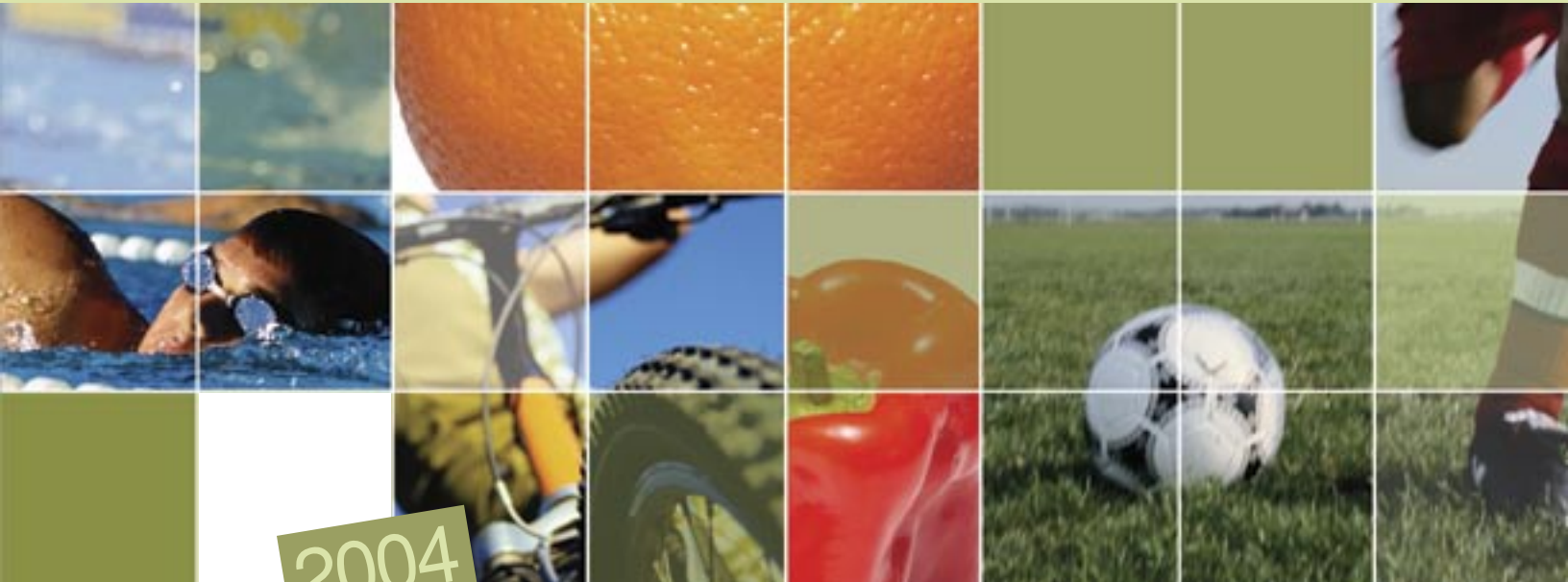


SCAN

SPORTS, CARDIOVASCULAR AND WELLNESS NUTRITIONISTS

A dietetic practice group of the American Dietetic Association



2004
2005

ANNUAL REPORT



A DIETETIC PRACTICE GROUP OF
AMERICAN DIETETIC ASSOCIATION
Your link to nutrition and health.™



SCAN's Guiding Principles

Vision

To support and empower SCAN members to be the most influential practitioners in the areas of sports and cardiovascular nutrition, wellness, and disordered eating.

Mission

To pursue professional excellence in sports and cardiovascular nutrition, wellness, and disordered eating by providing professional development and networking opportunities to SCAN members and promoting SCAN members within and outside the ADA.

The SCAN Credo

As a dietetic practice group of the American Dietetic Association, SCAN is dedicated to sports, cardiovascular, and wellness nutrition, and the treatment and prevention of disordered eating. We hold to a set of essential beliefs that forms the basis for all we do, the principles we represent, our mission, and our vision. As such, we have responsibilities to:

Those Seeking Information: Our role is to educate the public on how sound nutrition practices can nourish the body and reduce the risks and impact of disease. We do this first by doing no harm. Then, we provide sound information to athletes, consumers, health and fitness professionals, and members of the food and nutrition industries, the media, and regulatory agencies. In doing so, we recognize these constituents come from diverse backgrounds and we tailor our services accordingly.

SCAN Members Seeking Community: Our members are our greatest resource and we embrace our diversity. Our role is to provide members with strong leadership and collaboration around a "food first" approach for achieving peak performance and wellness. We recognize members as preminent authorities in sports, cardiovascular, and wellness nutrition and disordered eating and provide prompt and courteous support. We seek opportunities for research, innovation, and professional growth. We provide members with timely access to up-to-date information on practice techniques and new scientific developments and a forum for the professional interchange of ideas in a collegial and safe environment. We provide leadership development, opportunities to serve, and professional recognition.

Health Care and Industry Seeking Partners: Our role is to collaborate with those who share our commitment to educating the public in using the best science and healthful eating practices to make sound nutrition choices. Using our collective resources we empower people to take charge of their health to reduce the risks of preventable illness and maximize performance. In doing so, we maintain the highest standards of ethical behavior as set forth by the American Dietetic Association.



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In the Realm of Synergy

A Message from the 2004-2005 SCAN Chair

"The achievements of an organization are the results of the combined effort of each individual." --Vince Lombardi

A dietetic practice group is only as strong and as vibrant as its members and partners, and any accomplishments that a practice group makes are made through the efforts of many. Fiscal year 2004-2005 was the Year of the SCAN Volunteer. During this time SCAN membership grew and volunteers stepped forward in record numbers to revitalize and invigorate our dietetic practice group.

FY2004-2005 was also a year of fortifying our foundation so that over time, SCAN's impact and initiatives will continue to serve our members, our clients, and our partners. At our annual retreat, the SCAN Executive Committee developed three-year goals intended to build and maintain a solid and effective organization that achieves its vision, accomplishes its mission, and lives up to its credo.

A year seems like a long time, until you step into the role of SCAN chair. Our goals were lofty and our plans challenging, and I'm grateful for the opportunity to have served. As I reflect on this past year, I'm also proud of the passion and good work of our members and the generosity of our partners that is so evident in SCAN's many accomplishments. A review of the highlights of the year will surely bring to mind the wisdom of Helen Keller: "Alone we can do so little; together we can do so much."

Michele Macedonio, MS, RD
2004-2005 SCAN Chair

SCAN Chairs

1982-1983	Francis Trakis-Fisher
1983-1984	Marilyn Schorin
1984-1985	Nancy Muir
1985-1986	Janet Horowitz
1986-1987	Jacqueline Marcus
1987-1988	Jean Storlie
1988-1989	Jeannette Harris
1989-1990	Jackie Berning
1990-1991	Karen Reznik Dolins
1991-1992	Kristine Larson Clark
1992-1993	Linda Zorn (Newcomb)
1993-1994	Martin Yadrick
1994-1995	Nicki Zeidner
1995-1996	Lynn Umbreit
1997-1998	Karen Ross
1998-1999	Ruth Carey
1999-2000	Rita Johnson
2000-2001	Kris Bradsher
2001-2002	Karen Kratina
2002-2003	Mary Kay Sawyer-Morse
2003-2004	Ellen Coleman
2004-2005	Michele Macedonio
2005-2006	Chris Rosenbloom
2006-2007	Leslie Bonci



“2004-2005 was a year of fortifying our foundation.”

SCAN's Accomplishments: Building Up, Reaching Out

All the efforts of SCAN in the past fiscal year were aimed at advancing our mission and strengthening our foundation. This called for building up our services to members as well as reaching out and joining forces with others. SCAN's accomplishments in 2004-2005 spanned a wide spectrum, from membership benefits to strategic planning to fruitful collaboration.

Educational Programs

Keeping members abreast of developments in nutrition is key to SCAN's mission of pursuing professional excellence. In the fall of 2004 and spring of 2005, SCAN provided outstanding educational programs at two major events—the ADA Food & Nutrition Conference & Expo (FNCE), and the Annual SCAN Symposium.

- **SCAN-Sponsored Education at FNCE.** At SCAN's Pre-FNCE Sports Nutrition Workshop, “Nutrition Counseling for Athletes: Different Sports, Different Approaches,” leading sports nutritionists presented powerful case studies on a full range of concerns. In two other top-rated sessions, “Gut Reaction: How to Manage GI Distress in Athletes” and “Nutrition Periodization for Endurance Athletes,” SCAN experts presented the latest concepts and provided practical advice. Attendees walked away from these SCAN-sponsored programs armed with new insights and proven solutions to help them better serve their clients.
- **2005 SCAN Symposium.** SCAN's 21st Annual Symposium, “Involve, Evolve, Resolve: Advances in Wellness and Weight Management,” brought scores of SCAN members and exhibitors to Charleston, SC, for a lively, information-packed event. Speakers featured world-renowned experts who shared their perspectives and recommendations. Three pre-Symposium workshops—“Motivational Interviewing,” “Practical Strategies for Evaluation: A Key to Successful Programs,” and “Up Against the Culture: Helping Clients Embrace a Healthy Body Image, Eating, and Weight”—offered more intimate, in-depth educational and networking opportunities.

Publications and Other Resources

A vital benefit of SCAN membership is our flagship publication, *SCAN'S PULSE*. In addition, SCAN's popular sports nutrition manual is an invaluable resource for many members, and its latest revision—plus a new CD ROM—were recently published.

- **SCAN'S PULSE.** In 2004-2005, *PULSE* articles were published in the Sports Information Resource Center (SIRC), the world's foremost tool for finding information on sport, fitness, and sports medicine. This important achievement attests to the reputation *PULSE* has earned as an authoritative source for timely, evidence-based nutrition information.

Enhancements are continually introduced to the pages of *PULSE*. In the past fiscal year, *PULSE* launched an important new feature: “Sports Dietetics-USA Research Digest,” which summarizes recent key research. *PULSE* also provided the most comprehensive coverage to date of Symposium scientific presentations, as well as reinstated continuing professional education (CPE) articles. Members can look to *PULSE* for more CPE articles in the coming year.

- **Sports Nutrition Manual, 4th edition, and CD ROM.** Several of SCAN's premier sports nutritionists spent hours of their time in 2004-2005 contributing their expertise to the latest edition of *Sports Nutrition: A Practice Manual for Professionals*, edited by Marie Dunford, PhD, RD. Adding to the excitement of its release in October 2005 was a unique, highly practical addition: the CD ROM “*Sports Nutrition: Client Education Handouts*,” edited by Christine Rosenbloom, PhD, RD. The manual and CD ROM promise to be indispensable resources.

SCAN Website

Many visitors to www.scandpg.org have remarked that SCAN's website has made great strides over the past few years, starting with a complete overhaul in 2003. In 2004-2005, the “Partnerships Link” was introduced, connecting visitors to sponsors' websites. This feature also enables prospective partners to quickly learn about SCAN's sponsorship opportunities that support our programs and services. In addition, two other improvements were introduced in the past fiscal year: monthly updating of the website, and the availability of question-answer forms online for *PULSE*'s CPE articles.

Just as important as these tangible enhancements was the groundwork laid in 2004-2005 for the recently-launched “Find a SCAN Dietitian” member locator. This searchable database is available to anyone who visits SCAN's website—including consumers, the media, and SCAN colleagues. Members can choose to be listed on this handy referral system at no charge. Also conceptualized in 2004-2005 was a member products marketplace, which is currently in development.



SCAN Membership: Tapping Our Greatest Resource

Listservs

SCAN continues to meet the needs of many members by providing listservs in three practice areas: sports nutrition, cardiovascular nutrition, and disordered eating. Voluntary enrollment in these “electronic mailing lists” gives members the opportunity to receive timely information, input, and feedback from other participants.

Subunits

Sports Dietetics-USA (SD-USA) was established as a subunit of SCAN on June 1, 2004. In addition to providing sports nutrition education and advancing sports dietetics as a career specialty, the group is seeking certification for sports dietitians. Toward this end, SD-USA is working with the Commission on Dietetic Registration. A workgroup has been formed to write a specialty exam, targeted for completion in 2006.

Volunteerism

In 2004-2005, SCAN enjoyed a resurgence of volunteerism. As part of SCAN's strategic planning, a framework was developed to encourage and engage SCAN's diverse and highly qualified membership in the growth and functioning of SCAN. The “Getting To Know You Better” form (available on SCAN's website under “Volunteer Opportunities”) was refined to facilitate better identification and placement of new volunteers.

Partnership Team

Strategic planning in 2004-2005 also led to the creation of a team of volunteers dedicated to forging strong partnerships with like-minded groups wishing to disseminate sound nutrition information, support science-based practice, and protect the public. Each team member focuses on a specific SCAN offering or entity, such as the Symposium, SD-USA, *PULSE*, or member services.

Financial Strength

Strong fiscal management is crucial to the health of any organization. In our commitment to shore up SCAN's financial foundation and remain on firm footing in the future, SCAN is pleased to have surpassed the goal for meeting our reserves years ahead of the target date.

Collaborative Achievements

SCAN members extended the reach of their expertise by participating in joint efforts in 2004-2005. On the ADA scene, many SCAN members helped in the revision of various practice papers and position papers. Others served on ADA's team involved in coding for cardiovascular nutrition.

Elsewhere in the cardiovascular arena, SCAN was represented on a panel at the National Lipid Association Town Hall Meeting in 2004 to discuss the benefits and risks of over-the-counter statin drugs. SCAN members also generously contributed their time to working with other national groups in the past fiscal year.

In conjunction with the Weight Management (WM) dietetic practice group, SCAN is collaborating with an ADA-ACSM (American College of Sports Medicine) committee to tackle the rising incidence of obesity. As a result, two sessions on obesity will be presented at ADA's and ACSM's annual meetings in 2006. Through another joint effort, SCAN and WM teamed up to cosponsor a 2005 pre-FNCE workshop on weight management among athletes.

Whether as individuals or as representatives of SCAN, our members are clearly reaching out to foster excellence in practice and empower the public to make sound nutrition choices.

SCAN membership continues to climb, embracing a diverse group of nutritionists engaged in promoting good health and peak performance. As of May 31, 2005, SCAN's membership rose to 5,079. SCAN members are experts in sports nutrition, cardiovascular nutrition, health promotion and wellness, and the treatment and prevention of disordered eating.

A cadre of talented volunteers. By capitalizing on SCAN's greatest asset—an impressive pool of energetic and capable members—many projects and initiatives were advanced in 2004-2005. More than 50 dedicated volunteers gave their time and talent to move their organization forward. SCAN extends deep appreciation to all members who diligently served as a SCAN volunteer in the past fiscal year.

Recognizing the best and brightest. Each year SCAN bestows awards to recognize remarkable achievement and outstanding practice. SCAN also confers scholarships and grants to encourage professional growth. Members honored in 2004-2005 included:

- 2005 SCAN Achievement Award:
Karen Reznik Dolins, EdD, RD
- 2005 SCAN Excellence in Practice Award:
Marilyn Holmes, MS, RD
- 2004 SCAN Student Stipend Award:
Andreas Suter

*“This was the Year
of the SCAN Volunteer.”*



SCAN 2004-2005 Balance Sheet

(With Comparative Data)

	FY2004-2005 (June 1, 2004-May 31, 2005)	FY2003-2004 (June 1, 2003-May 31, 2004)
Assets		
Membership dues	170,955	150,785
Meeting registration	81,170	78,576
Booth space rental	6,926	8,213
Postage and handling	13	6
Merchandise sales	15	143
Royalties	3,920	6,015
Subscription income	575	45
Advertising fees	3500	510
Grants/contracts	79,250	94,100
Donations/gifts	6,550	25,425
Investment income	9,061	1,300
Miscellaneous receipts	1,437	20
Total assets	363,599	365,138
Expenses		
Composition	42	0
Royalties	449	305
Lodging	16,493	18,939
Subsistence	2,058	2,204
Transportation	17,544	11,838
Professional/consulting	96,645	86,143
Postage	7,512	5,893
Mailing service	3,588	647
Freight	2,490	245
Office supplies	1,427	980
Stationery/forms	0	1,344
Telephone	3,372	2,936
Teleconference expense	2,559	3,523
Advertising/promotion	342	172
Temporary help	2,880	3,400
Other expense	5,580	13,833
Books/subscriptions	0	0
Membership dues/seminar fees	2,449	2,277
Outside services	797	709
Honorariums/awards	16,372	13,881
Meeting rental: offsite	1,844	1,211
Audiovisual	8,345	6,310
Expo/meeting service	2,705	4,333
Foodservice	55,913	50,054
Printing/copying	27,289	43,025
Total expenses	279,760	274,202
Excess (deficit)	83,839	90,936
Total net assets/DPG reserve	213,926	110,087

Corporate Partnerships: Making It Happen

Partnerships with industry make many opportunities possible. By sponsoring various SCAN activities, corporate partnerships fuel SCAN's ability to serve members and enhance our members' professionalism.

The valued support of our industry partners enables SCAN to provide such member benefits as the *SCAN'S PULSE* newsletter, SCAN's website (www.scandpg.org), subunits, focused listservs, continuing education programs, networking events, leadership development, and mentoring.

SCAN wishes to thank all of our partners in the industry who generously supported SCAN in various capacities during FY2004-2005.

Silver Level Sponsor

The Gatorade Company / Gatorade Sports Science Institute

2005 SCAN Symposium Sponsors

Campbell's Center for Nutrition & Wellness
Canned Food Alliance
Clif Bar
The Coca-Cola Company
Dole Food Company
EAS
Gatorade/ GSSI
Gelita
The ILSI North America Project
Committee on Hydration
Juven
Lipton Tea
McNeil Nutritionals
Cattlemen's Beef Board and
National Cattlemen's Beef Association
Proctor & Gamble Nutrition
Science Institute
Power Bar, Inc.
Quaker Oats and Tropicana Orange Juice
Revival Soy
Spectrum Organics
Weight Watchers International, Inc.
YUM Brands, Inc.

SCAN Sponsors: Fiscal Year 2004-2005

Aspartame/Ajinomoto USA
The Almond Board of California

SCAN Awards: Saluting Our High Achievers

SCAN Achievement Award

Established in 1985, the SCAN Achievement Award recognizes members who have played significant roles in the evolution of our dietetic practice group. The list of past recipients is impressive:

1985	Merle Best	1996	Lori Valencic
1986	Jean Storlie	1997	Linda Zorn
1987	Marilyn Schorin	1998	Nicki Zeidner
1988	Jackie Berning	1999	Lynn Umbreit
1989	Penny Kris-Etherton	2000	Karen Ross
1990	Georgia Kostas	2001	Ruth Carey
1991	Nema Frye	2002	Julie Burns
1992	Nancy Clark	2003	Rita Johnson
1993	Dan Benardot	2004	Marty Yadrick
1994	Ellen Coleman	2005	Karen Dolins
1995	Kristine Clark		

SCAN Excellence in Practice Award

In 1997, the SCAN Excellence in Practice Award was created to recognize the outstanding practice of SCAN members in one of SCAN's practice areas (sports nutrition, cardiovascular nutrition, wellness/health promotion, or disordered eating); practice areas rotate annually. "Practice" may entail clinical practice, consulting/corporate practice, program development, research, publication, education, or volunteer practice. Recipients of this distinguished award include:

1997	Mary Dodds Spoon
1998	Denise Ferko-Adams
1999	Karin Kratina
2001	Melinda Manore
2002	Sondra Kronberg
2003	Susan Kundrat
2004	Brenda Davy
2005	Marilyn Holmes

2005-2006 SCAN Leadership

Executive Committee

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Past Chair
Michele Macedonio

Chair-Elect
Leslie Bonci

Treasurer
Chris Mohr

Secretary
Patti Steinmuller

Director of Partnerships
Julie Upton

Member Services Director
Suzanne Girard Eberle

Public Relations Director
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Continuing Education Director
Brenda Davy

SCAN Office Executive Director
Pamela Cramer

ADA Liaison / ADA Practice Team
Frances Austin

ADA Professional Issues Delegate
Helen Lane

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Managing Editor
Annette Lenzi Martin

Sports Editors
Kathy Beals
Nanna Meyers

Cardiovascular Editor
Satya Jonnalagadda

Wellness Editors
Christina Verni
Kristine Kuhnert

Disordered Eating Editor
Theresa Anderson

Conference Highlights Editor
Nancy Clark

Reviews Editor
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SD-USA Digest Editors
Nanna Meyer
James Stevens

SCAN Notables Editor
Amy Culp

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Satya Jonnalagadda
Karen Ross
Michele Macedonio

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Jenna Bell-Wilson
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Michelle Rockwell
Reba Sloan

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Patti Steinmuller, Assistant Director

SD-USA Membership Services Coordinator
Shawn Dolan

SD-USA Certification and Practice Coordinator
Melinda Manore

SD-USA Partnerships Coordinator
Katherine Beals

SD-USA Public Relations Coordinator
Nancy Clark

SD-USA Publications Coordinators
Nanna Meyer
James Stevens

SD-USA Special Projects Coordinator—Student Corner
Ellen Coleman

SD-USA Special Projects
Michele Macedonio

SD-USA Network Coordinator
Susie Parker-Simmons

SD-USA Network Liaisons Military
Ann Grediagin

SD-USA Sports Nutrition Network (SNN), Canada
Rory Hornstein

SD-USA World Assn. for Professionals in Nutrition for Exercise and Sport
Nanna Meyer

SD-USA Sports Dietitians Australia (SDA)
Susie Parker-Simmons

SD-USA National Strength and Conditioning Association (NSCA)
Bob Seebohar

SD-USA Sports Dietetics Specialty Practice Analysis Workgroup
Steven Black

Kim Crawford
Nancy DiMarco
Marie Dunford
Joyce Gilbert
Christopher Halagarda
Susie Langley
Michele Macedonio
Ingrid Skoog
Patti Steinmuller





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