

Wrapped in Appreciation

As the year draws to a close, there are many reasons to celebrate progress that has taken place in the *Journal*. We are grateful to you the readers, the countless authors, and the highly cooperative reviewers for your ongoing involvement, enthusiasm, and productivity in making the *Journal* come alive each month.

We take recommendations and advice very seriously and we are grateful for numerous messages and ideas you have sent us regarding the month-to-month content and operation of the *Journal*.

This month we have listed the names of all of our talented reviewers and we salute them all for their invaluable contributions. Likewise, we thank our incomparable Board of Editors who devote unselfishly month after month to the ever-improving quality of the research content.

BEYOND THE CALL OF DUTY

Food and nutrition practitioners are a talented group in general, and various individuals are especially appreciated for providing noteworthy service. One such person is Kristen McNutt, PhD, JD, president of Consumer Choices, Incorporated, a nutrition consulting business established in 1988 to provide consumer research, nutrition communications, and health marketing services to public and private organizations internationally.

Dr McNutt earned her bachelor's degree in Chemistry from Duke University, her master's degree in Nutrition from Columbia University, and her doctorate degree in Biochemistry from Vanderbilt University. In 1984, she earned her doctor of jurisprudence degree from DePaul College of Law and became a member of the Bar Association in New York and the District of Columbia.

Her professional career blends consumer-focused nutrition with national and international responsibilities in nutrition policy and professional education. In the early 1980s she was on the faculty of the School of Public

Health at the University of Illinois, Chicago, teaching graduate students and shaping their interest in national nutrition policy. For several years she found scholarship money and gathered together graduate students to attend legislation sessions in Washington, DC, just to help them understand how nutrition policies were crafted and created.

She later served as vice president of Consumer Affairs for Kraft Foods (1985-1988), associate director of the Good Housekeeping Institute and executive officer of the National Nutrition Consortium. She was a member of the Food and Drug Administration Food Advisory Committee (1992-1994), National Institutes of Health (NIH) Office of Alternative Medicine Special Emphasis Panel (1998), NIH National Institute of Diabetes and Digestive and Kidney Diseases Advisory Council (1998-2001), and the National Research Council Opportunities in Agriculture Oversight Committee (2000-2003). She also chaired the joint American Society for Clinical Nutrition and American Society for Nutrition Sciences Public Information Committee and served as past president of the Society of Nutrition Education.

Besides her current role as president of Consumer Choices, Incorporated, Dr McNutt is also the editor of *Consumer Magazine Digest*, a monthly online publication that summarizes nutrition and health-related articles from 50 different consumer publications. Initially a profit-motivated endeavor, Kristen decided to make the publication available for free as a service to her nutrition colleagues and those who follow consumer trends.

Why the change of heart? During the May 2004 International Congress of Dietetics, Dr McNutt was reminiscing with friends about people who have helped them enrich their personal and professional lives. She was likewise impressed by the numerous contributions and volunteer activities being donated by these same busy colleagues. One of

these people was former ADA president Mary Abbott Hess, whom Dr McNutt remembers saying, "It's give-back time!" This encouraged her to make the *Digest* available free of charge to all who were interested and could benefit from this service.

We'd like to thank Dr McNutt for her contributions to the dietetics profession and to all of the other leaders, mentors, role models, and individuals who have impacted our lives and careers in so many ways and done so much and asked for nothing more than to "pay it forward."

THIS MONTH

Resnicow and colleagues (p 2024), who literally wrote the book on motivational interviewing, provide a review of the subject targeting pediatric obesity efforts. Also, Huddleson Award winner, Julie Eichenberger Gilmore, PhD, RD, writes an editorial (p 1962) on adolescent multiple-vitamin supplement use to accompany the article on Child and Adolescent Trial for Cardiovascular Health (CATCH) findings by Reaves and colleagues (p 2018). The factors influencing the implementation of the CATCH recipes and nutrition program are also provided as a Perspectives in Practice article by McCullum-Gomez and colleagues (p 2039). Similarly, a study by Larson and colleagues (p 2001) documents what many mothers have suspected all along, that young adults who learn to prepare their own food have better diet quality than those who do not.

Happy Holidays to All.



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Editor-in-Chief

doi: 10.1016/j.jada.2006.10.014

*With thanks to Eileen Vincent, MS, RD, for her contributions.