



North Carolina Academy of Nutrition and Dietetics

Spring 2020 Newsletter

President's Pen:

When I mentioned the “new adventures” we would have in my last President’s Pen, I could never have imagined the situation that is upon us now fighting COVID-19. I hope that you are all staying safe and well, and are continuing to practice ways to reduce the spread of the virus. My heart goes out to all of you that may be experiencing loss or hardship during this time. I also want all of you, especially those on the front lines, to know how much we appreciate you and the care and support you are providing to your patients and clients in whatever area of nutrition you practice.

During this time of fear and uncertainty, I have never been more sure of what we are capable of as RDNs, NDTRs, and dietetics students. All of the stories I am seeing - whether it is a news story in a local paper, a nationally-renowned media interview, or a friend’s social media post - are proof that the impact we are having right now, as much as before, is invaluable. We have continued to feed families and children in need. We have continued to provide evidence-based nutrition care to our patients and clients. We have continued to research the best ways to help people improve their health through diet. We have continued to advocate for reimbursement and telehealth. And we will continue.

We are fortunate that we were still able to hold our last regional meeting in Gastonia on March 6, just before this pandemic took hold in North Carolina. As with previous years, this was the most highly attended regional meeting of 2019-2020, and the feedback was very positive. The Charlotte Dietetic Association planning team did a fantastic job with the speakers, and I am so thankful for the entire team that helped make this meeting (and this year) possible. All of the board members and our Executive Director, Caitlin Schwab-Falzone, have been true assets to our association this year, and I have the utmost gratitude for all of their hard work and dedication.

I am looking forward to a new season and a new leader, Elizabeth Raynor, taking the reins. I know she and her team will do a stellar job next year, and I am excited to see what the future holds for NCAND. Thank you all for allowing me to serve as your President, and I hope you have enjoyed being a part of NCAND this year!

Make sure to stay connected within your districts, and also check our website (eatrightnc.org) and Twitter feed (@eatrightnc), for the most up-to-date information about all of our events and activities.

Feel free to reach out to me or any of our board members with your thoughts, ideas, and questions. Send me an email at president@eatrightnc.org!

Sincerely,
Katrina Levine Perry



Policy & Legislative Updates

2020 NCAND Regional Meeting
Save The Date:

NCAND Regional Meeting in Wilmington

September 18, 2020

Wilmington, NC

More details coming soon!

Thank you to all RDNs, NDTRs, dietetic students, health professionals, and everyone else who are actively staying informed and following local and federal agency recommendations.

Help Americans keep food on the table: Over 16 million people have applied for unemployment benefits since the beginning of the COVID-19 pandemic, and this number will continue to rise. Federal nutrition programs

serve not only as the first line of defense against food insecurity – they are effective, efficient solutions that support local economies. It is vital for Congress to include provisions in the upcoming fourth COVID-19 stimulus package that ensure everyone has access to these programs and protects the jobs of those on the frontlines – including Academy members. [Urge Congress to act now.](#)

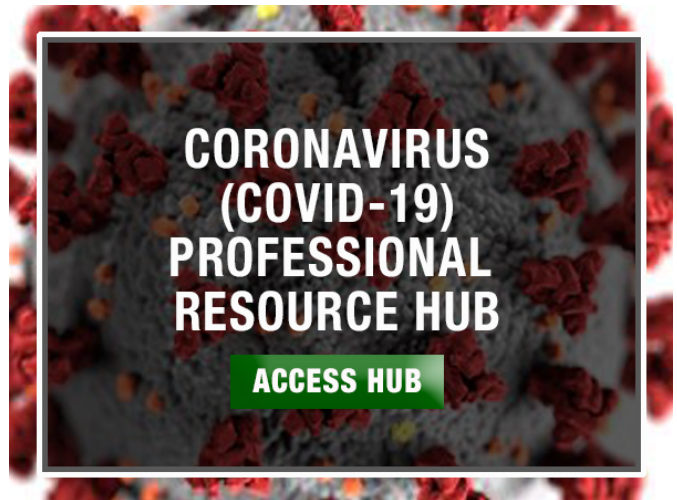
[Stay informed](#) on COVID-19.

[Share](#) how COVID-19 has impacted your life and work.

Missed our last webinar? Visit the NCAND website to access previous [webinars](#).

Interested in viewing AND's COVID-19 [front line series](#)? Learn more about completing nutrition assessments and providing telehealth services during the COVID-19 pandemic.

Want to get involved and support the dietetics profession? [Advocate at a local level!](#)



NCAND is looking for **Reimbursement Representatives (RR)** to serve as resources for AND members who have questions about coding, coverage, and payment issues. They facilitate use of the Academy's coding, coverage, and payment resources, and coordinate local advocacy efforts to expand federal and state nutrition coverage policies.

Length of Service: 3 years

Expected Time Commitment: 4+ hours/month

Interested? Contact NCAND at NCDA@caphill.com



District Updates

DURHAM-CHAPEL HILL DIETETIC ASSOCIATION

DCHDA members, join our Feed the Need campaign! Donate to one of the five selected organizations doing great work for those in need during COVID-19. DCHDA will match member donations up to \$1250, for a total of \$2500. After donating, email a copy of your receipt [here](#) by Friday, May 8th.



Durham-Chapel Hill
Dietetic Association

Feed the need:
together we can overcome!

You donate to one of the following organizations,
[email us](#) your receipt by Friday, May 8,
DCHDA will match all member donations up to \$1250

If every member donates \$10, together we will reach \$2500!

Donate to:
Farmer Foodshare | Interfaith Food Shuttle
NC Restaurant Workers Relief Fund
Meals on Wheels Durham | TABLE Chapel Hill/Carrboro

[Learn more about the DCHDA!](#)

CHARLOTTE DIETETIC ASSOCIATION

Thank you to all who joined us for our February journal club at the NCAND Regional Meeting in Charlotte. Stay tuned for upcoming events!

[Learn more about the CDA!](#)

RALEIGH DIETETIC ASSOCIATION

Thank you to everyone who participated in our April video contest. **Congrats to the winners Lesley Schatz, Sarah Massey Hester, and Illa Jones!** Stay tuned for more details on our upcoming May video contest!

Missed our April virtual journal club? Access the article [here](#).

[Learn more about the RDA!](#)

TWIN CITIES DIETETIC ASSOCIATION

Thank you for joining us at our March volunteer opportunities. Stay tuned for upcoming events!

[Learn more about Twin Cities!](#)

Public Health Nutrition

APPALACHIAN STATE UNIVERSITY.

Graduate Certificate in Public Health Nutrition Practice
Master of Science in Nutrition with Concentration in Public Health Nutrition

100% online!

These programs, perfect for working professionals, will help to advance your career by connecting you with distinguished faculty who will work with you to develop your leadership potential, research skills and evidence-based knowledge in food, wellness and public health. Member of the Association of Graduate Programs in Public Health Nutrition.

For curriculum questions, contact Dr. Kyle L. Thompson, DCN, RDN, LDN, CNSC, at thompsonkl@appstate.edu

For application questions, contact App State Online: 828-262-3113

online@appstate.edu

Social Media & Membership Updates

The Academy is listening to government agencies, experts, and its members and adapting and executing business strategies to meet the ever-changing COVID-19 pandemic. [Click here](#) for more information on their extended deadline and payment plan options.



Understanding the basics of healthcare payments and other sources of funding for the services you provide is an asset to every RDN, no matter where you work. In April 2020, AND launched [Payment Matters](#), an email-based program for any Academy member who wishes to learn more about payment for nutrition services.

Access the [COVID-19 social media tool-kit](#) and share important, evidence-based information.

Due to COVID-19, the Crohn's and Colitis Foundation has transitioned the Triangle Take Steps Walk originally scheduled for Saturday, April 25 to a [virtual event to be held on June 20, 2020](#). Stay tuned for further details on how to participate!

Thank you for all of your nominations in the **2020 NCAND awards**. Congrats to [past NCAND award recipients](#).

Access quality **FREE CPE Programming** via AND's [new CPE On-Demand program](#).

Combat Food Insecurity

Families who need help finding meals for their children ages 18 and younger can text FOODNC to 877-877 to locate nearby free meal sites. The texting service is also available in Spanish by texting COMIDA to 877-877.

After entering their address, families will receive a text with the location and serving times for nearby pick-up and drive-thru meal sites while schools are closed. Sites have been set up across the state with school and community partners.



Please share this information!



Follow NCAND on
[Facebook!](#)



Follow NCAND
on [Twitter](#)