



## It's All About You!

Welcome to the Fall 2019 Dietetic Education Program Newsletter. I am happy to announce that Central Arizona College and the Dietetic Education Program (DEP) are continuing to improve processes and programs to support their students by reflecting CAC's Vision and Mission.

**CAC's Vision:**

*Central Arizona's premier choice in education and career excellence.*

**CAC's Mission:**

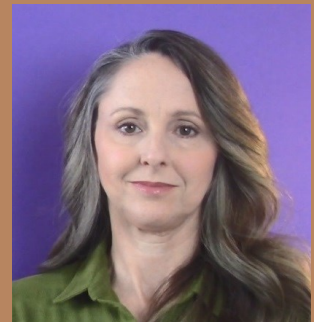
*Serving as a **TRUE** Learning community by empowering our students and staff to succeed.*

**TRUE – Teaching, Reaching, Understanding, and Empowering**

Congratulations to the May and August graduates. Four students earned their DTAAS degree, and we had 13 students earn a certificate. Job well done! On page three meet one of our newest adjunct faculty members, Kara Boley. She has been a great support to our CAC students and we are fortunate to have her on our team. Also on page three, learn about DEP's new DT Success Coaching Program. First year students accepted into the DT program will receive additional support from our DT Success Coach. Not only have we been able to be more proactive with our DT students but they are now formally a part of DEP's Continuous Quality Improvement. On page four, check out the New Student Health and Wellness Resource. CAC students and up to four household dependents now have 24/7 access to telemedicine and counseling/therapy. I have personally used this service and it saved me time and money. We hope students and their families find it valuable. Next, the DEP faculty has been working diligently to align the DT Program's Vision and Mission with CAC's Vision and Mission. They have done a great job, and I am proud that this is the roadmap that will be followed by the entire DEP team; check them out on page four. Be sure to read about CAC's new out-of-state tuition fee reduction on page five. This is exciting news for DT students who want to complete the program sooner. Finally, Pam has done it again in PJ's Pointers on pages 6 and 7. She has compiled information about additional credentials/certifications DT graduates are eligible for. It is exciting to see approximately 27 additional credentials/certifications DT graduates can obtain with a CAC DTAAS Degree.

Enjoy your holiday season and don't hesitate to reach out to the DEP office with any questions, comments, or concerns.

*Sheri*



**Sheri Steincamp MS, RDN, CDE**  
Director

**Pam Hector, RDN**  
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# Congratulations 2019 Graduates!

## May Graduates

### DTAAS Degree

Todd Morrison, Jennay Smith, Gwendolyn Suba

### Diabetes Care and Education Certificate

Daniel Brown, Sarah Deshler, Jennifer Hernandez

### Nutrition and Health Promotion Certificate

Daniel Brown, Shoshana Gold, Meryl Lerman,  
Four Graduates (Names withheld by request)

## August Graduates

### DTAAS Degree

Leslie Paskewich

### Community Nutrition Worker Certificate

Leslie Young

### Nutrition and Health Promotion Certificate

Judy Dahon, One Graduate (Name withheld by request)

## Academic Calendar

### Fall 2019

Faculty on Campus	August 12 - 15 M-Th
All College Day (College Closed)	August 12 M
Last Day of Online Fall Registration	August 18 Sun
Weekday & Online Classes Begin	August 19 M
Class Changes/Drop-Add	August 19-26 M – M
Weekend College Begins	August 23 F
Labor Day (College Closed)	September 2 M
45 Day Census	October 2 W
Spring Registration Begins (Continues through January 12)	October 7 M
Mid-Term Week	October 4–12 F-Sat
Priority Deadline for (May 2020- Graduation)	October 14 M
Last Day to Withdraw (from Semester Length Classes)	October 24 Th
Veterans' Day Observed (College Closed)	November 11 M
Thanksgiving Break (Tuesday evening classes meet as scheduled)	November 27 - 30 W-Sat
Final Exams	December 2-7 M-Sat
Semester Ends	December 7 S
Grades due in Registrar's Office	December 10 T
Grades Available in Student Portal	December 12 Th
Winter Break - College Closed	Dec 23 – Jan 2 Mon – Th

### SPRING 2020

Faculty on Campus	January 13–16M-Th
Last Day Online Spring Registration	January 19 S
Martin Luther King, Jr. Day (College Closed)	January 20 M
Weekday & Online Classes Begin	January 21 T
Class Changes/Drop-Add	January 21-28 T-T
Weekend College Begins	January 24 F
President's Day (College Closed)	February 17 M
Development Day (No classes prior to 6:00pm)	February 18 T
Priority Deadline for (August 2020- Graduation)	February 24 M
45 Day Census	March 5 Th
Mid-Term Week	March 6-14 F-Sat
Spring Break (College Closed)	March 16-21 M-Sat
Summer/Fall Registration Begins (Continues through August 23)	March 23 M
Last Day to Withdraw from Semester Length Classes	March 26 Th
Final Exams	May 11–16 M-Sat
Semester Ends	May 16 Sat
Grades due in Registrar's Office	May 19 T
Grades Available to Students in Portal	May 21 Th
<b>Commencement</b>	
Signal Peak Campus 7:00 PM	May 15 F





## Meet the Faculty



Kara Boley, MA, RDN –  
*Human Nutrition & Nutrition and Wellness*

Kara Boley is a Registered Dietitian and Certified Group Fitness Instructor; she holds an Master's degree in Family and Consumer Science from Western Michigan University.

Currently, she holds the position of Employee Wellness Coordinator for the City of Chandler, Arizona. She has been leading online college courses in the realm of nutrition and wellness since 2010.

Kara's hobbies include running, hiking, and reading, and she is always looking to expand her knowledge when it comes to health and well-being.

## Dietetic Technician (DT) Success Coaching Implementation

The Dietetic Education Program (DEP) is excited to announce the implementation of DT Success Coaching which will allow DEP to move from being a reactive problem solver to a proactive problem solver for our DT students. Research indicates the importance of advising during a student's first year. Therefore, DEP's DT Success Coach works with each student accepted into the DT program to create a master academic plan. During the first semester, three contacts (via phone, text or email) are attempted with each DT student. Using a prepared and preplanned template of questions has enabled the DT Success Coach to not only support the student with clear actionable information, but also, has unveiled good data for DEP to use for Continuous Quality Improvement. It has been fulfilling to get to know our students even more and be able to include them in the process of improving the DT program.





## Student Health & Wellness

Central Arizona College has a variety of programs and/or partnerships to contribute to the health & wellness of students. A healthy mind, body, and spirit are important factors for student success.

### **NEW BEGINNING FALL 2019! CAC Students Have Access to 24/7 Telehealth Services.**

Students and up to 4 household dependents (spouse/kids) have access to 24/7 telemedicine and counseling/therapy with WellVia. Within minutes, students can speak to a doctor over video chat or phone from the comfort of their own home, car, or residence hall and get the acute medical attention necessary to stay in class and on track. Doctors will send a prescription to a pharmacy of the student's choice at the end of the consult, if necessary.

A \$35 fee apply per consult – a virtual steal compared to Urgent Care and Emergency Room costs. Students will receive an enrollment email the second week of school to complete registration for themselves and family members. All students enrolled at CAC are eligible to utilize the service for themselves and the registered dependents. WellVia access is made possible by Student Government Association and Student Health & Wellness Taskforce.

Get the App Today or go to <http://www.wellviasolutions.com/> for more information on how to get started.

## New Dietetic Technician AAS Vision and Mission

In the Fall of 2019, the Dietetic Education Program aligned its Dietetic Technician AAS Degree Program Vision and Mission with CAC's Vision and Mission.

The Dietetic Technician Program at Central Arizona College serves as a **TRUE** Learning community by empowering our students to succeed.

**Teaching** evidence-based nutrition education for pre-professional students.

**Reaching** students with a passion to help improve the health of others with nutrition.

**Understanding** the importance of high-quality nutrition education and professional engagement.

**Empowering** our students to succeed in becoming competent entry-level Nutrition and Dietetic Technicians, Registered.

# Spring 2020 Schedule

## Dietetic Education Program

### Online/Internet—full semester

#### 01/20/2020 - 05/16/2020

NTR104	20SP0820	Nutrition (3)
NTR123	20SP0821	Nutrition Thru Life Cycle (3)
NTR141	20SP0822	Nutrition and Wellness (4)
NTR141	20SP0823	Nutrition and Wellness (4)
NTR141	20SP0824	Nutrition and Wellness (4)
NTR150	20SP0825	Overview Nutrition Professions (1) *8 wk course ends 3/16/20
NTR191	20SP0828	Nutrition Counseling Skill Dev (3)
NTR200	20SP0829	Human Nutrition (3)
NTR200	20SP0830	Human Nutrition (3)
NTR219	20SP0832	Community Nutrition (3)
NTR222	20SP0833	Nutrition Assessment (3)
NTR223	20SP0834	Food Service Management (3)
NTR240	20SP0835	Clinical Nutrition (3)



### Dietetic Technician Internships—full semester

(Program Admittance and Director Approval Required)

#### 01/20/2020 - 05/16/2020

NTR157	20SP0826	Foundations of DT Internships (2)
NTR295	20SP0836	DT Professional Practice Internship (1)
NTR296	20SP0837	Dietetic Technician Internship (6)



### Online/Internet Late Start - 8-week class

#### 03/17/2020 - 05/16/2020

NTR105	20SP0840	ServSafe Certification Exam Prep (1)
NTR127	20SP0843	Breastfeeding/Human Lactation (1)
NTR137	20SP0845	Carbohydrate Counting (1)
NTR201	20SP0846	Nutrition Literacy (1)
NTR232A	20SP0847	Food and Culture (1)
NTR255	20SP0849	Nutrition Med Term, Labs & FDI (1)

### Out-of-State Tuition Cost Reduction

Good news. Central Arizona College has changed its out-of-state tuition policy. Prior to the Fall 2019 semester, out-of-state students who took seven or more credits would experience a sharp increase in tuition costs. As a result, out-of-state Dietetic Technician AAS (DTAAS) students would cap their class load at six credits per semester. This extended the time it would take for students to earn their DTAAS Degree. As of Fall 2019, out-of-state tuition is \$172.00 per credit no matter how many credits the student is taking. This change gives out-of-state DTAAS Degree seeking students the option to attend CAC full-time, complete their degree sooner, and start their career as an NDTR.

### 2019-2020 Tuition Fee

AZ Resident Tuition: \$86 per credit  
Out of State Tuition: \$172 per credit  
 Example of Out of State Tuition:  
 6 credits = \$1,032.00  
 7 credits = \$1,204.00  
 12 credits = \$2,064.00

For information on Western Undergraduate Education Program (W.U.E) tuition, please visit :  
<https://centralaz.edu/admissions/paying-for-college/tuition-fees/>

**\*Tuition and Fees Subject to Change Without Prior Notice**



[www.centralaz.edu/nutrition](http://www.centralaz.edu/nutrition)

# PJ's Pointers by Pam Hector, RD

## Are There Career Opportunities After You Become an NDTR?

The answer is YES!

- ◆ *Maybe, you have wanted to become a personal trainer, lifestyle coach, health coach, certified dietary manager (CDM), lactation consultant, or school nutrition specialist.*
- ◆ *Now that you are an NDTR, you have opportunities to obtain certifications that will compliment your education in dietetics.*
- ◆ *It is important to keep in mind that some certifications will require you to take courses as well as an exam while others only require an exam.*
- ◆ *Once you become an NDTR, you will need to complete 50 CPEUs (continuing professional education units) every 5 years. Some of the certifications listed in the chart below will provide you with CPEUs approved by the Commission on Dietetic Registration (CDR).*

### **Certifications for NDTR's**

<b>Credential</b>	<b>Credentialing Agency</b>
<b>Food Service</b>	
<i>Certified Dietary Manager (CDM), Certified Food Protection Professional (CFPP)</i>	Certifying Board of Dietary Managers-Association of Nutrition & Foodservice Professionals
<i>SERV Safe Certification</i>	National Restaurant Association (NRA)
<i>School Nutrition Specialist (SNS)*</i>	School Nutrition Association*
<i>Certified Fundamentals Cook (CFC)</i>	American Culinary Federation-Institute for Credentialing Excellence
<i>Certified Professional-Food Safety (CP-FS)</i>	National Environmental Health Association
<b>Coaching/Health Education</b>	
<i>Health Care Life Coach-Certified (HCLC-C)</i>	American Institute of Health Care Professionals
<i>Certified International Health Coach (CIHC)</i>	International Association for Health Coaches
<i>Certified Health Coach (CHC)*</i>	National Society of Health Coaches
<i>National Board-Certified Health &amp; Wellness Coach (NBC-HWC)</i>	International Consortium for Health & Wellness Coaching and National Board of Medical Examiners
<i>Certified Health &amp; Wellness Coach Certified Personal Coach*</i>	Wellcoaches Corporation
<b>Healthcare/Management</b>	
<i>Certified Professional in Healthcare Quality (CPHQ)</i>	Healthcare Quality Certification Commission
<i>Certified Professional Coder (CPC)</i>	American Academy of Professional Coders
<i>Certified Associate in Project Management (CAPM) Project Management Professional (PMP)</i>	Project Management Institute

## PJ's Pointers (continued)

Credential	Credentialing Agency
<b>Health/Fitness</b>	
<i>NSCA Certified Personal Trainer (NSCA-CPT)</i>	National Strength and Conditioning Association (NSCA)
<i>ACSM-Certified Personal Trainer (CPT)</i> <i>ACSM-Certified Health/Fitness Specialist (HFS)</i>	American College of Sports Medicine (ACSM)
<i>ACE-Certified Personal Trainer</i> <i>ACE-Certified Group Fitness Instructor</i> <i>ACE-Certified Advanced Health &amp; Fitness Specialist</i> <i>ACE-Certified Lifestyle and Weight Management Coach</i> <i>ACE-Certified Health Coach</i>	American Council on Exercise (ACE)
<i>Athletic Trainer</i>	Board of Certification, Inc, for the Athletic Trainer
<b>Community Nutrition</b>	
<i>Board Certified Lactation Consultant (IBCLC)**</i>	The International Board of Lactation Consultant Examiners, Inc International
<i>Certificate of Training in Adult Weight Management Program (35 CPEU's)</i> <i>Level 2 Certificate of Training in Adult Weight Management Program (50 CPEU's)</i> <i>Certificate of Training in Childhood and Adolescent Weight Management (32 CPEU's)</i>	Commission on Dietetic Registration (CDR) Certificates of Training in Weight Management
* 50 CPEU's approved by CDR for completion of certification for alternate recertification periods. * 50 CPEU's approved by CDR for completion of certification for consecutive recertification periods. * CDR-accredited provider	

### Get Started

[www.centralaz.edu/nutrition](http://www.centralaz.edu/nutrition)

**Dietetic Education Program Advisor  
dedicated to YOU!**

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