Date: November 20, 2014

To: Mary Beth Augustine, Chair, Dietitians in Integrative and Functional Medicine DPG
Monique Richard, Chair-elect, Dietitians in Integrative and Functional Medicine DPG

From: Becky Dorner, RDN, LD, Chair, Council on Future Practice

Subject: Recognition of DIFM DPG Member by the Academy’s Council on Future Practice

We are pleased to announce that Cynthia Moore, MS, RD, CDE, FAND received recognition as Top Innovator in Dietetics Practice for her Innovation in Dietetics Practice and Education display entitled *A Six Month Worksite Weight and Pre-Diabetes Healthy Lifestyle Program with Bundled Billing Through Employee Insurance*. This display was presented during the Innovations in Dietetics Practice and Education session conducted during FNCE 2014 in Atlanta. The abstract for the display can be found on the next page, along with it being published in the Supplement to the September 2014 *Journal of the Academy of Nutrition and Dietetics*.

The Academy’s Council on Future Practice is the organizational unit that sponsors this session during FNCE each year. In its sixth year, the session recognizes practitioner contributions to the profession of nutrition and dietetics. Cynthia Moore was selected by a panel of judges to receive this recognition. We are requesting that you showcase this member of your DPG as a model for other practitioners.

The Council on Future Practice sponsors this inspirational session for members to showcase their innovations. The goal of the session is to provide an outlet for educators and practitioners to present their best ideas and innovations that will keep the profession consistently moving forward. Cynthia submitted an application and was selected to participate in the event from 79 applications submitted from all over the country.

Please join us in congratulating Cynthia Moore for her contribution to keep the profession of nutrition and dietetics moving forward into the future. She is a model of excellence for our membership and hope that you will share her story of achievement.

cc: Council on Future Practice
A 6-Month Worksire Weight and Pre-Diabetes Healthy Lifestyle Program with Bundled Billing through Employee Insurance

Author(s): C.L. Moore, A. Sellman, A. Mentrikoski, A. Warr, S. Pack, A. Wolf; University of Virginia, Charlottesville, VA

The University of Virginia instituted an RD led diabetes prevention program (HLI- Hoo’s Losin’ It?) to reduce costly insurance claims for obese, high risk employees. HLI is an adaptation of a program developed by Albemarle County, Coventry Health Care, Inc, ACAC and Anne Wolf, MS, RD. Two Cohorts (n=26) have completed the program. Program includes 14 group nutrition classes, 8 individual MNT visits (75% of which are telephonic), 5 months of gym membership, 3 personal fitness assessments & 22 exercise classes. Rewards are offered for meeting program goals. Fees for group nutrition classes and individual MNT are bundled into one claim and paid by the self-insured university health plan. Employees contribute a small co-pay.

Results: At program’s end (6 months), there was a 100% retention, 97.5% attendance at RD individual visits and 90% attendance at group classes. Average change (pre to post) include 5.1% weight loss; 1.65 inch reduction in waist circumference; downward shift of high pre-values of fasting glucose, triglyceride, LDL and total cholesterol and improvements in HDL, blood pressure and heart rate. Quality of life improved with a 28% and 17.5% improvement in Vitality and General Health Perception, respectively.

Conclusions: This program benefits the employees, the self-insured business, and the RD enterprise offering the program.

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