



**Commission
on Dietetic
Registration**

the credentialing agency for the
Academy of Nutrition
and Dietetics



Specialist Recertification Handbook

Longitudinal Assessment Pilot

2025-2029



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Introduction

The Commission on Dietetic Registration (CDR), the credentialing agency for the Academy of Nutrition and Dietetics, is excited to announce the pilot program for a NEW way to recertify your Board Certification as a Specialist in Oncology Nutrition (CSO) and Board Certification as a Specialist in Sports Dietetics (CSSD) credential. You can be a participant in this pilot group, and if successful, do not take the traditional CSO or CSSD exam to be recertified.

CDR is implementing a pilot longitudinal assessment program tailored only for those CSOs and CSSDs whose certification will end between 1/31/2029 – 6/30/2030. This pilot program aims to support ongoing professional development by offering regular assessments that provide immediate feedback on clinical competencies. Participants benefit from anytime, anywhere access, facilitating certification maintenance without the pressure of traditional recertification exams.

It is essential that you keep this Candidate Handbook readily available for reference until you have successfully completed the examination. You are responsible for knowing its contents.

Specialist Practitioner Definitions

Practice experience must be related to the specialty area for which certification is being sought for these examinations.

Oncology nutrition practice definition: RDs working directly with individuals at risk for, or diagnosed with, any type of malignancy or pre-malignant condition, in a variety of settings (e.g. hospitals, clinics, cancer centers, hospices, public health) OR indirectly through roles in management, education, industry, and research practice linked specifically to oncology nutrition.

Sports dietetics practice definition: The sports dietitian provides individual and group/team nutrition counseling and education to enhance the performance of competitive and recreational athletes. Primary responsibilities include counseling individuals and groups on daily nutrition performance and health; translating the latest scientific evidence into practical sports nutrition recommendations; tracking and documenting outcomes of nutrition services, serving as a food and nutrition resource for coaches, sports performance, support staff and families. This is accomplished by providing sports nutrition education for health/wellness programs, athletic teams, and community groups; and maintaining professional competency and skills required for professional practice, or indirectly as documented by management, education, or research practice linked specifically to sports dietetics.

Specialist Recertification Platform

CDR has selected ABMS AssessLink as the platform to deliver the longitudinal assessment recertification. The Recert-LA program is administered through an advanced technology platform that delivers online assessment programs designed to promote professional development and lifelong learning. Using a longitudinal assessment approach, a proven method for supporting continuous knowledge acquisition, the program helps professionals deepen understanding, retain essential information, and meet the practice standards required for ongoing board certification. The platform also provides flexibility, enabling users to complete assessments when, where, and how it works best for them.

Statement of Nondiscrimination

The Commission on Dietetic Registration (CDR), the credentialing agency for the Academy of Nutrition and Dietetics (Academy), does not discriminate against any applicant because of race, creed, religion, color, sex, marital status, national origin, or ancestry.

Confidentiality

Information about specialist recertificants and their recertification assessment results are considered confidential. Test question drafts and other materials used to create examination questions (except for test content outlines or reference lists) are secure and confidential. All such materials shall be kept in secure, locked storage, accessible only by authorized personnel, and not disclosed to or shared with others. All questions written and materials developed for questions are considered a “work for hire,” and remain the property of CDR. Question writers are not allowed to conduct “review courses” or other programs designed to prepare candidates to take a CDR Specialty examination or assessment program. Studies and reports concerning candidates will contain no information identifiable with any candidate, unless authorized by the candidate.

CDR asks that each practitioner work to maintain the integrity of the specialist examinations and longitudinal assessment program, so that we may continue to provide a quality certification—one that highlights the practitioner as the board certified expert in their specialist area. Thus, it is important to not discuss the examination or assessment content, questions, and study resources. Each time examination or assessment content is discussed the programs are compromised and there is significant loss, not only in fiscal terms (cost of test development), but also in the many hours spent creating, reviewing, editing, and compiling statistics for examination or assessment questions. Discussing the examination or assessment content is unethical and provides exam candidates with an unfair advantage when taking the examination or assessments.

Eligibility Requirements for Alternate Specialist Recertification:

At the end of the specialist five-year certification period, specialists who wish to recertify by longitudinal assessment must be a current Registered Dietitian with the CDR and:

- Submit the eligibility application to document 1,000 specialist practice hours (completed within the past 5 years)
- Submit the recertification/examination fee (\$350)
- Successfully complete the longitudinal assessment modules

Special Arrangements for Candidates with Disabilities

CDR complies with the Americans with Disabilities Act and strives to ensure that no individual with a disability is deprived of the opportunity to take the examination solely by reason of that disability.

If extra time is requested, please submit your request and third-party documentation to specialists@eatright.org.

Longitudinal Assessment Pilot Program

This longitudinal assessment pilot program is designed to be delivered over a three-year period. Specialists will receive 20-25 multiple choice assessment questions each quarter and have 3 minutes to answer each question. Once the question is answered, there is a prompt to rate the confidence of your answer and the relevance of the question to practice. Candidates can use reference materials. The correct answer and

rationale are then provided. Of the total questions, there will be two questions per quarter linked to a journal article.

The module questions set can be answered all at one time during the quarter or can be spread over multiple sessions within the quarter as long as the questions are answered by the end of the quarter. If a question is not answered by the quarter deadline it will be marked as incorrect. A module set of questions will be released at the beginning of each quarter. Specialists must complete the longitudinal assessment questions individually, and not in a group setting.

Questions are linked to the exam content outlines and reference list:

- [CSO Content Outline and Reference List](#)
- [CSSD Content Outline and Reference List](#)

If your performance assessment indicates that the minimum passing standard was met after three years, then the examination requirement will be fulfilled, certification will continue, and you will begin a new five-year specialist certification cycle.

Quarterly Deadlines

Make sure to mark your calendar for all the quarterly deadlines. Note that if the assessment questions are not completed, that equals an incorrect answer. *If the minimum passing standard is not met at the end of the pilot, specialists will have to take the traditional exam to recertify their specialist credential.*

	YEAR 1—2026	YEAR 2—2027	YEAR 3—2028
QUARTER 1	1/14/2026 - 3/31/2026	1/20/2027 – 3/31/2027	1/19/2028 – 4/3/2028
QUARTER 2	4/1/2026 – 6/30/2026	4/1/2027 – 6/30/2027	4/4/2028 – 7/5/2028
QUARTER 3	7/1/2026 – 9/30/2026	7/1/2027 – 9/30/2027	7/6/2028 – 10/02/2028
QUARTER 4	10/1/2026 – 1/6/2027	10/1/2027 – 1/5/2028	10/3/2028 – 1/8/2029

Technical Requirements

- 1) To ensure that you receive the CDR-LA RECERT emails, please add the following addresses to your spam or quarantine safe sender lists: specialists@eatright.org and noreply@starttest.com
- 2) While you can use your mobile phone, the platform is optimized for a PC computer.
- 3) Any internet browser that is up to date may be used. Both wired and wireless networks are supported. Testing requires a stable connection.
- 4) Pop-up blockers may prevent external articles from opening. By configuring pop-up blockers to only allow pop-ups from the testing site, the security of the pop-up blocker software is not compromised.

- 5) The privacy of examinees, their personal information, and the test materials are extremely important. Session cookies are used to track the current test each examinee is taking. A session cookie is a special type of cookie that is only stored in memory and is automatically deleted when the user closes the browser. Session cookies are used to track a user's current state during their visit and require that session cookies be enabled to use the site. These cookies are automatically removed when the browser is closed. We do not use or support cookies that in any way are used to track an individual's Internet usage outside of our own website.
- 6) You can request support in the platform by clicking "Support" in the upper right menu or send an email to specialists@eatright.org

Longitudinal Assessment Login

To complete longitudinal assessment, you do not need to go to a test center location. To access the longitudinal assessment platform:

- 1) Log into your My CDR page
- 2) Click on Specialist Certification (left side)
- 3) Select certification, Click Recertify, then Add Application
- 4) Check the opt-in box to be taken to the longitudinal assessment platform
(After first login, you can continue by clicking Transfer to Longitudinal Assessment Site.)

Alternate Certification	Longitudinal Assessment	Practice Hours	Final Checklist
You are eligible to use Longitudinal Assessment as an alternate to testing to re-certify. Select checkbox to enable. Note that if Longitudinal Assessment is selected (and successfully completed), it will eliminate the need for testing to re-certify at the end of your certification cycle.			
Check this option if you wish to re-certify by Longitudinal Assessment <input checked="" type="checkbox"/>			
Transfer to Longitudinal Assessment Site			

Longitudinal Assessment Platform

These screen shots below are samples that you will see once you are at the longitudinal assessment platform. Note that while these samples depict CSO screens, the CSSD screens look the same.

- 1) Once logged into the longitudinal assessment platform, you will have to agree to the Terms of Service to move forward.

Terms Of Service

I attest that I am the authorized user assigned to this Recert-LA account.
 I understand that the Recert-LA questions and related materials are proprietary. By agreeing to this attestation, I confirm that I will not:

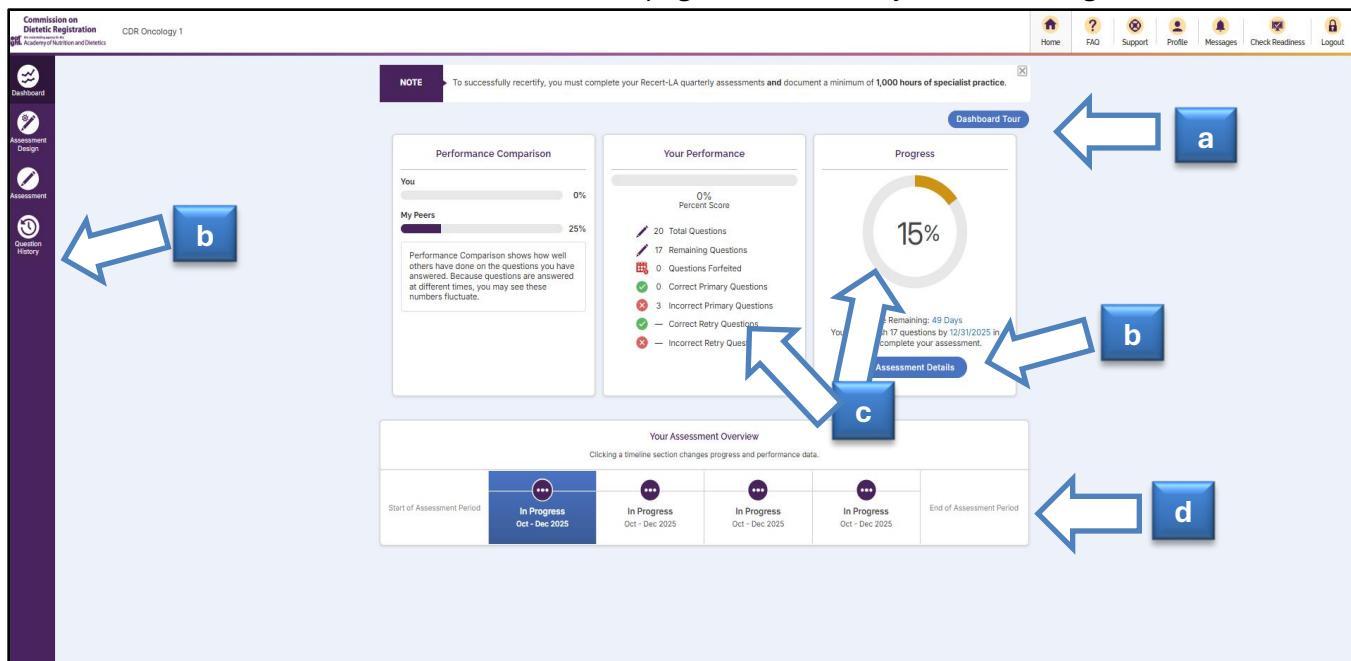
- Copy, share, discuss, or create derivative works based on the questions, answers, or critique materials, in whole or in part;
- Disclose any of these materials to any individual, group, or third party;
- Assist any person, group, or third party in doing any of the above. I further understand that if I do not successfully complete the Recert-LA program—whether by opting out, failing to complete the required assessments, or not achieving an overall passing score—I will be required to recertify by passing the full examination at a designated testing center.
- I attest that I have read, understood, and agree to the full terms of this attestation.

By accessing and using this site, you agree to the [Terms of Service](#) and [Privacy Policy](#).

I agree to the above Terms of Service. [Decline](#)

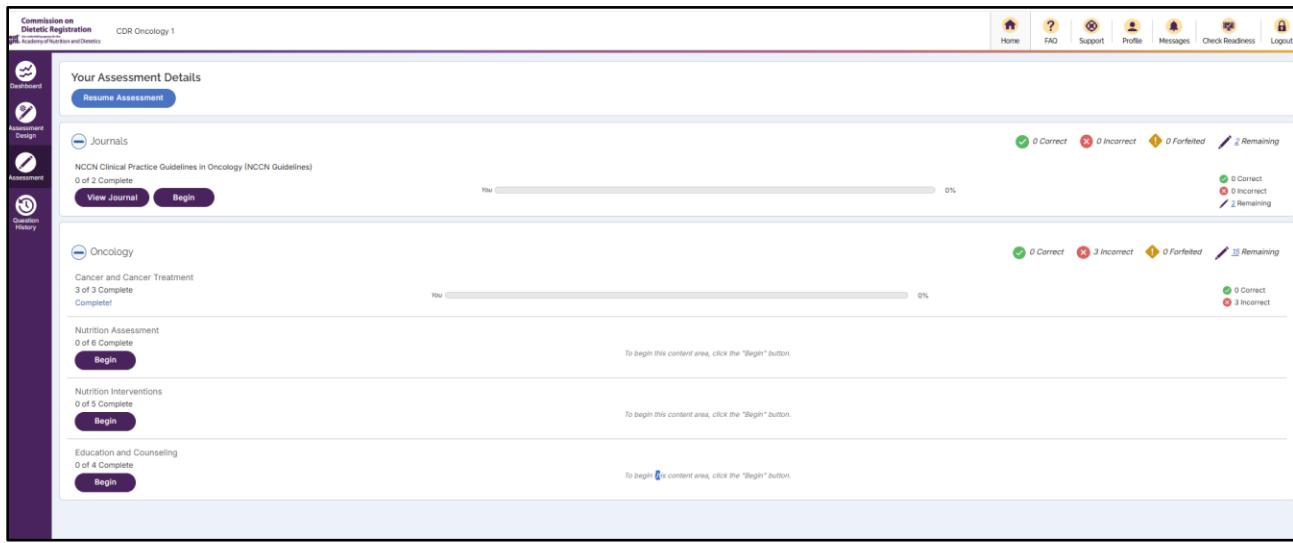
[Continue](#) ! In order to continue you must scroll through, read, and agree to the Terms of Service.

- 2) Once you have agreed to the Terms of Service, you will see the dashboard page. A few highlights:
 - a. There is a “Dashboard Tour” on the right, this shows the features of the dashboard.
 - b. Access to the assessment questions is on the left navigation menu or on the right via the “Assessment Details” button on the progress card.
 - c. There are different ways to see your progress.
 - d. There is a timeline at the bottom of the page that will show your current segment.

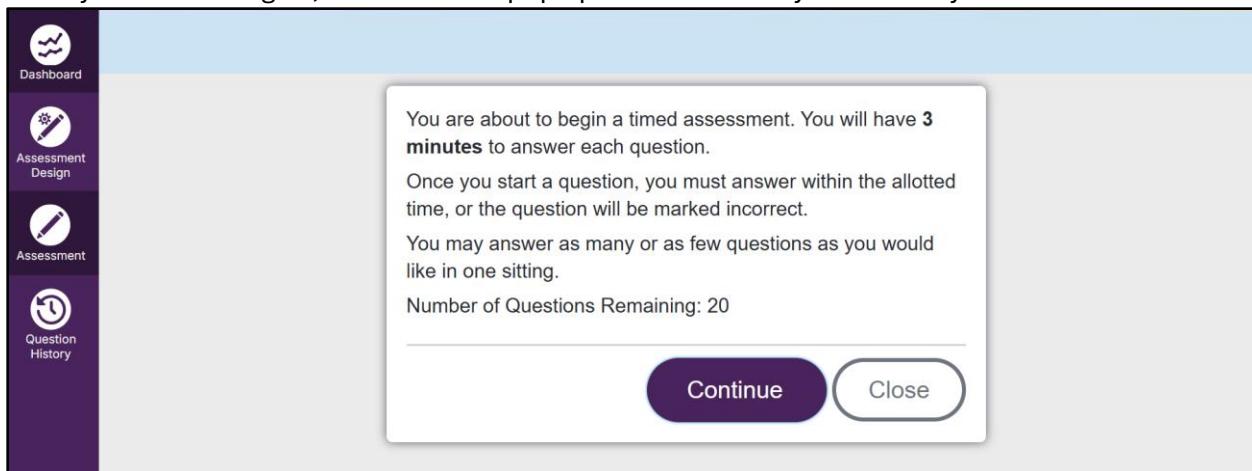


Longitudinal Assessment Questions

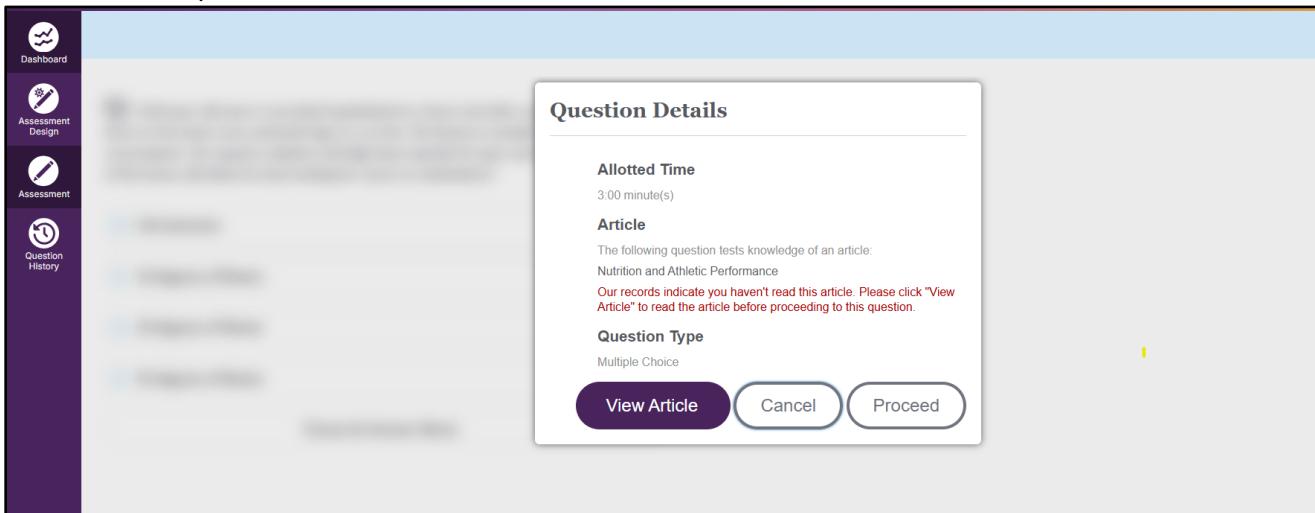
Once you are at the assessment page, you can select to read the journal article and answer questions or select the questions from each section of the content outline. It does not matter what order you select the options; however, you must complete the specific article questions or section questions in one sitting in the allotted time (3 minutes). You also need to complete all the assessment questions by the quarterly deadline date. Unanswered questions will be marked incorrect. Below are examples of the screens you will see as you go through the assessments.



Once you select “Begin”, there will be a pop up that to confirm you are ready.



There is also a question details screen.



Question Details

Allotted Time
3:00 minute(s)

Article

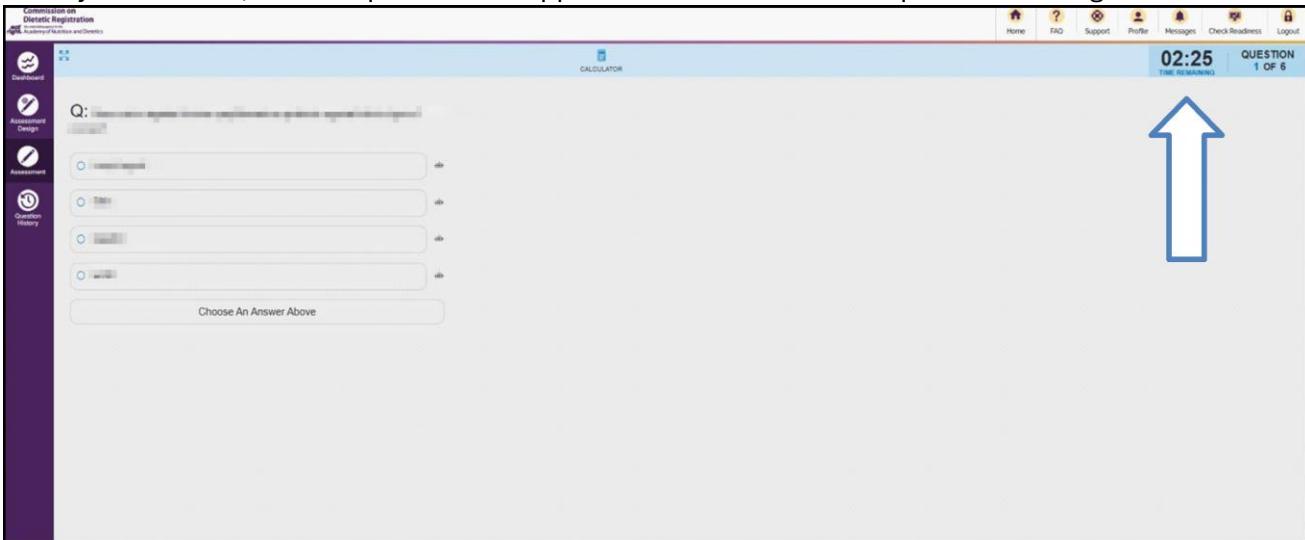
The following question tests knowledge of an article:
Nutrition and Athletic Performance

Our records indicate you haven't read this article. Please click "View Article" to read the article before proceeding to this question.

Question Type
Multiple Choice

View Article **Cancel** **Proceed**

Once you continue, the first question will appear and the timer for that question will begin.



02:25 QUESTION 1 OF 6

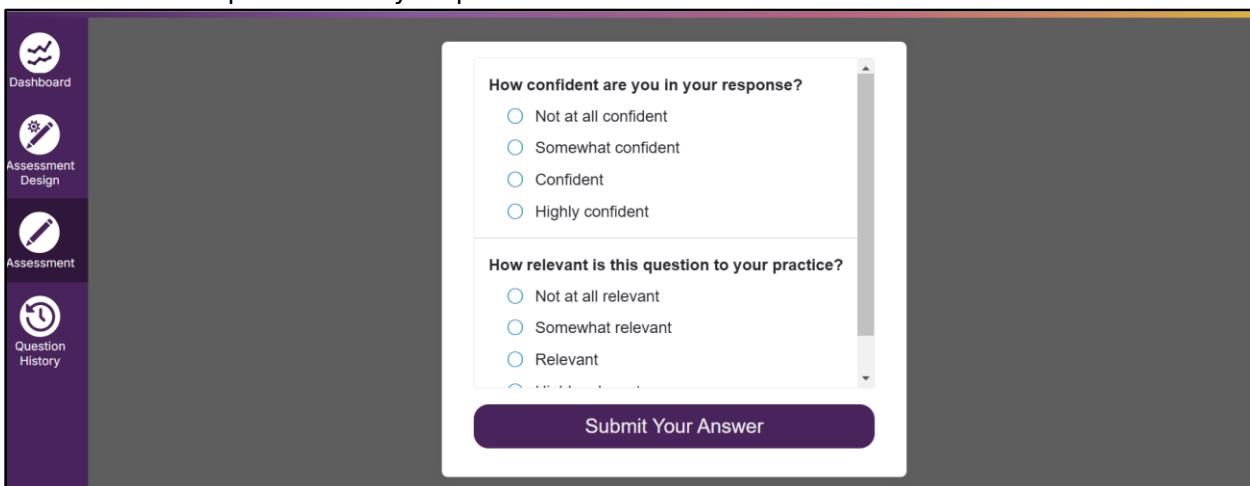
TIME REMAINING

Q: [redacted]

a [redacted]
b [redacted]
c [redacted]
d [redacted]

Choose An Answer Above

Once you answer the question, a screen will appear to rate how confident you are in your response and how relevant the question is to your practice



How confident are you in your response?

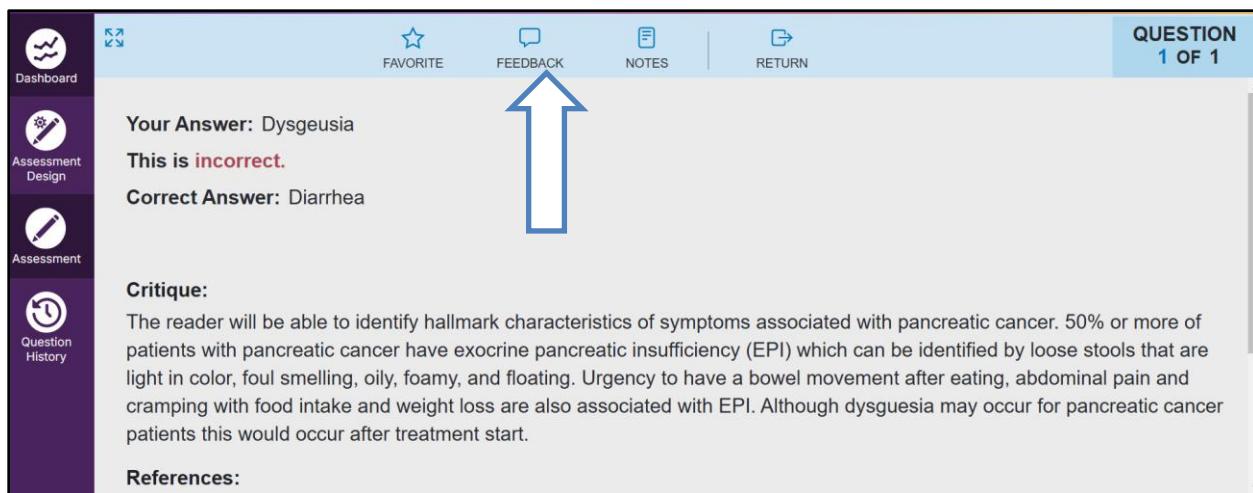
Not at all confident
 Somewhat confident
 Confident
 Highly confident

How relevant is this question to your practice?

Not at all relevant
 Somewhat relevant
 Relevant

Submit Your Answer

Your selected answer will then appear along with the correct answer, rationale/critique, reference, and related area from the content outline. From this page, there are other tools that you can use such as take notes and provide feedback on the question or mark a question as a favorite. Comments will be reviewed, but individual responses will not be provided. Comments are used as a tool during the assessment development process, when appropriate, and not part of individual scoring processes.



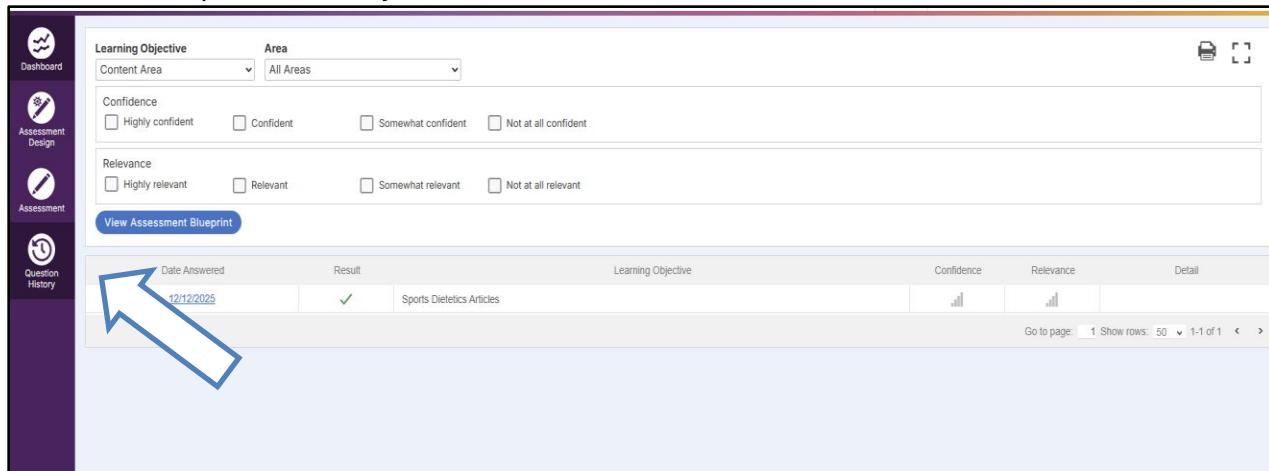
The screenshot shows a user interface for a dietary assessment. On the left, a vertical sidebar has icons for Dashboard, Assessment Design, Assessment, and Question History. The main area has a blue header with 'FAVORITE', 'FEEDBACK' (highlighted with a blue arrow), 'NOTES', and 'RETURN'. The top right says 'QUESTION 1 OF 1'. The content area displays the following text:

Your Answer: Dysgeusia
This is **incorrect**.
Correct Answer: Diarrhea

Critique:
The reader will be able to identify hallmark characteristics of symptoms associated with pancreatic cancer. 50% or more of patients with pancreatic cancer have exocrine pancreatic insufficiency (EPI) which can be identified by loose stools that are light in color, foul smelling, oily, foamy, and floating. Urgency to have a bowel movement after eating, abdominal pain and cramping with food intake and weight loss are also associated with EPI. Although dysgeusia may occur for pancreatic cancer patients this would occur after treatment start.

References:

There is also a question history icon that can be clicked on to view further information.



The screenshot shows the 'Question History' page. The sidebar has icons for Dashboard, Assessment Design, Assessment, and Question History (highlighted with a blue arrow). The main area has sections for Learning Objective, Area, Confidence, and Relevance. Below these are buttons for 'View Assessment Blueprint' and a table. The table has columns for Date Answered, Result, Learning Objective, Confidence, Relevance, and Detail. One row in the table shows '12/12/2025', a green checkmark, 'Sports Dietetics Articles', and two bar charts for Confidence and Relevance.

Submitting your Specialist Hours and Paying the Specialist Fee

To document your specialist practice hours, you can log back into your My CDR page to access your recertification application and click on the “Practice Hours” tab. Similar to initial certification, recertificants will have to add and complete a practice hour form to document 1,000 specialist hours. Once the form is completed and saved, you will then have to click on the envelope icon to email the verification link to your employer. Once the hours are verified, then the application can be submitted. Note that the hours must be completed within the past five years (by the date the application is submitted). You do not need to document more than 1,000 specialist hours, nor do you need to go back all five years, if you do not have too.

Alternate Certification	Longitudinal Assessment	Practice Hours	Final Checklist				
A minimum of 2000 specialist work hours must be completed and documented by the application submission date. The start date of the documented hours must not exceed five years from the application submission date. Future dates cannot be documented.							
For each job position held, click the Add Practice Hours button			Add Practice Hours				
Total practice hours documented 0							
Name of Organization	Work from Date	Work thru Date	Hours Worked	Employer Verification Status			

Once the application is submitted the invoice for the specialist fee is created and can be paid. This finishes the application submission. Note that recertificants need to complete the assessments and submit the application and fee by the recert deadline.

If you are in private practice, there is a check box to click toward the bottom of the form to upload required documentation to your application. A list with different ways to document private practice/consulting hours is below:

- Tax forms (Schedule C or 1099)
- Income/pay records/receipts for business/practice, excel sheets
- Website information, including payment schedule for clients
- Client logs (HIPAA-compliant)
- Brochure about your business, website link for your business, ledger, calendar, appointment book, samples of newsletters, presentations, examples of work, education provided to clients,
- Another way to document hours as a consultant is that if you had one client/business/director/doctor (etc.) who refers clients to you, they could verify some of your hours.

Copyrighted Assessment Questions

All assessment questions are the copyrighted property of CDR. It is forbidden under federal copyright law to copy, reproduce, record, distribute or display these examination questions by any means, in whole or in part. Doing so may subject you to severe civil and criminal penalties.

Assessment Results

Immediate Feedback:

After answering each assessment question, the correct answer is provided. A rationale, reference and linkage to the content outline is also provided.

Year-end Feedback:

Details about cumulative performance will be available on the dashboard yearly after all four quarters have been completed. This will assist you in determining if you are on track to complete the program successfully.

Final Feedback:

At the end of the three-year period, based on the overall performance throughout the three-year period, pass/fail status will be determined.

If You Do Pass the ASSESSMENT and Eligibility Requirements

All candidates who pass will be certified for another five-year period and will receive an orientation e-mail within 2-3 weeks. Passing the assessment and recertifying the specialist credential is approved for 75 CPEUs towards your RD certification.

If You Do NOT Pass the ASSESSMENT and Eligibility Requirements

If you do not pass the assessment questions, you will still need to document 1,000 specialist practice hours and pay the specialist fee. You will then receive a scheduling email from the testing vendor. The specialist examination needs to be passed by the end of your current specialist cycle to avoid a lapse in certification.

Quality Control

Before the assessment is administered, each form undergoes quality control checks. A thorough item analysis is completed and is used as part of the statistical review of the performance of the assessments. Item performance is monitored throughout the assessment periods.

Scores Cancelled by the Client

CDR is responsible for the validity and integrity of the scores they report. On occasion, occurrences, such as computer malfunction or misconduct by a recertificant may cause a score to be suspect. CDR reserves the right to void or withhold examination results if, upon investigation, violation of its regulations is discovered:

Appeals Process

An individual may appeal decisions regarding Commission policy/procedures (certification eligibility, certification maintenance, and recertification) by filing a written appeal. The following exam-specific appeals will not be accepted:

1. the receipt of a failing score on a CDR examination,
2. the examination or other measurement tool or individual test items, or
3. test content validity.

To move forward with the appeals process, you will need to complete the appeals application found within your [myCDR account](#). For additional information of how to submit an appeal, please refer to the following information the CDR website: <https://www.cdrnet.org/appeals>

Appeals must be submitted within 30 calendar days after notification of an adverse decision and will be considered by the CDR Specialist Certification Panel at its next scheduled meeting. A \$20.00 appeal review fee will be required with every appeal submitted.

Continued Recertification

At the end of the specialist certification period, specialists who wish to recertify must be a current Registered Dietitian with CDR and:

- Successfully complete an eligibility application – including the required minimum number of specialty practice hours
- Submit an examination fee
- Successfully complete either the longitudinal assessment or pass the specialist exam

Questions

There is a FAQ on the upper right of the longitudinal assessment dashboard or if your questions are not answered there, you can send an email to specialists@eatright.org.