



# North Carolina Academy of Nutrition and Dietetics

## *Fall 2019 Newsletter*

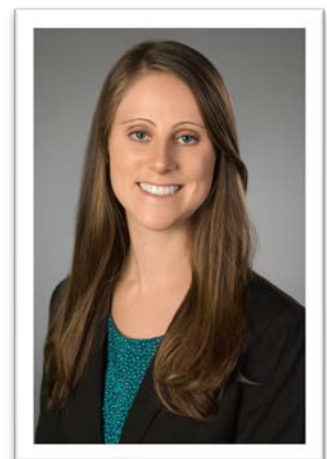
### *President's Pen:*

Happy Fall, y'all! With the finally cooler temperatures, I'm happy to share some refreshing updates and a recap of NCAND activities over the last few months. Overall, the Asheville Regional Meeting on September 13<sup>th</sup> went very well, and thank you to everyone who helped make it a success (especially Myra Vergani, the NCAND Program Planning Committee, district board leaders, and of course, those that attended). We sold out and had 109 attendees (not counting speakers and exhibitors). We had an intimate social event the evening before and hope to try something like this again for a future Regional Meeting. Because this is the first time we've attempted a meeting and social event in the western part of the state, we definitely had a few challenges to work through. I want to thank all of you for your feedback, and please know that I read every comment and are already using your suggestions to help improve future meetings. So far we've also had two great webinars, one in September by former NCAND President and current Reimbursement Representative Kim Iles on reimbursement, and another in October on Healthy Eating at Every Size by Anna Lutz. We're working hard on planning the next Regional Meeting in Durham on December 6, and hope that it will help showcase all of the amazing work of dietitians throughout North Carolina. We want to highlight how important our work is to our communities, and provide further evidence of our impacts for advocacy efforts. Please keep an eye out for updates about the meeting, and I hope you are able to attend!

On the legislative front, we've had some huge successes thanks to our Public Policy Team. We recently had Senator Richard Burr sign on to co-sponsor the Treat and Reduce Obesity Act (S.595), and already have 5 co-sponsors in the House (Rep. Hudson, Rep. Budd, Rep. Holding, Rep. Price, and Rep. Butterfield). Because of the efforts of our Public Policy Team, Senator Thom Tillis has also just signed on to co-sponsor the bill. Also, members of the Public Policy Team and several district members attended the Mad Hatter's luncheon in Charlotte to support Rep. Alma Adams from Charlotte, a longtime supporter of dietitians' interests. Kim Iles continues to lead the Reimbursement Team on getting dietitians to be considered providers under NC Medicaid.

Finally, this letter wouldn't be complete without mention of FNCE. I hope everyone who was able to attend enjoyed the reunions, new connections, exciting products, and stimulating discussions this year. I hope all of you attending had safe travels and a wonderful few days in Philadelphia!

Sincerely,  
Katrina Levine Perry



## Policy & Legislative Updates

2019-2020 NCAND Regional Meetings  
Save The Date:

NCAND Regional Meeting in Durham  
December 6, 2019  
Archie K. Davis Conference Center  
[Register here!](#)

NCAND Regional Meeting near Charlotte  
March 6, 2020  
Gastonia Conference Center

We have been successful at getting 7 co-sponsors: Rep. Budd, Rep. Butterfield, Rep. Holding, Rep. Hudson, and Rep. Price for H. R. 1530 and Sen. Burr and Sen. Tillis for S. 595 (House and Senate versions of the **Treat & Reduce Obesity Act**).

The House passed the [Dignity in Aging Act of 2019 \(H.R.4334\)](#), which reauthorizes OAA programs and increases funding for congregate and home-delivered nutrition services. These services are critical in reducing senior hunger and combatting malnutrition.

The [AND Action Center](#) is currently under construction. Be sure to follow us on social media and read the NCAND emails to stay up to date on

current legislation and action alerts.

[Click here](#) to find out more about how you can get involved in **advocacy at a local level!**

Access quality **FREE CPE Programming** at your convenience via the Academy's [new CPE On-Demand program](#).

[Register here](#) for a **NCAND webinar** on "Work-Life Balance," presented by Sohaila Digsby, RDN, LD, CPT on December 12<sup>th</sup> at 12 pm.



We hope those of you who attended **FNCE 2019** enjoyed the inspiring speakers, reunions, education sessions, and exciting new products! Access the Opening Session remarks [here](#).

We are glad many of you were able to join us for our **annual NCAND photo!**

Start planning for FNCE 2020 in Indianapolis! Future FNCE locations are listed [here](#).

**Present at FNCE 2020!** Call for sessions is now open and will close November 21, 2019. [Learn more here](#).



## District Updates

### RALEIGH DIETETIC ASSOCIATION

Thank you to all who joined us in September for our Kickoff Brunch Event and in October for our member meeting on sustainable farming practices!

**Past Event:** Thank you to all who joined us for our November journal club. Missed it? Access the [article here](#).

**December 2019** – RDA Member Meeting. More details coming soon!

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

### CHARLOTTE DIETETIC ASSOCIATION

**Past Event:** Member Meeting at Levine Children's Hospital Gorelick Auditorium. Abbott hosted a Malnutrition Escape Room and we collected canned goods for the Levine Children's Cystic Fibrosis Food Pantry!

**December 10, 2019 at 5 pm** - Holiday Social at Levine Children's Hospital with gingerbread house decorating and canned goods donation!

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

### DURHAM-CHAPEL HILL DIETETIC ASSOCIATION

**Past Event** – Journal Club. We discussed [this article](#).

**November 21, 2019 at 5:30 pm** – Member Meeting at the Stedman Center, "Food-based interventions for vulnerable populations." [Register here!](#)

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

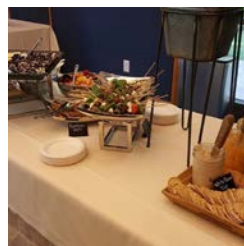
### TWIN CITIES DIETETIC ASSOCIATION

**Past Event:** Short Bowel Syndrome Presentation at Cities Grill & Bar.

**November 17, 2019 at 5:30 pm** – Volunteer Opportunity at the Ronald McDonald House.

**December 2019** – Holiday Party. More details coming soon!

[Click here](#) to learn more about Twin Cities!



## Social Media & Awards Updates

### NC CRUNCH

Thank you to all who joined NC in celebrating National Farm to School Month by crunching into a local apple on Wednesday October 23th.

If you missed it, you can still learn about NC Crunch and celebrate NC agriculture, local farmers, and healthy eating.

The NC Crunch offers kids and adults in K-12 schools and early care and education (ECE) sites across the state a fun opportunity to taste and learn about locally grown fruits and vegetables.

[Learn more here.](#)



### Congrats to our 2019 NCAND Award Recipients!

- Outstanding Dietetics Student  
*Jessica Yomano*
- Recognized Young Dietitian of the Year  
*Raina Goldstein Bunnag, RD*
- Outstanding Dietitian of the Year  
*Jennifer Wills Gallagher, MPA, RDN*
- Recognized Diet Technician of the Year  
*Patty Parris, DTR*
- Circle Award  
*Dr. Mohan Chilukuri*

[Apply here](#) for the **2020 NCAND awards!** Applications for Outstanding Dietetics Educator Award are due December 31, 2019.

Applications are due February 1, 2020 for:

- Circle Award
- Emerging Dietetic Leader Award
- Outstanding Dietetics Student Award
- Outstanding Dietitian of the Year Award
- Registered Dietetic Technician of the Year
- Recognized Young Dietitian of the Year

Thank you to all who raised awareness on malnutrition during [Malnutrition Month](#) (September 2019) and for making [NOCW2019](#) a success!



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