



# North Carolina Academy of Nutrition and Dietetics

## *June 2020 Newsletter*

### *President's Pen:*

Welcome to another exciting year with the North Carolina Academy of Nutrition and Dietetics! I am so excited to serve as your President for the 2020-2021 year. As we head into this new year, we are all facing unique and unprecedented challenges in our personal and professional lives. While the current state of the world impacts us all, it impacts each of us in different ways. I look forward to leading our board in providing support for you, our members, in innovative ways as we navigate these circumstances together. The NCAND board is hard at work this month planning and preparing for a great year and we look forward to sharing our goals with you later this summer.

In this newsletter we are sharing an exciting opportunity to get involved and represent the voices of North Carolina dietitians in a Think Tank with our Academy Delegate – Shannon. We would love to hear your thoughts and input and share it with the Academy House of Delegates. Check it out!

Be sure to read this newsletter in full as it includes information about renewing membership, save the dates for our Regional Meetings, and more information on ways to get involved in legislative and current events. We hope you'll join us this year by renewing your Academy membership and selecting North Carolina as your affiliate. Remember, you do have to join the Academy and select North Carolina as your affiliate to be a NCAND member and to join a district but you do NOT have to join a district to take advantage of being an NCAND member! In addition to providing CEU and networking opportunities joining AND/NCAND is one simple way to support our legislative team's efforts in advocating for our profession and helping to move us forward.

We welcome your enthusiasm and ideas this year!

Best,  
Liz Hurley Raynor



## Policy & Legislative Updates

There is a lot going on in our political world right now. NCAND is working hard on nutrition and dietetic legislative issues. Want to be involved? Have policy questions? Please reach out to [Raina Goldstein Bunnag](#), the 2020-2021 NCAND Public Policy Coordinator.

Action Alerts are an important way to have your voice heard. It takes less than two minutes to send a letter to your federal legislators about important issues affecting our profession and the people we serve. You can choose to use the prewritten AND message, or write your own. Please read and respond to the three current action alerts below.

1. **Support Diversity in Allied Health Professions:**

The Academy has partnered with the [National Association for Equal Opportunity in Higher Education](#) to encourage Congress to provide \$300 million in funding for minority serving institutions that would support allied health professions programs, including nutrition and dietetics. In addition, we are requesting \$10 million for nutrition and dietetics career outreach. **This initiative would allow for increased numbers of minority health professionals to provide culturally competent nutrition counselling in communities of color. Additionally, the initiative seeks to increase the numbers of young people of color choosing allied health careers.**



2. **Urge your Senators to strengthen and protect critical federal nutrition programs,**

including: the Supplemental Nutrition Assistance Program; school meals; senior nutrition programs; the Child and Adult Care Food Program; and the Special Supplemental Nutrition Program for Women, Infants, and Children.

3. **Support Access to Medical Nutrition Therapy:** Access to MNT is more important than ever now that evidence indicates many diet-related chronic conditions are leading to poor outcomes for COVID-19 patients. Expanded access to MNT is especially important for minority populations that have long faced chronic disease health disparities due to socioeconomic inequalities and reduced access to health care, healthful foods and safe places to be active and are now being disproportionately impacted by COVID-19.

The [Coronavirus Aid, Relief and Economic Security \(CARES\) Act](#) went into effect in March 2020 to address the impact of COVID-19. The bill provides individuals and corporations increased tax incentives for charitable giving (including donating to AND), in hopes of encouraging donations and stimulating philanthropy throughout the U.S.

[Stay informed](#) on COVID-19. Read the [new EAL paper](#) on malnutrition & COVID-19.

How are you making a difference? [Share](#) how COVID-19 has impacted your life and work.

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.

Shape the future of the dietetics profession, become an [ANDPAC](#) member.

## *Volunteer Opportunities*

Join the NCAND **House of Delegates Think Tank!** NCAND is looking for experts to represent diverse viewpoints on the new HOD Think Tank.

The Academy's HOD governs our profession and develops policy on major professional issues based on member input. Volunteers will have the opportunity to voice their opinions directly to North Carolina's representative and collaborate with other professionals representing diverse populations and areas of practice. HOD Think Tank members will provide feedback on:

**Strategic Issues-** Emerging issues with potential impact on the dietetics profession in three or more years, overriding issues of strategic importance that cut across multiple discipline areas and support the Academy's strategic mission, vision, and focus. Examples include diversity, technology obsolescence and leadership development.

**Professional Issues-** Specialized or practice-based topics that need immediate attention by the HOD. These issues may impact a subset of practice areas within the profession. Topics include Master's requirement and implementation, licensure, reimbursement and payment, decreasing enrollment in nutrition and dietetics programs, and preceptor shortages.

This is an excellent opportunity for both current and future leaders to impact the direction of our profession and will require a time commitment of <1 hour/ month to review materials, respond to email communication, and possibly participate in virtual discussions.

For additional information or to volunteer please reach out to incoming delegate, Shannon Corlett at [shannon.corlett2@gmail.com](mailto:shannon.corlett2@gmail.com). Thank you!

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](mailto:NCDA@caphill.com)*



## Member Updates

2020 NCAND Regional Meeting  
Save The Dates:

NCAND Regional Meeting in Wilmington  
September 18, 2020  
Wilmington, NC

NCAND Regional Meeting in Winston Salem  
December 2020  
Winston Salem, NC

NCAND Regional Meeting near Charlotte  
March 5, 2021  
Gastonia, NC

*More details coming soon!*

District Registration is now open! Use the discount code 'Early20' or the code specific to your district to save. Discount codes expire August 1, 2020. [Join or renew your membership today!](#)

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. Learn about their [extended deadline and payment plan options](#) and renew your membership today!

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

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. Learn more about AND's [Payment Matters](#) program.

**Study Right:** With >1,300 sample questions, 6 practice exams, and hundreds of flashcards, [eatrightPREP®](#) helps prepare you to pass the exam. Enter rdnextamdemo to access your free 7-day demonstration. [Study guides](#) for the RD and DTR exams are now available.

### Eatright Essentials:

Downloadable handouts on various topics, including, cooking basics, heart-healthy eating, and eating on a budget.

Due to COVID-19, the Crohn's and Colitis Foundation has transitioned the **Triangle Take Steps Walk** to a [virtual event to be held on June 20, 2020](#).



**Take a Closer Look** at Your Academy Membership Savings:

#### Membership Savings and Value

- ✓ **\$1,080 Value** 48 or more free CPEUs available annually in the *Journal of the Academy of Nutrition and Dietetics*
- ✓ **\$250 Value** Evidence Analysis Library\* access
- ✓ **\$385 Value** Subscription to the *Journal*
- ✓ **\$300 Savings** FNCE\* registration\*
- ✓ **\$225 Value** *Compensation & Benefits Survey of the Dietetics Profession*
- ✓ **\$249 Value** Find an Expert listing
- ✓ **\$167 Savings** *Nutrition Care Manual\** subscription\*\*
- ✓ **And much more!**

#### Access to Exclusive Benefits

- ✓ **50 Position and Practice Papers** that promote the public's optimal nutrition, health and well-being
- ✓ **35+ practice and interest groups** to enhance your knowledge and establish relationships with fellow professionals
- ✓ **Up to a 30% discount** on Academy publications
- ✓ **Subscriptions** to *Food & Nutrition Magazine\** and *Nutrition News*

\*Savings based on full-year membership; non-member registration.  
\*\*Savings based on new membership; non-member subscription for one year.

**eat right.** Academy of Nutrition and Dietetics



#### Take Advantage

of All This and More!

Join now at  
[www.eatrightPRO.org/join](http://www.eatrightPRO.org/join)

For more information on the value of your Academy membership, or to join online, visit [www.eatrightPRO.org/memberValue](http://www.eatrightPRO.org/memberValue).

## Meet the 2020-2021 NCAND Board!

### Executive Board

President: Elizabeth Raynor  
President-Elect: Tara Wind  
Past-President: Katrina Levine  
Delegate: Shannon Corlett  
Secretary: Shaynee Roper  
Treasurer: Ashley Pinet  
Public Policy Coordinator: Raina Bunnag

### Public Policy Team

Public Policy Coordinator: Raina Bunnag  
State Policy Rep: Julia Sundermann  
Reimbursement Rep: Kim Iles  
Reimbursement Rep: Julie Cunningham

### District Presidents

Charlotte: Samantha Scruggs  
Durham/Chapel Hill: Melissa Walter  
Raleigh: Michael Raynor

Social Media Chair: Jillian Schoening  
CPE Coordinator: Shaynee Roper

### Awards Committee

Katrina Levine  
Paul Moore  
Kim Feeney  
Lavanya Kethamukkala

### Strategic Planning Committee

Courtney Huddle  
Lavanya Kethamukkala  
Nancy Kondracki  
Katrina Levine  
Shannon Corlett

### Program Committee

Lauren Littmann  
Angela Rutherford  
Lauren Sastre

NCANDF Chair: Lorraine Matthews  
Second Century Liaison: Laurie Allen

## Diversify Dietetics

Diversify Dietetics provides a community for students, professionals, and educators dedicated to increasing ethnic and racial diversity in the nutrition and dietetics profession. Please check out their website and consider donating if you are looking for a way to get involved in the racial justice movement and give back to our dietetics community.



*community*

## District Updates

### RALEIGH DIETETIC ASSOCIATION

Congrats to Tessa Nguyen, Grace Daniel, and Lesley Schatz for winning our May social media contest! Thank you to everyone who participated.

Use the RDA discount code found in our June newsletter before submitting your [district membership](#). We look forward to meeting new members and reuniting with returning members in the fall.

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

### CHARLOTTE DIETETIC ASSOCIATION

Be sure to use the CDA discount code before submitting your district membership. The discount code expires August 1, 2020.

[Join CDA today!](#)

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

### DURHAM-CHAPEL HILL DIETETIC ASSOCIATION

Use the discount code before submitting your district membership. The discount code expires August 1, 2020. [Join DCHDA today!](#)

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

## Combat Food Insecurity

Families who need help finding meals for their children <18 years of age 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!*



Do you need help finding meals for your child?

TEXT "FOODNC" TO 877-877

NCAND



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