More people than ever are seeking dependable, accurate, evidence-based advice in the areas of human nutrition, dietetics, weight-management, enhancing athletic performance, anti-aging strategies, natural management of acute and chronic illnesses, and achieving optimal health. In addition, more providers than ever are also interested in these topics, as well as recommending their patients to trained, credentialed professionals with expertise in these areas, while developing their own understanding and skill-set.

It is no small challenge, for those mentioned above, to determine who, in the vast universe of nutritional advisors, is best equipped to provide the sought-after information. Their choice of resources ranges from well-meaning friends and family members who “just read something on the internet”, the cashier at the juice bar, and the sales staff at the vitamin store, all the way to holders of advanced degrees with regulated, professional licensees in food science and nutritional counseling.

Even I find it confusing: RD, LD, RDN, CCN, CNS, CNC, CS, CN, CNP, RHN, ND, ACBN, CBNS, AND, ANA, CBCN, and the rest of the alphabet soup—it makes one’s head spin. Interestingly, the stand-alone term “nutritionist” is essentially unregulated in the U.S. and Canada so anyone can use the “title”, regardless of background or training.

Of all those listed above (and it is not uncommon for nutritional professionals to have more than one or two of the designations listed above), DACBN’s are always physician-level providers, including DC’s, MD’s, DDS’s, and Ph.D’s representing inter-professional diversity. Further, DACBN’s are required to comply with rigorous continuing education requirements and are acknowledged experts as codified in state law (i.e. Florida). The ACBN was the first doctorate level credentialing board in nutrition to earn the coveted accreditation by the NCCA.

So, considering the academic level of the “typical” DACBN, the inter-disciplinary make-up of its board-certified certificant holders, the validation of the credential by state legislatures and our national accreditation, a consumer’s confidence in consulting with an ACBN diplomate is an easy choice.

That said, the key to obtaining well-deserved cultural authority requires a “critical mass” to be realized. In other words, when a large enough sample within our culture knows what a DACBN is and does, we will experience an abundance of patients seeking us out. To accomplish this, every opportunity to meet with, speak with, and otherwise positively influence providers and consumers in our communities must be targeted. Be sure your local speakers' bureau, your local service organizations, the schools in your community at every level, and especially local medical, dental, and chiropractic associations know you are available to make a presentation. Write articles for both professional and lay publications, always, in all of these contacts with the public, featuring and clearly explaining the DACBN credential and all that it stands for. In this way, we will accelerate public and professional awareness and acceptance so that we will be the first choice and most influential providers of nutritional counseling.
only 2.5% of Chiropractors had such diploma. (4) ACBN is a nationally recognized and accredited board in Clinical Nutrition. Why should Medical Doctors and Doctors of Chiropractic attain diplomate status in Nutrition through the American Clinical Board of Nutrition? The three main reasons are the lack of a separate section for Nutrition for both the USMLE and the NBCE board exams, the low percent of practicing MD’s or DC’s that find their nutrition education adequate and the lack of nutritional counseling for both MD’s and DC’s.

The first reason to attain diplomate status in Nutrition with ACBN is the lack of a separate section for nutrition on both the USMLE and NBCE board exams. The USMLE Step 1 (Basic Sciences) consists of Anatomy and physiology, microbiology, biochemistry, pathology, Pharmacology and interdisciplinary topics while NBCE Part 1 (Basic Sciences) consists of General anatomy and physiology, microbiology, chemistry, pathology, and spinal anatomy. (5)(6) This implies that neither MD’s nor DC’s are tested with a separate section for nutrition upon graduation. Furthermore, for admission to both Medical Schools and Chiropractic Schools nutrition is not a prerequisite. Most Medical Schools require biological sciences with lab, chemistry, physics and English while Chiropractic Schools require biological sciences, chemistry, physics, English, psychology and social sciences and humanities. (7)(8)

Finally, both the MCAT and CCAT do not test for nutrition as a separate section. Through the results from a peer reviewed article, it was concluded that the predictive efficacy of the CCAT in basic science chiropractic education was a valuable indicator. (9) Another similar peer reviewed meta-analysis, determined that the predictive validity of the MCAT for medical school performance and medical board licensing examination ranged from small to medium. (10) The CCAT measures the student’s knowledge and ability in areas like biology, chemistry and physics. The MCAT exam consists of questions in areas like physical sciences (chemistry and physics), biological sciences (Biology) and verbal reasoning. (11) This implies that neither MD’s nor DC’s are tested with a separate section in nutrition upon admission nor is nutrition a prerequisite for admission.

Secondly, a low percent of MD’s and DC’s perceive their nutrition education as adequate. According to the June, 2015 publication of the Original Internist Journal a higher percentage of Chiropractors perceive their education training as adequate compared to Medical Doctors (43% vs 22%), but both MD’s and DC’s fall under the 50% margin (12)

The third and final reason to attain diplomate status in Nutrition through the ACBN is the lack of nutritional counseling for both MD’s and DC’s for conditions like hypertension, obesity and diabetes. MD’s provide nutritional counseling for hypertension, obesity and diabetes in less than half of their visits. In 2004, Jun Ma, et al, found that Medical Doctors provided nutritional counseling for patients with hypertension, obesity and diabetes mellitus in 29%, 48% and 37% of visits respectively. (13) This lack of counseling could be associated with the low number of classroom nutrition hours during medical school. Adams, et al, reported an average of 23.9, 19.6 and 19 hours of nutrition for US medical schools for 2006, 2010 and 2014 respectively. (14-16) The majority of Chiropractors provide nutritional counseling for hypertension, obesity and Diabetes, but this number must increase in years to come. In the year 2000, Holtzman, et al, conducted a survey of 125 Chiropractors and found that 50%, 60% and 55% of Chiropractors provided nutritional counseling for Coronary artery disease, obesity and diabetes respectively. (17) Subsequently, in 2008, Werner, et al, conducted a survey of 364 Chiropractors and found that 66%, 59% and 57% of Chiropractors provided nutritional counseling for cardiovascular disease, weight loss and diabetes respectively. (3)

In conclusion, ACBN is a nationally recognized and accredited board in Clinical Nutrition. Achieving diplomate status through ACBN will show nutrition knowledge proficiency through a standardized test where nutrition was not tested separately in entrance exams like the MCAT and CCAT or board exams like the USMLE step 1 and NBCE part 1. Attaining diplomate status in nutrition will enhance the nutrition knowledge of practitioners who perceive their nutrition education as inadequate and will provide the tools for practitioners who do not counsel in nutrition because of lack of knowledge.

CITATION

7. Association of American Medical Colleges. Medical School Admission Requirements, 2012-2013
11. Donnon T, Paolucci EO, Vairo LC
12. 2015 MCAT Essentials https://students-residents.aamc.org/search/?q=mcatessentials.pdf

ATTENTION TO ALL DOCTOR'S NEEDING ADDITIONAL CEU'S FOR DIPLOMATE BOARD EXAMINATION!
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PLEASE DO NOT FORGET ALL OF OUR COLLEGES OFFERING NUTRITIONAL COURSEWORK:
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Northwestern Health Sciences University
TAI Sophia Institute
Logan College of Chiropractic
University of Western States

Please check our website acbn.org for all ACBN Approved Seminars 2016. If this is your “on” year, you must select 12 hours from this selection. There will be many more seminars available as the year goes on. If you have a seminar you would like to see on the Approved List, please ask them to either go to the website and click on “Approved Seminars 2016”. The first thing up is the application. This must be completed and sent to Bonnie. The sooner the approval, the sooner the seminar can be posted onsite – giving the company more lead PR time. Usually about half of our doctors on any given year must take 2 hours from this list.

YOUR ACBN BOARD HAS BEEN WORKING WITH MS. JUDY STONE AND HER TEAM IN SEVERAL STATES:
Judy Stone, Legislative Policy Director for the Board for Certification of Nutrition Specialists, together with her associates, Chrissie Williamson and John G. “Chip” Dicks, esq. continue to work diligently.
The ACBN, with the help of Judy, has developed a “generic” letter to be kept on file. When a bill comes up for which we might want to take a position, they will notify us and ask if we want to OPT OUT if the ACBN does not want to be included, or if we wish to have our letter included with others. The Center for Nutrition Advocacy (CNA) will write a cover letter that is bill specific, including our points of opposition and/or request for amendments. They will then attach letters from all the organizations from whom they have letters on file, unless we say otherwise. The past six months, the ACBN has shown support for Bills pending in Illinois and Virginia.
**The ACBN is going "Green"**

Dr. Jim Dileen, VP of the ACBN

The ACBN is going paperless in 2016. This will encompass all correspondence to board members and certificants including but not be limited to newsletters, all dues statements, reminders of up coming events/seminars, Etc. To accomplish this overdue change, we need to have ALL certificants send us an updated email address by 6/01/16. Sooner would be better. Also it is imperative that you keep us informed of any change in your email address in the future.

This will save on stationary, postage and staff time. It will also allow us to keep you abreast of important changes as it relates to the ACBN and nutrition and your right to practice as a diplomate in nutrition. It will also allow you or other authorized users in your office to review our communications from any computer, tablet or smart phone and conveniently respond if needed.

Please make it a priority to send your correct email to Bonnie, our correspondence secretary, as soon as possible and inform the responsible person in your office to notify us of any changes to your email henceforth. Bonnie can be reached at 540-635-8844 or online at acbn@comcast.net.

Thank you for your continued support of the ACBN

**FOR THE RECORD:**

Please disregard any comments made regarding the ACA not recognizing the ACBN.

The ACA Acknowledges the ACBN as a Nationally Recognized Certifying Organization for Chiropractic Diplomates in Nutrition.

The ACBN is the only NCCA certifying organization that represents the interests of chiropractic physicians in every state of this country. The ACBN continues to support physicians practicing in nutrition. Because of our accreditation, we cannot be "governed" by any political entity.

The ACBN is a Certifying Organization responsible for insuring doctors, of any health related field, have met the stringent educational standards and comprehensive testing required, prior to being granted Diplomate Status. We verify that each Diplomate has fulfilled his/her annual requirements for continuing education.

It is because of the stringent annual recertification our DACBNs undergo, NCCA believes it is not necessary to have an annual or bi-annual examination. You MUST meet your annual educational requirements, as well as pay your recertification fee, to maintain your DACBN. Those who fail to do so, lose their NCCA Accredited Diplomate Status and to regain this status requires reapplication and re-examination.