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American Dietetic Association

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American Dietetic Association
by Christine Thomson

This article has been written especially for those of you who are dietetics or institution management majors, because you may want to become a member of this national professional associations.

The American Dietetic Association was founded in 1917 by a group of dietitians who anticipated an increasing need for persons educated in the science of nutrition and versed in the art of feeding people.

"The object of the Association is to improve the nutritional status of human beings; to bring about closer cooperation among dietitians and nutritionists and workers in allied fields; to raise the standard of dietetic work."

The ADA is divided into four sections or fields of activity: community nutrition, diet therapy, food administration and professional education.

The Community Nutrition Section is concerned with giving the public sound nutritional information. Pamphlets, educational exhibits, film lists and certain visual aids are included in the teaching devices developed in the committee work.

The Diet Therapy Section has as a central interest the use of food as a therapeutic agent. It is also concerned with the research, educational and administrative problems of nutrition in the treatment of disease.

Professional Standards

Each year subjects of current interest to therapeutic and food clinic dietitians are studied with a view to the advancement of professional standards in the field.

The Food Administrative Section gathers information useful to the administrative dietitian in institutions, commercial and business organizations. Managerial problems, such as quantity food production, budgeting and cost control, purchasing, training dietary personnel and improving labor practices are representative of the committee's work.

The Professional Educational Section, which is being stressed this year, emphasizes in its program the standards of training for the dietetic profession. One of the primary interests of this section is the method of approval of training centers for prospective dietitians. In 1944, a committee from the education section made a study of minimum class instructions to be offered in approved courses. Methods of teaching nutrition and dietetics to groups in allied professions are also included in the program.

At the present time there are 46 state Dietetic Associations, plus Hawaii, affiliated with the national organization.
“Membership in ADA which is open only to those who meet the academic, training and experience standards established by the Association, has grown from fifty-eight members in 1917 to 8,050 in 1948.”

The requirements for active membership in ADA are a bachelor’s degree from an accredited college based on required courses, which Iowa State covers, with a major in dietetics or institution management and the satisfactory completion of one of the hospital, administrative or food clinic courses approved by the National Executive Board. As an alternative, (in place of 1 year internship) the candidate for membership must present three years of accepted experience in the field of dietetics.

After receiving a bachelor’s degree from Iowa State and fully completing your internship in either one of the 62 approved hospitals, one of the eight administrative courses or the one approved clinic course you can automatically apply and become a member of ADA.

**Iowa Dietetic Association**

The Iowa Dietetic Association was organized and became affiliated with the national association in 1930. Dr. Kate Daum, Director of the Nutrition Department, University Hospitals, Iowa University, a past president of ADA, founded the Iowa chapter and became its first president. The membership has increased from its original eight members in 1930 to 188 in 1948.

The impressive list of Iowa State College faculty members exemplifies a suggestion made by Miss Donaldson, “Membership in ADA is not enough. Like so many things in life, you get out of it what you put into it. The Association automatically gives a member a recognized professional standing and professional prestige. It even offers a placement bureau at a very low fee. But to get the most from your future membership, it is to your advantage to become truly active in your state organization.”

**IOWA STATE COLLEGE** can be proud of its past and present representation in both the Iowa and American Dietetic Associations. Dr. Ecel Eppright, head of Department of Foods and Nutrition, is the present Chairman of the Professional Education Section of the American Dietetic Association.

Dr. Grace M. Augustine, head of Department of Institution Management, serves the national organization as chairman of the delegates from the Iowa Association.

Miss Beatrice Donaldson, of the Department of Institution Management, was recently reelected to the presidency of the Iowa Dietetic Association.

Miss Elsie Guthrie, head dietitian in charge of the Women’s Residence Dining Halls, is a delegate of the state organization and past president of the Iowa chapter.

Miss Marjorie McKinley, of the Department of Institution Management, is the state chairman of the Professional Education Section.

Miss Carolyn Cason, of the Department of Institution Management, is chairman of the nominating committee in Iowa.

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