



# North Carolina Academy of Nutrition and Dietetics

## *April 2021 Newsletter*

### *President's Pen:*

Happy April!

How is this month already halfway over? I feel like this time of year always flies by as we head into summer. I'm thrilled to share that this newsletter is full of dietitians we'd like to celebrate!

First, I'd like to extend a huge congratulations to all of our NCAND Awards Winners for the 2020-2021 year! I have not had the pleasure of working with all of them, but can say they are a talented bunch who are passionate about supporting their fellow RDs and RDs to be and moving our profession forward. A full list of Award Winners is included below, definitely take a peak and congratulate them if you happen to know them!

Second, thank you to everyone who participated in both the national Academy elections and the NCAND elections earlier this year. A huge congratulations to our newest elected NCAND Board Members - I can't wait to serve alongside you all next year!! If you'd like to get to know them - a bit about each of them is included below. Stay tuned in the June newsletter for a full list of your 2021-2022 NCAND Board Members.

Lastly, as always, I encourage you to take a minute to send any open Action Alerts to advocate for important legislative issues that impact our profession. You can read more about current action alerts in our legislative update below.

Thank you all for continuing to be flexible as we've navigated almost a whole year of virtual meetings and events, I'm so grateful for our NCAND Community and look forward to hopefully seeing you all for in person events in our future next year!!

Best,  
Liz Hurley Raynor MS, RD, LDN, CSCS



*Congratulations to the 2021  
Award Recipients!*



**Jason O'Briant, MS, RD, LDN**  
Outstanding Dietetics  
Educator - DPD



**Jessica Soldavini, MPH, RD, LDN**  
Outstanding Dietitian of the Year



**Cathie Ostrowski, MS, RD,  
LDN, FAND**  
Outstanding Dietetics  
Educator - DI



**Jillian Schoening, MS, RD, LDN**  
Recognized Young Dietitian of the  
Year - Raleigh



**Franklin Muntis, MPH, MS, RD, CSCS**  
Outstanding Dietetics Student - CP



**Laura Niederer, RDN, LDN**  
Recognized Young Dietitian of the  
Year - Durham/Chapel Hill



**Isa Ramos-Castillo, BS**  
Outstanding Dietetics Student - DPD



**Brittany Smith, MS**  
Outstanding Dietetics Student - DI

*Learn more about the awards and view past winners [here](#).*

## *Legislative Updates*

A big **THANK YOU** to all who participated in the NCAND Nutrition Policy Scavenger Hunt! We are thrilled with the number of members who took part in this and are excited to work on implementing your NCAND policy action ideas. Some comments on the scavenger hunt included:

- “I found out who represents me in the General Assembly”
- “I liked knowing more about the US Dept. of Agriculture [USDA]”
- “[I liked] celebrating colleagues during [NNM] for the excellent work we do”
- “I’m never too old for [Schoolhouse Rock!](#)”

### **STATE UPDATES**

Governor Roy Cooper released his recommended [two-year state budget](#) that calls for spending \$27.4 billion in the first year – eight percent higher than his 2019 proposal – with an emphasis on Medicaid Expansion and pay raises for teachers and other state employees. We’ll keep members updated with any movement on this budget that will affect our members and those we serve.

### **GET INVOLVED! ACADEMY AFFINITY GROUPS**

Interested in a particular nutrition policy issue? The Academy’s affinity groups are for you! These topic specific groups are open to any Academy member and will provide monthly updates and opportunities to get involved. See below for more information.

#### Licensure Initiatives

Next Meeting: Friday, May 21<sup>st</sup> from 4-5 p.m. (Eastern Time)

Affinity group meets: Third Friday of the month from 4-5 p.m. (Eastern Time)

#### Health Equity and Diversity Affinity Group

Next Meeting: Friday, April 30, 2021 from 2-3 p.m.

Affinity group meets: Last Friday of the month from 2-3 p.m. (Eastern Time)

#### Maternal Child Health Affinity Group

Next Meeting: Thursday, May 6, 2021 from 1-2 p.m.

Affinity group meets: First Thursday of the month from 1-2 p.m. (Eastern Time)

#### Nutrition Security Affinity Group

Next Meeting: Wednesday, May 5 from 4-5 p.m. (Eastern Time)

Affinity group meets: First Wednesday of the month from 4-5 p.m. (Eastern Time)

*MNT Affinity Group - Coming soon!*

If there’s no registration/meeting link, that means the link isn’t available yet. Additional affinity groups may be added in the future based on interest areas and Academy priorities. To be the first to hear about upcoming affinity groups you may be interested in and to receive registration info, complete the [Member Policy Interest Survey](#) located on the Academy’s Action Center. For any questions, contact [govaffairs@eatright.org](mailto:govaffairs@eatright.org).

**Do you have policy questions or do you want to be more involved with NCAND policy efforts?** [Email](#) NCAND Public Policy Coordinator: Raina Goldstein Bunnag.



**TAKE ACTION!**

Our United States Congress is busy right now, which means the Academy is busy advocating for nutrition and dietetic issues to protect the health of Americans and to support our profession. There are several action alerts open right now. Follow [this link](#) to the Action Center to see and complete the alerts. They each only take a minute. Remember, you can always customize the message if you would like to include your opinions and stories. Your voice is important!

**Current action alerts:**

- Tell Congress to Prioritize Nutrition Funding
- Support Diversity in Nutrition and Dietetics in Allied Health Professions
- Tell Your Senators to Co-sponsor the School Food Service Modernization Act
- Expand MNT for Eating Disorders in Medicare
- Support Medicare Coverage of IBT for Obesity by RDNs

**NCAND ELECTION RESULTS - *Meet our new board members!*****President Elect - Lauren R. Sastre PhD, RDN, LDN**

Dr. Sastre is a North Carolina native, having lived in the Western part of the state, Greensboro, and currently resides in Greenville, NC where she is an Assistant Professor and Registered Dietitian Nutritionist (RDN, LDN) in the Department of Nutrition Science in the College of Allied Health Sciences at East Carolina University. She obtained her Bachelor degree in Chemistry from Western Carolina, her Master's and Doctorate in Nutrition Science, and completed her post-Bac dietetic internship at The University of North Carolina at Greensboro. Her clinical interests include chronic disease management, weight management and interprofessional care. She has served previously on the NCAND board on the program planning committee (2019-current) and as a reimbursement representative (2019-2020). She has worked with other NCAND members on local policy, including efforts to expand Medicaid reimbursement of RDN provided nutrition care in North Carolina. Most recently she published and presented research focusing on physicians interests, preferences and barriers to RDN care for a national webinar with the Academy of Nutrition and Dietetics that highlighted the need and opportunities for reimbursement representatives to network with local and state physician groups. Her research interests include preventative care and the role of nutrition within primary care with a focus on weight and chronic disease management and prevention as well as social determinants of health, with a focus on food security and health disparities. She has published in several medical and health promotion journals and regularly presents her research at local, state and national conferences. When not working she enjoys cooking, paddle boarding and hiking with her husband, sons and great Pyrenees Harper!

**Secretary - Shaynee Roper MED, RD, LD, FAND**

Shaynee has been working as a Dietitian for 30 years, and currently serves as the Assistant Director of Pediatric Nutrition at Duke University hospital. In addition, Shaynee teaches on an adjunct basis and is pursuing her DCN degree with the University of North Florida. She has served on the NCAND Board as the Secretary for the past two years and is eager to continue in this role.



## Diversity, Equity, and Inclusion Updates

### BIPOC RD Spotlight: Jovanna Orozco, MS, RDN, LDN!

Educational Background: Graduated in 2017 with Bachelor's and DPD program at Winthrop University, Rock Hill, SC. Graduated in 2020 with Master's and Dietetic Internship Post-Bacc from UNC Greensboro, Greensboro, NC. Master's Thesis in food insecurity, breastfeeding rates and other infant feeding practices in the US and senior research assistant in Public Health Education exploring the social determinants of health that affect diabetes management among Latinos.

Current Position: Primary care/outpatient dietitian, specializing in diabetes prevention and management, weight management, emotional eating and pediatrics, serving all ages and populations.

Hobbies: I enjoy being outdoors, creating new meals in the kitchen, exploring new cities, restaurants and breweries. I also enjoy reading and learning about art history

Favorite Vegetable: Sweet potatoes (specifically as waffle fries, but I love them every/any way!)

Why do you Enjoy Being an RD: I love the connections that I make with my patients and being there to support them in their nutrition journeys. I love being able to talk about food and nutrition every day, and know that I am educating and helping people embrace and enjoy all foods. My Mexican culture was one of the main factors into why I wanted to become a dietitian because of how important food and family is to us. I love that I can delve into these same emotions with my patients and help them create a positive mindset around eating and their cultural foods.



Diversify Dietetics often receive emails from the public, seeking to find an RD of Color to provide nutrition counseling. If you are an RD of Color who takes clients, we would love to have you join our RD of Color Directory. By submitting your information to [this directory](#), you are giving us the right to share your submitted contact information to the general public.

### Advancing Diversity in Dietetics Scholarship - The

Foundation's new Advancing Diversity in Dietetics scholarship supports the educational advancement of aspiring registered dietitian nutritionists of diverse backgrounds or cultures. The scholarship will provide two interns with \$25,000 each for the 2021-2022 academic year. The application deadline is May 3. This scholarship is separate from the Foundation's general scholarship application. [Apply now!](#)



**Seeking RDs to Spotlight Each Month!** NCAND intends to facilitate change and increase diversity, equity, and inclusion in our field. If you are a member of NCAND and identify as BIPOC, please consider allowing us to highlight you in our monthly newsletter. Our hope is to showcase your talents and areas of expertise, as well as support BIPOC RD2BEs in knowing that they are represented and valued. [Contact](#) our DEI Liaison, Alina Pittman.

## Member Updates



### Making It Work

Advocating for Breastfeeding Accommodations

**Happy Preceptor Month!** Precepting is a rewarding way to give back to your profession. Prepare dietetic interns to enter the workforce, while benefiting from their creativity, time, enthusiasm, and determination. [Sign up](#) to be a preceptor today and check out these [preceptor recognition stories!](#)

**Support Breastfeeding:** Everyone has a role in providing a healthy start for the youngest North Carolinians through breastfeeding support. Use the sample letters and lactation policies in [Making It Work](#): Advocating for Breastfeeding Accommodations to get started.

**Enroll in the Academy's Mentor Match** - Get matched to a mentor or mentee according to similarities in your profile interests and communication styles. You can search for other

participants by name, geographic location, dietetic practice group, member interest group and [more](#).

**Every RDN and NDTR Should Have an NPI** - Having an NPI demonstrates a viable workforce to stakeholders in the health care marketplace and provides a tangible way to show RDNs' impact on patient care in any setting: inpatient, outpatient or community-based organizations). [Apply for an NPI](#); if you already have one, make sure your information is up to date.

Calling all our **RD Yogis**, we want to hear from you! Would you be interested in teaching a yoga or meditation class at one of our NCAND events in the future? Send us an [email](#) with your certification details and areas of specialty (for example, if you can teach guided meditation, vinyasa flow, or other types of yoga classes). For now, all of our events will be virtual. Can't wait to hear from you!



**Kick-Start Healthy Eating** – This virtual event on May 4<sup>th</sup> - 5<sup>th</sup> will explore how consumers translate the Dietary Guidelines for Americans into personal behavior change. The event is being held in collaboration with the Institute of Food Technologists and the University of Massachusetts at Amherst's department of food science and is partially funded by the U.S. Department of Agriculture's National Institute of Food and Agriculture. [Register now!](#)

**AND Foundation** - Did you know you can support the Academy of Nutrition and Dietetics Foundation while shopping on Amazon at no additional cost to you? The Foundation is a non-profit organization devoted exclusively to nutrition and dietetics, and only donations – not member dues - go to support the Foundation. Read more about how to shop through Amazon Smile and support the Foundation while you shop [here](#).



## District Updates

### RALEIGH DIETETIC ASSOCIATION

Thank you to all who joined us at our April journal club. Missed it? Read the article on Vitamin D supplementation in COVID-19 patients [here!](#)

Stay tuned for more information regarding upcoming events.

[Click here](#) to learn more about the RDA and follow us on [Instagram!](#)

### CHARLOTTE DIETETIC ASSOCIATION

Thank you to all who joined us at our March virtual student mentorship program.

Congrats to Kennedy Bajek and Casey Rutherford for being awarded the Taylor Soloff Scholarship!

[Click here](#) to learn more about the CDA and follow us on [Instagram!](#)

### DURHAM-CHAPEL HILL DIETETIC ASSOCIATION

Thank you to all who joined us at our April Member Meeting. Stay tuned for more details regarding upcoming education meetings and events!

[Click here](#) to learn more about the DCHDA.

Follow us on [Instagram!](#)

