



LOUISIANA BOARD OF EXAMINERS IN DIETETICS AND NUTRITION

LBEDN Mission Statement:

Our mission is to assure the consumer of qualified licensed professionals. In pursuing our goal, we provide a process by which consumers may file complaints against our licensees or persons practicing dietetics/nutrition without a license.

LBEDN NEWS

April 2023

Licensing Updates

LBEDN currently administers **1699** licenses. During the first three quarters of this fiscal year, from **July 1, 2022 through March 31, 2023**, the Board received **217** applications, and has reviewed and approved a total of **199** applications. With one quarter remaining, we will surpass the number of application approvals for all previous years.

- LDN Application Approvals: 149**
- Provisional LDN Application Approvals: 14**
- Upgrade Request Approvals: 16**
- Reinstatement Application Approvals: 20**

Upcoming Events

- Board Meeting - April 21, 2023
- Renewals Open - April 15, 2023
- Board Meeting - August 18, 2023
- Board Meeting - November 17, 2023

BOARD OPERATIONS

LBEDN continues to grow! We are continuing to see impressive numbers of new, reinstated, and upgraded licenses each fiscal year.

	07/01/2018 through 06/30/2019	07/01/2019 through 06/30/2020	07/01/2020 through 06/30/2021	07/01/2021 through 06/30/2022
New LDNs	86	94	96	108
Reinstated LDNs	11	18	20	19
Provisional LDNs	30	26	39	38
Upgraded Licenses	26	22	26	35
FISCAL YEAR TOTAL	153	160	181	200

Did you know?

LBEDN requires licensees to update any changes in personal and employment information.

All candidates for licensure and renewal have an obligation to update and supplement information on file with the board. Information must be current and accurate, or appropriate action may be taken. The information provided on any application submitted to LBEDN, including a renewal application, is subject to the public information laws of this jurisdiction. Your Licensee Dashboard is always available, allowing you to edit personal information including address, phone number, email address, and password at any time during the year or at the time of renewal. You may also edit employment information and request a name change from your dashboard. Before submitting your renewal application annually, please take the time to ensure that all information on file is correct.



Meet the Board

Martina Musmeci Salles, MPH, RDN, LDN, FAND
Board Chairperson

Monica Pierson-McDaniels, MS, RDN, LDN
Board Vice Chairperson

Marie Simpson, BSN, RN, CDCES
Secretary/Treasurer, Nurses Association

Jennifer Duhon, MS, RD, LDN
Board Liaison

April Cintron, MS, RD, LDN
Board Member

Anita Ferdinand, MS, RD, LDN
Board Member

Vacant
Medical Advisor

Vacant
Public Member

Best “Diets” of 2023

By: Jennifer Duhon, MS, RDN, LDN

As Licensed Dietitian/Nutritionists, we know that “Food is Medicine and Medicine is Food”. Hippocrates, the father of medicine is known for this famous quote. This quote, though thousands of years old, acknowledges the importance of healthy eating and how the nutrients in various foods have healing properties. Interestingly, there is no evidence that Hippocrates literally stated this per several research articles. As licensed healthcare practitioners, we too abide by the Hippocratic Oath, with the golden rule of “First do no harm”, understanding the importance that a well-balanced diet plays in overall health. We owe it to our clients and the consumers of Louisiana to provide evidence-based education and information when it comes to diet and health.

Each year, U.S. News & World Report releases a list of the best overall diets. Each diet is ranked by a panel of leading medical and nutrition experts. The 33 experts rate each diet in 11 categories including nutrition, short and long-term weight loss, ease of compliance, and safety. These are healthy lifestyle eating plans that have well-balanced nutrition principles. With public protection and safety being priority, licensed professionals must first assess a client’s overall health and needs before any recommendations can be made. That is what makes qualified, licensed professionals so vital.

The five best overall diets according to this report are:

Mediterranean diet

DASH diet and flexitarian diet (tie)

MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet

TLC (Therapeutic Lifestyle Changes) diet

The Mediterranean diet has ranked top overall for 6 consecutive years and it also ranked first in several other categories, including best diet for bone and joint health, best family-friendly diets, and best diet for healthy eating.

The DASH (Dietary Approaches to Stop Hypertension) diet was established to help lower high blood pressure. Anyone can follow this healthy diet.

Flexitarian diet, also known as a semi-vegetarian diet, does not suggest to completely eliminate meat. By eating a more plant-based diet, studies show that people can improve their overall health by lowering their risk of heart disease, diabetes and cancer.

“MIND” stands for “Mediterranean-DASH Intervention for Neurodegenerative Delay.” The MIND diet aims to reduce dementia and the decline in brain health that often occurs as people get older, and combines the Mediterranean diet and the Dietary Approaches to Stop Hypertension (DASH) diet.

The TLC (Therapeutic Lifestyle Changes) is a non-pharmacologic strategy for reducing the risk of cardiovascular disease and it calls for eating vegetables, fruits, whole grains, and lean meats.

The common theme with all of these diets is that a lifestyle habit of including more fruits and vegetables is vital for overall health. Encouraging high nutrient foods to our clients ensures that they meet their nutritional needs. The best diet for your clients is one that considers their needs and includes their favorite foods in moderation. Our main goal as Licensed Dietitians/Nutritionists is to provide a service that will “do no harm” by giving fact-based recommendations when it comes to diet.

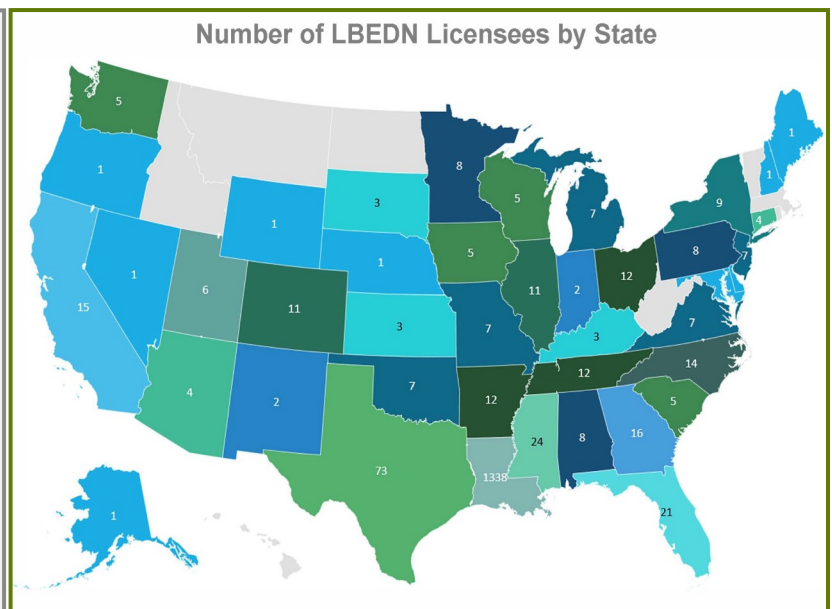
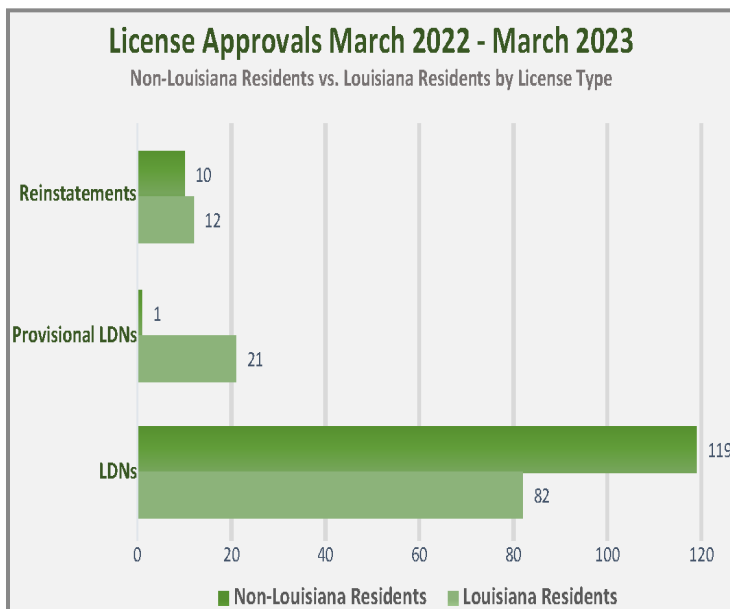
Telenutrition is Gaining Momentum in Louisiana

By: **Monica Pierson-McDaniels, MS, RDN, LDN**

As we come to the end of an unprecedented pandemic, with the national COVID-19 emergency declaration scheduled to expire on May 11, 2023, licensed dietitian/nutritionists have become resourceful in the delivery of medical nutrition therapy, nutrition education, and practicing dietetics/nutrition through telenutrition. Louisiana has seen a significant increase in out-of-state licensees during the last several years. Nationally recognized health systems, health clinics, and food service management organizations have created business models to expand their reach via telenutrition.

Application approvals for out-of-state licenses has surpassed application approvals for Louisiana resident licenses by approximately 12%. In the past 12 months, 130 licenses have been granted to non-Louisiana residents who may now provide dietetic/nutrition care services in the State of Louisiana either in-person or via telenutrition. All applicants are required to meet the same minimum criteria and requirements to be licensed to practice dietetics/nutrition in Louisiana.

With the rapidly emerging influence of technology within various healthcare settings, telenutrition is one mode of service delivery that is proving to be valuable to both patients and providers.



LBEDN is always looking for new Board Members!

If you are interested in serving the board in its efforts to protect the public, please consider joining us at a meeting to see what we do.

The Louisiana Board of Examiners in Dietetics and Nutrition (LBEDN) was statutorily created in 1987 to protect the health, safety and welfare of the public by providing for the licensure and regulation of persons practicing the professions of dietetics and nutrition.

Board members are appointed for a term of three years and are expected to attend four regular annual meetings, which typically begin at 10:00 a.m. and last for 2-3 hours. According to the Open Meetings Laws, the Board must meet in person. Members of the board serve in their capacity as board members without compensation, but are reimbursed for mileage.

Months prior to a position being vacated, LAND will send a request for nominations for the LBEDN board positions to the LAND membership. The LBEDN Board will follow up with an email to all licensees regarding the LBEDN nominations; however, all questions and applications will be handled by LAND. Once all timely nominations are received, the LAND Board will submit a list of names to the Governor for consideration for appointment. Requests for more information and nominations should be sent directly to LAND@eatrightlouisiana.org.

Welcome New Board Members



Anita Ferdinand, MS, RD, LDN

Ms. Anita Ferdinand obtained a Bachelor of Science degree from Southern University, A & M College in Foods and Nutrition under the Coordinated Undergraduate Program (CUP) in 1979. She obtained a Master of Science degree in Clinical Dietetics from Rosalind Franklin University, North Chicago Illinois, formerly Finch University, (The Chicago Medical School) in 1999. She has been a Renal Dietitian for 27 years, and is currently employed by Davita Dialysis Centers. Ms. Ferdinand worked in hospitals as an Administrative/Clinical RD prior to her Renal Dietitian career. She taught at Our Lady of the Lake College in Baton Rouge, and consulted at various institutions in her earlier years as a Dietitian.

Ms. Ferdinand has served the Board since 2021.

Jennifer Duhon, MS, RDN, LDN

Jennifer Duhon is a Licensed and Registered Dietitian Nutritionist with over 17 years of experience in clinical dietetics, nutrition education, foodservice management and agriculture marketing/promotion through university extension and check-off programs. She has served as many officer seats in her regional dietetics association as well as secretary, new member recruitment, president-elect, president and public policy coordinator for LAND.

Following her appetite for all things related to nutrition, she earned a Bachelor of Science in dietetics and a Master of Science in nutrition from the University of Louisiana at Lafayette. Her first position out of college found her starting in a role as a Registered Dietitian with the Louisiana WIC program; followed by Director of Nutrition Services at Acadian Medical Center. While serving as director, she oversaw all clinical dietetic services, the Diabetes Outpatient program and all foodservice management. After working for Acadian Medical Center, she pursued her passion in connecting agriculture and nutrition at the LSU AgCenter where she was a Nutrition Agent; providing nutrition education as well as promotion and marketing of Louisiana's agriculture commodities. She then joined National Dairy Council through the USDA check-off program in supporting MyPlate teachings and dairy promotion within school nutrition and healthcare professional trainings at The Dairy Alliance and Dairy MAX. Tapping into her expertise in nutrition and health, public speaking and agriculture marketing has allowed her to come full circle and return to the LSU AgCenter as the Nutrition Program Regional Coordinator for central Louisiana.



Ms. Duhon has served the Board since 2022.

Marie Simpson, BSN, RN, CDCES



Marie Simpson is a Registered Nurse and Certified Diabetes Care & Education Specialist who graduated from Louisiana College in Pineville, Louisiana. Subsequently, she was inducted into Sigma Theta Tau International Honor Society of Nursing and is a member of the Association of Diabetes Care & Education Specialists. Since 2019, Marie has and continues to serve on the Board of Directors for the Food Bank of Central Louisiana.

Currently employed at CHRISTUS St. Frances Cabrini Hospital in Alexandria, Louisiana, Marie serves as Diabetes Care and Education Coordinator for both outpatient and inpatient services, as well as the Healthy Eating Active Living (HEAL) Diabetes program that is recognized by the American Diabetes Association. She also serves as Chairperson for the CHRISTUS St. Frances Cabrini Hospital Mission Committee, is a certified trainer for multiple insulin pumps and continuous glucose monitoring systems, and is a certified Lifestyle Coach for the CDC's diabetes prevention program. Marie

has experience working in the emergency/trauma department, med-surg renal department, as an operating room circulation nurse, and as a staff nurse at the American Diabetes Association's Camp Victory, diabetes summer camp for kids.

Ms. Simpson has served the Board since 2022.

Board Member Spotlights

Martina Musmeci Salles, MPH, RDN, LDN, FAND

Martina is self employed as a Consultant, Nutrition Expert, Interventionist Nutritionist, Health Educator, Health Coach, Sports Dietitian/Nutritionist, and is a CDC diabetes prevention program certified Lifestyle Coach. She is a Fellow of the Academy of Nutrition and Dietetics, a member of Delta Omega National Honorary Society in Public Health and an Emeritus member of Tulane University School of Public Health and Tropical Medicine Alumni Board.

Martina received an Associate of Science Degree from Delgado Community College in New Orleans, a Bachelor of Science Degree with a concentration in Health Sciences and an emphasis in Advanced Clinical Practice from Nicholls State University in Thibodaux, and completed her Dietetic Internship at Tulane University School of Public Health in New Orleans where she also received a Master of Public Health.

Her professional experiences include clinical, outpatient, research, public health, public policy, legislation, regulations, medical legal, corporate wellness, sports nutrition, marketing and sales of healthcare services, pharmaceutical products, medical supplies and equipment.

Ms. Salles recently received a recognition award from St. Charles Parish President Matthew Jewell for her outstanding achievements and her passion for helping others in the community. She was appointed to the Board in 2013 by the Louisiana Department of Agriculture & Forestry, and is currently serving as Chairperson for the eighth time.



Monica Pierson-McDaniels, MS, RDN, LDN



Monica graduated from Southern University and A&M College with an undergraduate degree in nutrition. Upon completion of college, she entered the work force seeking more practical experience. After working for about 1 ½ years, Monica completed her dietetic internship at North Oaks Health System. Monica also earned her Masters of Science in Clinical Nutrition in 2006 from Rosalind Franklin University of Medicine and Science.

Monica has worked in a variety of dietetic/nutrition settings, including hospital, public health, university, and geriatrics.

Monica has been a member of National WIC Association since 2007. She has received several awards, including Special Recognition for 20 years of Service by the Southern University Dietetic Internship in 2014.

Ms. Pierson-McDaniels was appointed to the Board in 2019, having served as both Chairperson and Vice Chairperson.

Guidelines for Credential Placement

The Board encourages Licensed Dietitian/Nutritionists to use the designation LDN after their name on all professional correspondence, as this is the legal designation for licensing in the State of Louisiana. In accordance with the Commission on Dietetic Registration and of the

Academy of Nutrition and Dietetics, the Board recommends the following order for listing your credentials: name, graduate academic degree, RD or RDN, LDN, followed by other certifications. The following is given as an example: Jane Doe, MS, RD or RDN, LDN, CDE. Please reference the attached document from the LBEDN entitled "[Louisiana Licensure and Certification Designation](#)" for further information.

Contact Us

LBEDN
Towne Park Centre
37283 Swamp Road
Suite 3B
Prairieville, LA 70769

www.lbedn.org
(225) 313-6590

Jolie Jones
Executive Director
jjones@lbespa.org
(225) 313-6590 ext. 200

Tracy Jeanmarie
Executive Assistant
tjeanmarie@lbedn.org
(225) 313-6590 ext. 202

BOARD PRESENTATIONS:

Is your group interested in having a Board member present information regarding licensure law, board activities or related topics? The Board is interested in addressing your needs. We especially welcome the opportunity to speak with student groups, interns, and district associations. We want to meet with you to share about our law and rules, and to answer your questions. To request a presentation, please call or email Tracy at the Board office. We ask that you make your request three months in advance if possible.