, Tonya Davis, Jessica Walden





**West Virginia University**  
**Mary Lauren Salvatore**  
**Lauren Gerchufsky**



**Annual Meeting  
Planning 2014**

## RDN at the WV Food and Farm Coalition



Garnet Bruell, RD  
AmeriCorps VISTA

## WV RDNs working in Policy



## RDNs at the Morgantown Farmer's Market



Cindy Gay  
Leah Woodburn

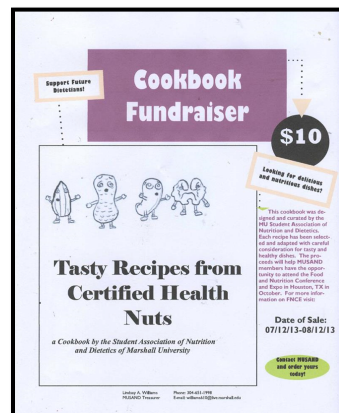
## RDNs at the Farm



Kristin McCartney's  
goat named Jill



## Marshall University Dietetic Student Cookbook



West Virginia Academy of Nutrition &amp; Dietetics | April 2014

### Earth Saving Kitchen Tips

By: Kelly Hamilton, BS; Edited by: Erika Ford, RD LD

This month, we celebrate Earth Day, reminding us to be more sustainable and "green" in our daily activities. Maybe you'll want to plant a tree, help with picking up trash in a local park, or take a bag of recycling to a nearby center. But why not consider starting in your kitchen? There are many ways to use natural resources in a more earth-friendly way at home. By incorporating these tips, you can save on water and heat usage as well as costs.



- **Use a lid:** Unless the recipe states otherwise, using a lid on your stovetop pots while cooking can help contain the heat, cook food faster, and save on gas or electric costs. Covering dishes in the oven will do the same, as well as seal in moisture. This is great for baked pasta dishes especially, which are prone to drying out.
- **Less is more:** Boiling vegetables in large amounts of water causes leaching of its vitamins and minerals into the cooking water, as well as a duller taste and color. Simmering requires a small amount of water, less heat, and is actually preferable from a nutritional and culinary standpoint. If cooking rice or pasta, which requires more water, consider boiling in a large pot and placing vegetables on top to steam. If boiling meat, use just enough water to cover.
- **Spend wisely:** Using quality cooking equipment will cook food more evenly and decrease wastage, as well as last longer than the lightweight, cheaper ware. Consider using a cast iron skillet if you want something really long-lasting. It will increase the iron content of your food as well!
- **Maximize oven space:** Putting multiple items in an oven at once will save on electric or gas costs as well as time. Cook items that require the same temperature together and set multiple timers to know when to remove each dish. After cooking, use that residual heat to keep food warm prior to eating, covering to seal in moisture.
- **Practice efficient dishwashing:** If using a dishwasher, minimize the amount of running water used beforehand. Try filling your sink half-full of water and placing dishes in there to soften grime and scrub before setting them in the dishwasher. If using a sink, avoid washing dishes one-by-one. You will save time and water if you pre-scrape dishes, fill the wash sink with water and soap, and use the other sink to rinse with hot water. Wash the "cleaner" dishes first to minimize water changes.

These are just a few ways that you can save yourself some money and time and practice efficient use of resources. Find even more tips by searching "Sustainable Eating" at [www.eatright.org](http://www.eatright.org) or visit a registered dietitian in your area.



*Kelly is a dietetic intern in the ISPF program at California State University of San Bernardino and is currently completing her rotations in North Central WV. As the nation's food and nutrition experts, registered dietitians are committed to improving the health of their communities. To find a registered dietitian in your area, visit [www.eatright.org](http://www.eatright.org) and click on "Find a Registered Dietitian."*

**Kelly Hamilton**  
**Erika Ford**

## WVU Healthcare Intern Feed My Staving Children



**Kate Reed**  
**WVU Healthcare Intern**



## West Virginia University Melissa Olfert



- Our community garden is in the running for a generous grant from Seeds of Change®! Vote for us every day.

[https://www.seedsofchangegrant.com/  
TheGallery.aspx?id=61bac365-1007-482b-9987-  
d8931cd3e25](https://www.seedsofchangegrant.com/TheGallery.aspx?id=61bac365-1007-482b-9987-d8931cd3e25)



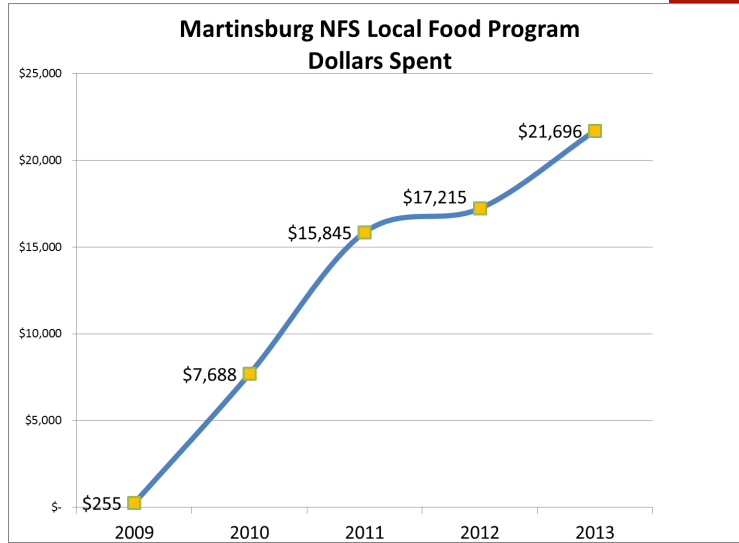
## Healthy Café of WVU Healthcare



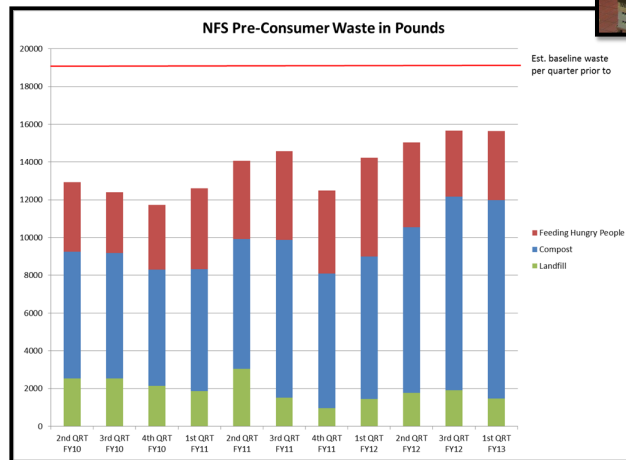
Cindy Gay  
WVU Healthcare

Frankford Farms,  
Pennsylvania

## Martinsburg VA Medical Center



## Martinsburg VA Medical Center







**FROM THE ACADEMY**  
Standards of Professional Performance



## Academy of Nutrition and Dietetics: Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Sustainable, Resilient, and Healthy Food and Water Systems

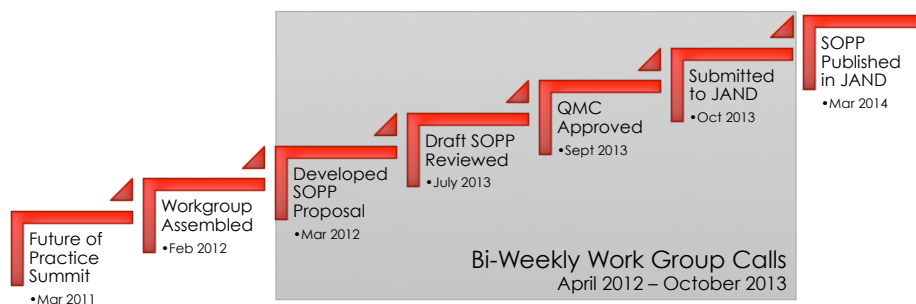
Angie Tagtow, MS, RD, LD; Kim Robien, PhD, RD, CSO, FAND; Erin Bergquist, MPH, RD, LD, CNSC; Meg Bruening, PhD, MPH, RD; Lisa Dierks, RD, LD; Barbara E. Hartman, MS, RD, LD; Ramona Robinson-O'Brien, PhD, RD; Tamara Steinitz, MS, RD; Bettina Tahsin, RD, LDN, CDE; Teri Underwood, MS, RD, CD; Jennifer Wilkins, PhD, RD

### ABSTRACT

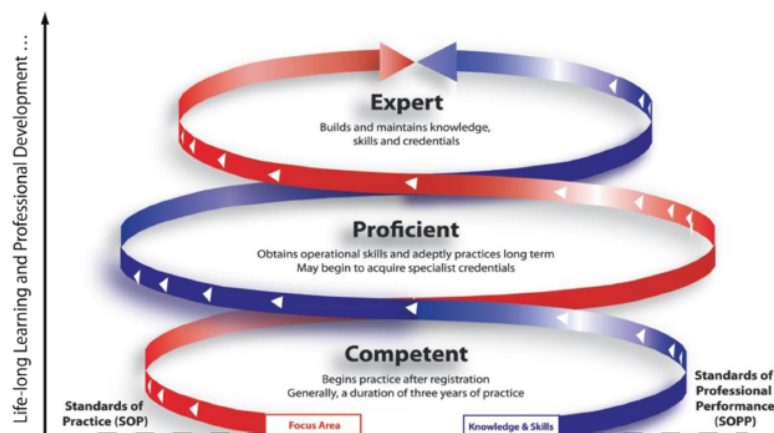
Sustainability is the ability of a system to be maintained over the long term. Resilience is the ability of a system to withstand disturbances and continue to function in a sustainable manner. Issues of sustainability and resilience apply to all aspects of nutrition and dietetics practice, can be practiced at both the program and systems level, and are broader than any one specific practice setting or individual intervention. Given an increasing need to apply principles of sustainability and resilience to nutrition and dietetics practice, as well as growing interest among the public and by Registered Dietitian Nutritionists of health issues related to food and water systems, the Hunger and Environmental Nutrition Dietetic Practice Group, with guidance from the Academy of Nutrition and Dietetics Quality Management Committee, has developed the Standards of Professional Performance as a tool for Registered Dietitian Nutritionists working in sustainable, resilient, and healthy food and water systems to assess their current skill levels and to identify areas for further professional development in this emerging practice area. This Standards of Professional Performance document covers six standards of professional performance: quality in practice, competence and accountability, provision of services, application of research, communication and application of knowledge, and utilization and management of resources. Within each standard, specific indicators provide measurable action statements that illustrate how sustainable, resilient, and healthy food and water systems principles can be applied to practice. The indicators describe three skill levels (competent, proficient, and expert) for Registered Dietitian Nutritionists working in sustainable, resilient, and healthy food and water systems.

*J Acad Nutr Diet.* 2014;14:475-488.

## The Development Process



## What are SOP and SOPPs?



Adapted from the *Dietetics Career Development Guide*. For more information, please visit [www.eatright.org/futurepractice](http://www.eatright.org/futurepractice)  
**Figure 2.** Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Sustainable, Resilient, and Healthy Food and Water Systems.

Tagtow A, Robien K, Bergquist E, Bruening M, Dierks L, Hartman B, Robinson-O'Brien R, Steinitz T, Tahsin B, Underwood T, Wilkins J. Academy of Nutrition and Dietetics: Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Sustainable, Resilient, and Healthy Food and Water Systems. *J Acad Nutr Diet*. 2014; 114(3):475-488.

## What are SOPPs in Sustainable, Resilient and Healthy Food and Water Systems?

- Key resource for all RDNs
- Can be integrated into all practice areas
- Six Standards of Practice
- Specific indicators to apply to practice
- Describe skill levels



## Standard 1: Quality in Practice

Indicators for Standard 1: Quality in Practice					
Bold font indicators are Academy Core RDN Standards of Professional Performance Indicators			The "X" signifies the indicators for the level of practice		
Each RDN:			Competent	Proficient	Expert
1.1	<b>Complies with applicable laws and regulations as related to his/her area(s) of practice</b>		X	X	X
	1.1A	Follows laws and regulations governing food and water systems at the consumer level (eg, dietary guidelines, safe food handling, labeling laws)	X	X	X
	1.1B	Identifies and complies with appropriate laws and regulations governing food and water availability and use at the community level (eg, agricultural production practices, hazard analysis and critical control points, zoning ordinances, environmental regulations)		X	X
	1.1C	Provides training and technical assistance on local, state, and federal laws and regulations regarding SRH food and water systems			X

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## Standard 2. Competence & Accountability

Indicators for Standard 2: Competence and Accountability					
Bold Font Indicators are Academy Core RDN Standards of Professional Performance Indicators			The "X" signifies the indicators for the level of practice		
Each RDN:			Competent	Proficient	Expert
2.7	<b>Engages in evidence-based practice and utilizes best practices</b>		X	X	X
	2.7A	Critically analyzes and incorporates SRH food and water systems best practices and evidence-based research from multiple disciplines into decision making		X	X
	2.7B	Participates in committees, councils or task forces that shape evidence-based practice and/or best practices in SRH food and water systems		X	X
	2.7C	Presents SRH food and water systems topics at professional workshops, conferences, and meetings		X	X
	2.7D	Develops, directs, and manages SRH food and water systems professional workshops, conferences, and meetings			X

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## Standard 3. Provision of Services

Indicators for Standard 3: Provision of Services					
Bold Font Indicators are Academy Core RDN Standards of Professional Performance Indicators			The "X" signifies the indicators for the level of practice		
Each RDN:			Competent	Proficient	Expert
<b>3.1</b>	<b>Contributes to or leads in development and maintenance of programs/ services that integrate SRH food and water systems principles and address needs of the customer or target population(s)</b>		X	X	X
	<b>3.1A</b>	<b>Utilizes the needs, expectations, and desired outcomes of the customer (eg, patient/client, administrator, stakeholder, client organization(s)) in program/service development</b>	X	X	X
		3.1A1 Develops short- and long-term goals for SRH food and water systems services	X	X	X
		3.1A2 Determines priorities, gaps, and opportunities for integrating SRH food and water systems principles into services		X	X

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## Standard 4. Application of Research

Indicators for Standard 4: Application of Research					
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Each RDN:			Competent	Proficient	Expert
<b>4.5</b>	<b>Promotes research through alliances and collaboration with food and nutrition and other professionals and organizations</b>		X	X	X
	4.5A	Disseminates the results and emphasizes the significance and value of SRH food and water systems research findings	X	X	X
	4.5B	Identifies key stakeholder groups and their SRH food and water systems priorities for further research collaborations		X	X
	4.5C	Advocates to stakeholder organizations for prioritizing and funding of SRH food and water systems research projects			X

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## Standard 5. Communication & Application of Knowledge

Indicators for Standard 5: Communication and Application of Knowledge					
Bold Font Indicators are Academy Core RDN Standards of Professional Performance Indicators			The "X" signifies the indicators for the level of practice		
Each RDN:			Competent	Proficient	Expert
5.1	<b>Communicates current, evidence-based knowledge related to SRH food and water systems as an aspect of the profession of nutrition and dietetics</b>		X	X	X
	5.1A	Promotes applicability of SRH food and water systems principles across all areas of dietetic practice		X	X
5.2	<b>Communicates and applies best available research/evidence that supports SRH food and water systems</b>		X	X	X
	5.2A	<b>Demonstrates critical thinking and problem-solving skills when communicating SRH food and water systems issues with others</b>	X	X	X
	5.2A1	Assesses SRH food and water systems evidence for merit by considering soundness of methodology, assumptions and values	X	X	X

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## Standard 6. Utilization & Management of Resources

Indicators for Standard 6: Utilization and Management of Resources					
Bold Font Indicators are Academy Core RDN Standards of Professional Performance Indicators			The "X" signifies the indicators for the level of practice		
Each RDN:			Competent	Proficient	Expert
6.1	<b>Uses a systematic approach to manage resources and improve operational outcomes</b>		X	X	X
	6.1A	Works within existing programs or policies to conserve natural resources and minimize waste	X	X	X
	6.1B	Assesses the use of natural resources (eg, soil, water, biodiversity, energy, paper, cardboard) at departmental and organizational levels to establish benchmarks		X	X
	6.1C	Applies natural resource conservation principles to decision making within the department and organization		X	X

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## How Can I Use the SOPPs?

- Assist in understanding
- Evaluate and demonstrate current knowledge
- Identify areas for further development
- Expand practice
- Foundation for accountability
- Strategic planning
- Guide continuing education
- Assist educators
- Create new practice areas
- Guide future development of subject matter
- Expand positive impacts of RDNs

## Case Example: WVU Internship

Integrate into curriculum

Collaborate with other campus programs

Offer experiential learning

Continuing education



**WVU SAND at work:  
Mary Salvatore, Lauren Gerchufsky,  
Meredith Chapman**

## Case Example: Food and Nutrition Services Manager

Consult SRH Food and Water  
Systems SOPP for:

- Evaluating personal knowledge and skills
- Assist in setting short and long term goals.
- Basis for strategic planning.



## Case Example: Public Health Practitioner

Clients unable to use water for  
food prep

RDN wants to advocate for  
change

Consumer education materials

Use SOPP to identify educational  
needs





## Case Example: Clinical Practitioner



- Adoption of environmentally friendly practices
- Patient education materials



Annemarie Price  
Colleen Liles  
Sandy Spicher

## How Do I Get Started?

Access full SOPP document at  
[www.andjrn.org/content/sop#2012](http://www.andjrn.org/content/sop#2012)

Review and assess current skill level

Develop plan for advancing  
knowledge

Periodic and routine reassessment

Share skills and knowledge



## Imagine a World Where...

All eaters have equitable and optimal access to food and water now and in the future

All WV RDNs are experts in Sustainable, Resilient, and Healthy Food and Water Systems

WV RDNs are often asked for help with Sustainable, Resilient, and Healthy Food and Water Systems topics.

WV RDNs have a national reputation as experts in this area.

What is your action item?



## Summary



- ① Reviewed WVAND food systems support.
- ② Described the SOPP concept with emphasis on sustainable, resilient and healthy food and water systems.
- ③ Synthesized case examples of use of SOPP.
- ④ Formulated an individual action plan.

## Key Resources

- **Journal SOP/SOPP collection**
  - <http://www.andjrnl.org/content/sop#2012>
- **Academy Scope/Standards of Practice**
  - <http://www.eatright.org/scope/>
- **Hunger & Environmental Nutrition DPG**
  - [www.HENdpg.org](http://www.HENdpg.org)
  - Additional resources (expanded glossary, promotional handout)
    - <http://www.hendpg.org/page/professional-development>