



North Carolina Academy of Nutrition and Dietetics

November 2021 Newsletter

President's Pen:

Happy November Everyone,

I'm dedicating this President's Pen to all the NCAND members and board for how thankful I am to be surrounded by you. Here are a few things I am most thankful for:

First, I am thankful for Liz Hurley. From graduate school classmates, to being my intern, to becoming good friends, and then to President-Elect and President, I am thankful for all the ways our relationship has changed. I am thankful you asked me to run for your President-Elect, it was one of the greatest compliments and it turned out to be a fabulous, productive year. I am really loving Presidency and thankful you got me involved.

Second, I'm thankful for my NCAND Board Members, all 25 or so of you. I've surrounded myself with good people who really enjoy advocacy and are actively involved. Somehow we get a lot accomplished in meetings, but it doesn't feel like work and our pets are always involved. I'm so fortunate to have met so many new RDNs in North Carolina that I otherwise wouldn't have met.

Lastly, I'm thankful for all of our NCAND members. We've made a lot of changes in the past year and are thankful for your support. Thank you for navigating the pandemic with us and transitioning (successfully) to an online platform for regional meetings. We have nothing but excitement as we approach the New Year.

Stay safe and healthy,
Tara Wind
NCAND President 2021-2022



Legislative Updates

State Updates

The North Carolina General Assembly has finished creating new maps of both our state's legislative districts and the state's now 14 seats in the US House of Representatives. As a result of the state's dramatic population increase between the Censuses 2010 and 2020, NC will gain an additional Representative in the US House, starting with the 2022 General Election next year! Although the maps are finalized, lawsuits are likely given past legal challenges to district maps over the last decade or so. In North Carolina, the Governor does not have veto authority over redistricting issues.

The North Carolina General Assembly still has not passed an FY 2021-2022 budget.

Federal and Academy Updates

New! The [Expanding Access to Diabetes Self-Management Training Act](#) was introduced last week by U.S. Rep. Kim Schrier, M.D. (Wash.) and members of the Diabetes Caucus. The Academy is a proud champion of this bill which would expand access to care for seniors with diabetes and encourages Academy members to add their support to this important issue by completing this [action alert](#). Hannah Martin, MPH, RDN, Academy Director of Legislative and Government Affairs was quoted in the bill's press release, stating: "DSMT services are shown to improve health outcomes, reduce complications and decrease health care costs, yet utilization around the current Medicare benefit for DSMT remains low."

The PUMP (Providing Urgent Maternal Protections) for Nursing Mothers Act passed in the US House of Representatives on 10/22/2021 with a bipartisan vote! Thanks to all NCAND members who contacted their Representatives about this important bill.

- From North Carolina, Representatives Alma Adams (District NC-12, also cosponsored the bill), G.K. Butterfield (NC-01), Richard Hudson (NC-08), Kathy Manning (NC-06), Patrick McHenry (NC-10), David Price (NC-04), and Deborah Ross (NC-02) voted in favor of passing the legislation.
- The PUMP Act would provide lactating, working parents with the break time and space to express milk while also offering employers the flexibility to identify solutions that work for their unique business environment.
- Now the PUMP Act will move to the Senate for a vote. Stay tuned for updates and action alerts!

The **Build Back Better Act** includes critical nutrition, health care and public health provisions. [Help get this bill to the finish line here](#). The bill would:

- Increase access to free healthy school meals for nearly 9 million more children;
- Expand the Summer Electronic Benefit Transfer program to prevent hunger while school is out;
- Invest in school kitchen equipment and nutrition education;
- Support senior nutrition infrastructure and nutrition services for Older Americans Act congregate and home-delivered meals programs;
- Significantly narrow the health insurance coverage gap, extend Medicaid coverage for postpartum women and enact other provisions of the Black Maternal Health Momnibus Act; and
- Invest in the public health workforce and infrastructure, including pandemic preparedness.

These are just the highlights, and there are even more actions to take at the [AND Action Center](#). Log in today and let your Representatives and/or Senators know that you think these bills are important!

Thank you!

Julie Sundermann

NCAND Public Policy Coordinator

ppc@eatrightnc.org

Meet our 2021-2022 Board Members!

Voting Board	Position	Name
Executive Board	President	Tara Wind
Executive Board	President-elect	Shaynee Roper
Executive Board	Immediate Past President	Elizabeth Raynor
Executive Board	Delegate	Shannon Corlett
Executive Board	Secretary	Katie Nunemaker
Executive Board	Treasurer	Ashley Pinet
Executive Board	Public Policy Coordinator	Julie Sundermann
Non-Voting Board	Position	Name
Diversity Liaison	Diversity Chair	Alina Pittman
Awards Committee	Member	Elizabeth Raynor
Awards Committee	Member	Ellison Clark
Public Policy Team	Public Policy Coordinator (PPC)	Julie Sundermann
Public Policy Team	Reimbursement Rep.	Rachael Elledge
Public Policy Team	Reimbursement Rep.	Julie Cunningham
Program Committee	Program Planner	Myra Vergani
Program Committee	Program Planner	Ellison Clark
Program Committee	Posters	Melissa Gutschall
Program Committee	Posters	Leslie Van Horn
Social Media Chair	Social Media Chair	Jillian Reece
Membership Chair	Membership Chair	Michael Raynor
CPE	CPE Coordinator	Shaynee Roper
Strategic Planning Committee	Member	Angela Lago
Strategic Planning Committee	Member	Latasha Williams
Strategic Planning Committee	Member	Nancy Kondracki
Strategic Planning Committee	Member	Shannon Corlett
NCAND Foundation	NCANDF Chair	Paul Moore
Regional Committee	Triangle Region Coordinator	Jillian Reece
Regional Committee	Charlotte Region Coordinator	TBD
Regional Committee	Eastern Region	Rachel Gergely

Board Spotlight: Public Policy Team

Julie Cunningham

Julie Cunningham is an RDN, a CDCES, and an IBCLC. After receiving a BS in Nutrition from Appalachian State University and an MPH from the University of NC at Chapel Hill, Julie began working as an RD in 1998. Today, Julie makes her home with her family in Hendersonville, NC, where she owns and operates Julie Cunningham Nutrition, LLC, a nutrition practice focused on serving people with diabetes, as well as Eat, Write, Repeat, a writing service for health and wellness brands.



Rachael Elledge

Rachael D. Elledge MS, RD/LDN, CDCES is the Clinical Nutrition Program Manager at Durham County Department of Public Health. She has served as an NCAND Nutrition Services Payment Representative for one year and looks forward to continuing to help in this capacity for at least the remainder of the position's 3 year term. Rachael has an undergraduate degree in Biology from The University of the South, Sewanee, TN and a Masters in Nutrition from Clemson University.

Despite her undeniable southern accent, Rachael has lived and worked in multiple healthcare settings across the United States and in Japan. She likes live music and hiking.



Reach Out to Your Nutrition Services Payment Specialists (NSPS)! *(formerly known as Reimbursement Representatives)*

No matter where you work, understanding the basics of health care payments and other sources of funding for the services you provide is an asset to every registered dietitian nutritionist. Learn more about payment and delivery for nutrition services [here](#). In the ever-evolving world of coverage and payment for nutrition services, our North Carolina Nutrition Services Payment Specialists provide additional support and serve as a valuable resource. Nutrition Services Payment Specialists serve as a resource for NCAND 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. If you have questions that are state-specific or pertain to an area of focus, [reach out](#) to your Nutrition Services Payment Specialists today!

Board Spotlight: Diversity Liaison

Alina Pittman

I currently work as a Clinical Dietitian at the W.G. Bill Hefner VA Hospital and PRN at Atrium Health Cabarrus in Concord, NC. I completed my Master's degree at Winthrop University and my Dietetic Internship as well. I am a second career RD - my first career was in Finance and I worked in that field for 9 years. I served on the CDA board in the role of Program Planner for the 2019-2020 year. This was my first year being involved as a board member and I enjoyed learning about what happens "behind the scenes" and enjoyed contributing to better serve our profession and members.



Fun Facts:

Favorite vegetable: Mushrooms

Hobbies: Exercise, hiking/outdoor activities, gardening, latin dancing

I grew up in a Cuban American home. My maternal grandmother was born in Santiago de Cuba and her influence on my life, as well my mother's gift of imparting her heritage to me, have shaped who I am today.

I took the position of DEI Liaison last year because I feel a responsibility to contribute to and generate change that will move our profession forward. Being able to now serve as the DEI Committee Chair is a tangible way to make change and take action. I have had the opportunity to befriend, work alongside, and mentor BIPOC on my journey from student to RD and value the contributions and perspectives that a diverse group of professionals will bring to the field of dietetics.

As internship classes become more diverse, professionals for years to come deserve representation and to know they are heard and supported. Also, the populations we serve will become more diverse and a need for clinicians that represent them will remain a priority. There is no better time than now to create change. I look forward to supporting my fellow RDs in NC.

Inclusion, Diversity, Equity, and Access Updates

BIPOC RD Spotlight: Kayla Hopkins, RDN!

Name: Kayla Hopkins RDN

Education: Master's Degree in Human Nutrition at Winthrop University; Bachelors Degree in Public Health University of South Carolina

Current Position: Dietitian Nutritionist for Atrium Health Gastroenterology and Hepatology

Hobbies: Cooking, Running, Outdoor Activities

Favorite Vegetable: Spinach or any Fresh Herb

Why you love being an RD: I love being a dietitian because it allows me to show patients that simple dietary modifications can result in BIG changes in symptoms. Especially, in the world of gastrointestinal disorders, many of my patients have never considered diet as an additional treatment method; only medications. It is very rewarding to provide medical nutrition therapy that can translate to an overall improvement in patient quality of life. That is truly the best part!



Now that the **IDEA Committee** has launched, we have created an [email address](#). If you are interested in being involved in this committee, our next meeting is Wednesday, December 1st 6-7 PM over WebEx. Please [register here](#).

Preceptors play a huge role in the lives of aspiring Registered Dietitians and Dietetic Technicians. These experiences can be particularly influential for students of color. The preceptor database will link Diversify Dietetics students to knowledgeable and committed preceptors in their area. Preceptors must be committed to the mission of Diversify Dietetics, to increase the racial and ethnic diversity of the nutrition field. [Sign-up](#) to be added to our preceptor database!



Outstanding Dietetics Educator Award

Nominate North Carolina's Dietetics Educators for the 2022 Outstanding Dietetics Educator Award!

The Outstanding Dietetics Educator Award recognizes the teaching, mentoring, and leadership activities of faculty in ACEND-accredited dietetics education programs. One educator can be selected from each of the four program types in each geographic region. In addition to publishing the list of outstanding educators in the Journal of the Academy of Nutrition and Dietetics and NDEPline, each awardee will receive a certificate and congratulatory letter from the Academy President. Awards will be presented at the NDEP area meetings for educators each spring.

Criteria for Selection of Outstanding Educators:

- Member of the Academy of Nutrition and Dietetics.
- Faculty with academic or supervised practice appointments in ACEND-accredited dietetics education programs (Coordinated Program in Dietetics, Dietetic Internship, Didactic Program in Dietetics, Dietetic Technician Program).
- Demonstrated innovative teaching skills and techniques.
- Demonstrated mentoring as documented by letters from students (limit three letters per nominee).
- Demonstrated leadership; e.g., national, state, or district dietetic association activities, community service, honors received, scientific and professional presentations, publications, employment, etc.

Application Requirements:

- Application Cover Letter
- Data Sheet
- Resume
- Three (3) letters of reference

Please submit all applications/supporting documents by the deadline date via email to the Awards Chair: nominating@eatrightnc.org Please direct any questions to the email above. Application must be received by December 31, 2021. Read more about all of our awards [here!](#)

Academy Membership Benefits

Know the Value of your Membership

The Academy provides a multitude of products and services designed to help our members develop their skills, advance their careers, and achieve their professional goals. Members can take advantage of the following valued benefits:

- [Career and business resources](#), including the Find an Expert Listing (\$249 in value), the Compensation Benefits Survey (\$250 in value), and savings on Eatright Careers job postings (\$235 in savings).
- [Discounts](#) on products and insurance. (Exclusive to members)
- [eatrightSTORE.org](#) Online discounts. (Exclusive to members)
- [Educational opportunities](#), including free CPE in the Journal (\$2,160 in value), free and discounted self-study modules, and exclusive member discounts on the Center for Lifelong Learning's Certificate of Training and Webinar Series programs.
- [Food and Nutrition Conference and Expo™](#) member pricing (up to a 45% discount).
- [Scholarships and awards](#) provided by the Academy as well as its Foundation. Foundation programs and opportunities available to Academy members include scholarships, awards, fellowships, research grants, and disaster relief funding, while the Academy offers its National Honors and Awards program its Fellow (FAND) program.
- [Networking and knowledge sharing opportunities](#), including eMentoring and DPG and MIG membership. (Exclusive to Members)
- [Nutrition Information Services](#) access, which includes help from staff RDNs. (Exclusive to members)
- [Policy Initiatives and Advocacy](#) that help advance the profession. On the behalf of members, the Academy coordinates and leads advocacy efforts on critical issues that impact the profession, such as reimbursement, nutrition security and consumer protection.
- [Practice, Science and Quality resources](#), such as access to the Evidence Analysis Library (\$250 in value) and access to the Academy's position and practice papers.
- [Publications](#), including access to JAND (\$459 in value), the digital Food & Nutrition Magazine® and exclusive access to email newsletters, discounts on Nutrition Care Manual subscriptions (up to \$167 in savings) and electronic Nutrition Care Process Terminology subscriptions (up to \$75 in savings), as well as access to all eatrightPRO.org content.

[Source of information](#). Access to benefits may vary based on membership category.

Member Updates

Save the Date for our
Regional Meetings!

[Virtual December Meeting](#)
December 10, 2021

March Meeting near Charlotte
March 4, 2022

Policy Updates: We are excited to share that Registered Dietitian Nutritionists (RDNs) can now enroll as Medicaid providers! Our policy team has worked tirelessly over the last 3 years to advocate for this so we'd like to extend a huge thank you to them for their hard work and dedication to increasing access to nutrition counseling for North Carolinians. To get started and enroll, providers must first register with [NC Tracks](#) and start their application. After completing the application, you will be required to complete a series of trainings. *Note: These same steps are required*

for all providers (not just RDNs) who are enrolling to become Medicaid providers. We will hold Office Hours soon for any interested members to come and ask questions and learn together. Date and time TBD. [Email](#) your reimbursement representatives with questions. This is a new process for us all and we are excited to learn alongside you!

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!

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.

