



North Carolina Academy of Nutrition and Dietetics

February 2021 Newsletter

President's Pen:

Happy February! I hope your 2021 is off to a great start. There are SO many exciting things happening in the next couple months, I'd like to highlight a couple here:

The Academy of Nutrition and Dietetics Elections are this month! **Voting begins February 1st and runs through February 15th.** We are thrilled to share that one of our members is on the ballot for the President Elect role this year!! You can view more [voting data here](#), but last year **only 8.95% of North Carolina Academy members voted in the national Academy of Nutrition and Dietetics elections.** Your vote matters and voting is a simple but HUGE way we can each have our voice heard in the direction that we want the Academy to head! You can read more about elections below and access the link to the 2021 national ballot.

Our next Dietitians Discussing Diversity will be held on a NEW date - Tuesday, February 9th from 6-7pm. This is a small group discussion where you can join other members to discuss your thoughts and learnings from our latest series of DEI webinars, or other events or books you've been learning from independently and the impact of these topics on our profession. Registration is extremely limited, so hurry and head [here](#) to register today!

Lastly, our Town Hall Q&A regarding NCAND's shift to a regional model will be this Tuesday, February 2nd from 6-7pm. Please join myself and our President-Elect, Tara Wind, to ask any questions you have about the transition. Register for the Town Hall Q&A [here](#). You can read FAQs about the change [here](#) and submit any questions you'd like answered during the Q&A [here](#).

Thank you all for your continued membership and support throughout this challenging year. Wishing you all a safe, healthy, happy February!

Best,
Elizabeth Hurley Raynor, MS, RD, LDN, CSCS
NCAND President 2020-2021



2021 National Election



Voting in the 2021 Academy of Nutrition and Dietetics National Election opens today! Meet the [slate of candidates](#) and [vote](#) before February 15th. The candidates were chosen from many excellent nominees. The nominating committees are committed to diversity and inclusion and review skills, leadership and professional experiences to select the best qualified, forward-thinking individuals for leading the organization. Please take some time to look over the candidates and do your part by voting. **Remember voting opens today and closes on February 15th.** We are THRILLED to share that one of our members - Manju Karkare MS RDN LDN CLT FAND - is on the ballot this year. You can read more about Manju below.

Manju Karkare, MS RDN LDN CLT FAND

President/CEO Nutritionally Yours LLC

Manju is the owner of Nutritionally Yours LLC, a private practice offering personalized nutritional coaching focused on integrative and functional nutrition and weight management. She has more than 20 years of experience in acute care clinical nutrition, outpatient oncology consulting, public health education and community nutrition.

Manju is an active member of the North Carolina Academy of Nutrition and Dietetics and the Raleigh Dietetic Association; several dietetic practice groups and member interest groups including Asian Indians in Nutrition and Dietetics member interest group, which she has led. Manju was selected in 2012 as one of the Academy's four national Diversity Leaders. She served as treasurer of the Raleigh District, as reimbursement representative and Public Policy Coordinator of North Carolina affiliate and a member of the Academy's Diversity Committee and Finance and Audit Committee; and most recently as the Past-Treasurer of the Academy's Board of Directors. She is the recipient of Outstanding Dietitian of the Year Award (NC) in 2018, and Cabot Community Celebrity Award for community service in 2019.

Manju is an active volunteer and leader at Meals on Wheels and Inter-Faith Food Shuttle, teaching nutrition classes for low-income populations. She was named to the Cooking Matters' Hall of Fame in 2016. In addition, Manju has over 20 years of cumulative non-profit governance leadership experience serving on local non-profit Boards of Directors.

Manju is a graduate of SNDT Women's University in Pune, India, and earned a master's degree from the University of Kentucky.



Recorded Webinar: Campaign Rules - The Nominating Committee's recent informational webinar about the Academy's national campaign rules has been posted to the [Academy's website](#). The webinar provides details and clarification of the rules and how you can take an active role in the 2021 election process.

Legislative Updates

State Updates

The [NC General Assembly](#) convened for their long session on January 13, 2021. In late December and early January, NCAND took part in the Academy's State Advocacy Engagement Initiative and reached out to **all** NC State House Representatives and State Senators before the legislative session began. The goal of the project was to write letters welcoming them to office and offering partnership on legislative issues related to nutrition and dietetics. I am proud to report that the project was an overwhelming success! Thank you so much to everyone who volunteered to send a letter to their elected Representatives. The relationship foundation built in this endeavor will be invaluable as we continue to advocate for NCAND state policy priorities: reimbursement for telehealth MNT services and recognition for RDNs as Medicaid providers.

And, please stay tuned for information on NCAND's annual Legislative Day! We will be sharing details soon and hope that even more of our members will participate in this advocacy event.

With gratitude,
Julie Sundermann
State Policy Representative
sunderma@gmail.com

Federal Updates

Academy Applauds President Biden's Executive Order to Expand Food Access - On 1/22 President Joe Biden signed an executive order that will help put healthy food on the table for many Americans impacted by the COVID-19 pandemic. This order includes provisions about important federal nutrition programs such as SNAP and P-EBT, as well as other important supports to help protect American's health and wellbeing during this crisis. Check out the Academy's summary of the order [here](#).

The Academy wants to hear from you! The Academy is collecting federal nutrition stories to assist in advocacy efforts for FY2022 federal budget requests: please share your stories about the importance of federal nutrition programs and services, research and research grants and other crucial funding priorities, such as workforce development and food safety. Your stories help illustrate to policymakers why they should support nutrition, prevention and research priorities. Please complete the story collection form [here](#).

TAKE ACTION!

Member Policy Interest Survey

Want to get more involved in the Academy's policy efforts? Share your areas of interest, experience and readiness to advocate for issues important to our profession by taking the Member Policy Interest Survey. Your responses will be utilized to place you in an affinity group where you will be asked to provide input on the Academy's policy priorities that shape the future of our profession.

There are two versions of the survey: [one for Academy members](#) and [one for student Academy members](#).

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.

DEI Updates



Our DEI Liaison, Alina Pittman, will be speaking with a 10th Grade Biology Honors class studying Nutrition (Lexington, NC) about career opportunities in the field. If you are interested or passionate about participating in this type of activity or want more information, [click here](#) to learn more.

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.

Dietitians Discussing Diversity – A small group discussion on diversity will be held on Tuesday, February 9th at 6 pm. This discussion is open to students, RDs, DTRs, interns, and any other interested person, and will cover topics talked about during the series of Diversity, Inclusion, and Equity (DEI) webinars presented through the NCAND webinar series. There is very limited space to [sign up](#) to attend this discussion, but more discussions will be available and held throughout the year.

Diversify Dietetics Self Study Program: Originally created for one of their clients, Diversify Dietetics is making their self-study course available to everyone! If you are looking for a dietetics specific self-reflection program that will walk you through the process of reflecting on your identity at three levels – personal, cultural, and through the lens of privilege - then look no further. The self-study applicable for everyone- faculty, preceptors, professionals, students, etc. All proceeds for the self-study fund DD programming. This self-study is worth 2.8 CEUS. [Find out more](#) and register today!

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.

IND MIG Webinar - Register now for the Indians In Nutrition and Dietetics Member Interest Group upcoming complimentary webinar. On Tuesday, February 9, 2021 at 1 pm, Jagmeet Madan MSc, MPhil, PhD will present on “Pre-Diabetes in Asian Indian Adolescents and Young Adults – Need for Nutrition Intervention. [Reserve your spot today!](#)

Apply now for the Diversity and Inclusion Action Award:

The Academy offers a \$1,000 [Diversity and Inclusion Action Award](#) to an ACEND-accredited educational program, affiliate, dietetic practice group, member interest group or other recognized Academy group. The award recognizes accomplishments in successfully recruiting and retaining underrepresented individuals. The application deadline is March 1, 2021.



Member Updates

Call for Poster Abstracts - The Academy of Nutrition and Dietetics will hold FNCE® 2021 as a virtual event from October 16-19, 2021. We are looking for cutting-edge practice or research poster presentations that resonate with professionals, students, educators, and other members of the nutrition and dietetics field. [Submit an abstract](#) now through February 18th!



Upcoming NCAND Webinar – Join us on Friday, February 26, 2021 at 12 pm for “Making the Field of Dietetics Your Own – Forge Your Future and Others,” presented by Patricia Pitts, MS, RDN, LDN. The lecture will discuss how choosing non-traditional pathways within the field of dietetics, in particular, culinary based, can allow different doors to open up within both the inpatient and outpatient worlds. The definition of culinary nutrition and core competencies will be reviewed with the intent to comprehend their potential as possible career goals. The lecture will also discuss the importance of serving as a preceptor and how to ensure one is leading students to their full potential. [Register today!](#)

Enroll in the Academy’s Mentor Match - Get matched in the new year 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](#).

Apply now to become an Academy Spokesperson! AND’s landmark volunteer [media Spokesperson](#) program advances the Academy’s mission and goals and increases the public’s knowledge of food, nutrition and health. Three-year Spokesperson terms begin June 1, 2021. Openings are available in a number of geographical and practice specialty areas. The application deadline is February 5th.



Enroll today in **AND’s Power of Payment Program!** For more information about this program, [contact](#) the Nutrition Services Coverage team.

Get Text Action Alert Updates from the Academy - To stay connected with the Academy’s important action alerts and legislative updates, **text "eatright" to 50457** to enroll in text alerts. You may also opt in by marking the “Send me text alerts” box whenever you take an action alert. If you previously marked this box you are already subscribed and do not need to sign up again.

Action Center - Have you completed the active [action alerts](#)?

Member Updates (cont.)



March Virtual Regional Meeting - Save the date for our upcoming [regional meeting](#) in March!

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!

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](#).

Support Dietetics by donating to ANDPAC - While 2020 was different than any year we've experienced, with the generous support of member donations, the Academy's Political Action Committee was able to move the needle forward on key issues affecting our profession, including:

- The extension of critical child nutrition waivers to ensure K-12 students have access to nutritious meals while schools are closed due to COVID-19
- The introduction of the Medical Nutrition Therapy Act, which would provide expanded coverage for Medicare beneficiaries to obtain medical nutrition therapy from RDNs for chronic diseases such as prediabetes, obesity, cancer, hypertension and more
- Advocating to support funding for higher education programs for allied health professions at minority serving institutions
- And making sure individuals can receive the help they need by advocating for the expansion of telehealth for the profession during the COVID-19 national emergency.

Their Our goal is to have 100% of Academy policy leaders support ANDPAC. ANDPAC donations, no matter how large or small the amount, have the power to shape the future of our profession and



eat right **ADVOCACY**
The Academy of Nutrition and Dietetics Political Action Committee

Our Voice.
Our Profession.
My Future.
My ANDPAC.

America's health. With 2021 just a few weeks away, please consider making a donation of \$20.21 to support your profession. Or become a member of the High Five Club, a group of loyal ANDPAC donors who contribute \$5 monthly. [Donate to ANDPAC today!](#)

District Updates

RALEIGH DIETETIC ASSOCIATION

Thank you for joining us at our virtual January journal club. In case you missed it, this is [the article](#) we discussed.

Stay tuned for our upcoming February events: a virtual social and member education meeting!

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

CHARLOTTE DIETETIC ASSOCIATION

Thank you for joining us at our private practice RD panel!

Apply now to our Taylor Soloff Scholarship. The deadline to apply is February 20, 2021. Check out our social media pages to learn more.

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

DURHAM-CHAPEL HILL DIETETIC ASSOCIATION

Thank you for joining us at our January meeting on Federal Child Nutrition Programs in NC During the COVID-19 Pandemic! Stay tuned for upcoming events.

Follow us on [Instagram!](#)

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

