

As you read this message, ADA is on Capitol Hill talking to key members of the House and Senate about health care reform. With a set of messages approved by the ADA Board of Directors, we can now call for better nutrition policies that keep Americans healthy, and prevent the development of serious chronic diseases. As an ADA member, you can amplify our messages by sending an e-mail to your Senators and Representative.

Your voice is needed now when hundreds of other associations and organizations representing health providers, doctors, business, labor and disease related associations are lobbying Congress with their own legislative priorities. Although no health bill is pending, ADA believes reform legislation will be introduced in coming weeks. At this moment when key concepts are going on the table, help ADA get the word out and tell your members of Congress that you believe nutrition is the cornerstone of prevention. Nutrition strategies are intrinsic for the United States to move from its "sick-care" model to true health care.

We cannot sit back and watch others debate whether or not nutrition services should be offered. The risk and the consequences of being left out of any health care program are too great.

Get involved today, by sending a letter to your representatives in Congress using ADA's Grassroots Manager. When you send your letter, feel free to include your own personal story of being a health professional and how you make a difference in improving the health of individuals and your community.

Here's how to make a difference.

* Go to:

<http://www.eatright.org> in Internet Explorer

* Enter in your ADA member number and password

* Go to the Advocacy and the Profession page

* Select "Grassroots Manager" on the left hand side

* If prompted, re-enter your ADA member number and password

* Select the "Take Action" tab

* Select the letter titled "Health Care Reform 2009"

* Select your congressperson and both your Senators

* The letter will open up, feel free to add in your own personal statements at the beginning or the end of the letter

* Select "send electronically"

* Your letter will be sent via e-mail. If it cannot be sent electronically, you can print the letter and fax it to your representatives.

Technical problems using Grassroots Manager? Contact Jennifer Teters at jteters@eatright.org.

To read ADA's report on health care reform, go to:

http://www.eatright.org/ada/files/HCRTF_Report.pdf

Karen Lewis, MS, RD, LD
Clinical Supervisor
Biloxi VA
(228)523-5838
Anita.Lewis@va.gov