



# North Carolina Academy of Nutrition and Dietetics Newsletter Summer 2019

## *President's Pen:*

August 1, 2019

“Oh, the places you’ll go!”

I hope you are all excited for this new year with the North Carolina Academy of Nutrition and Dietetics, and are willing to come on a new adventure with me! My name is Katrina Perry, but most of you may know me as Katrina Levine – my first day as President was actually my wedding day, so I am coming into this new role with a new name and a new perspective. I am a proud North Carolina native, an alumna of both NC State (undergrad) and UNC Chapel Hill (grad school), and a past attendee of Meredith College. My background is in public health and nutrition, and I have spent the past six years as an Extension Associate with NC State focusing on consumer food safety education, outreach, and research. Last year I earned my Project Management Professional certification and am enjoying using my new skills to get things done and communicate more effectively. I served on the Raleigh Dietetic Association board for 5 years in a number of roles, including President, and was an NCAND Program Planning Committee member before becoming your NCAND President.

Although I just shared quite a bit about me, my primary goal for this year is to focus more on YOU – our members. We hope to do this by attending at least one member meeting in each district, providing better support to district leaders, outlining the current benefits of membership, and learning what is important to you as part of being a member and how we can help you get the most of memberships with NCAND and any of its districts (Charlotte, Raleigh, Durham-Chapel Hill, and Twin Cities).

Continuing with the theme of “new,” we are excited to spend our first Regional Meeting in Asheville, NC, on September 12-13. We hope this overdue return to the western part of our state will help us strengthen our connections with Registered Dietitian Nutritionists and nutrition students in this area, feed our bodies and minds, and give us a special opportunity for pre-meeting activities the day before the meeting. Check your email and our website ([eatrightnc.org](http://eatrightnc.org)) for more details to come!



We are also continuing the work of the amazing leaders that came before us. We started implementing our new Strategic Plan last year, and while improving member and district leader communications and relationships is only one of the goals, we hope to move forward many others this year by fostering new memberships, partnerships, and opportunities for funding.

Make sure to stay connected within your districts, and also check our website ([eatrightnc.org](http://eatrightnc.org)) and Twitter feed (@eatrightnc), for the most up-to-date information about all of our events and activities!

Feel free to reach out to me or any of our board members with your thoughts, ideas, and questions. Send me an email at [president@eatrightnc.org](mailto:president@eatrightnc.org)!

I look forward to seeing the places we will go this year!

Sincerely,

Katrina Levine Perry

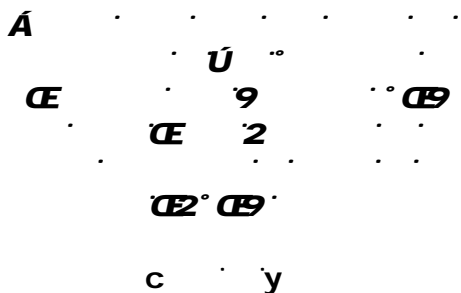
**Save the Date**  
 For Our 2019-2020 NCAND Regional Meetings!

**NCAND Regional Meeting in Asheville**  
*"Feeding the Mind and the Body"*  
 September 13, 2019  
 Asheville Event Centre  
 Asheville, NC

**NCAND Regional Meeting in Durham**  
 December 6, 2019  
 Archie K. Davis Conference Center  
 Durham, NC

**NCAND Regional Meeting Near Charlotte**  
 March 6, 2020  
 Gastonia Conference Center  
 Gastonia, NC

It's not too late, [join your district today!](#)



You must log in to the [NCAND website](#) to complete the district membership form.

[Click HERE to join your district today!](#)

**NCAND REGIONAL MEETING IN ASHEVILLE 2019**

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**FRIDAY SEPTEMBER 13, 2019**  
**ASHEVILLE EVENT CENTER**  
**REGISTRATION NOW OPEN!**

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**POTENTIAL TO OBTAIN UP TO 6 CEUS!**

**REGISTER ONLINE AT:**  
**[WWW.EATRIGHTNC.ORG](http://WWW.EATRIGHTNC.ORG)**

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We might be taking our vacations, but the nutrition policy and legislative world is definitely heating up for the summer - there is a lot going on! Check out opportunities to be involved, updates and news below.

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On July 11th and 12th a great group of RDNs and dietetic students from NC were able to meet with our state's federal legislators to urge them to support the Treat and Reduce Obesity Act (TROA) and Expanding Diabetes Self-Management Training Act (DSMT), both of which increase important nutrition services for Medicare beneficiaries.

One special highlight of the summit was AND presenting Representative Alma Adams (NC 12th Congressional District) with the Policy Leadership Award for her continued work on nutrition advocacy!

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NCAND Legislative Day on April 9<sup>th</sup> was a huge success. Thank you to all the NCAND members who participated in person or remotely! We had a great day in Raleigh. We heard from Deputy Secretary Dave Richard about the current state of Medicaid. We also heard from different members of NCAND about Medicaid and obesity treatment updates specific to RDs. Later we were able to meet with our state legislators and talk about the importance of Medicaid recognizing RDs as their own providers as well as offering nutrition coverage in Medicaid benefits.



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Check out these options to take action right here in North Carolina:

- 1) Take ONE MINUTE to complete AND action alerts – there are four open now, including TROA and DSMT. The action alerts have been updated recently, so please complete them again even if you already did in the past.
- 2) In AUGUST, our US Congressmembers are back in their home district. This is the perfect time to visit them at their office or invite them to come to your workplace, so they can learn more about the important work of RDNs and DTRs. Find your representative here.

**Do you have any policy questions? Any stories you'd like to share with NCAND about your nutrition policy work?** We'd love to highlight you in the next newsletter.

Please reach out to Raina, the NCAND State Policy Representative at [raina.g.bunnag@gmail.com](mailto:raina.g.bunnag@gmail.com)

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The world of nutrition services and payment is constantly changing. In an effort to keep our members more informed

Members who wish to be regularly notified of reimbursement changes to (including but not limited to) Medicaid updates, legislation or proposed legislation affecting reimbursement, coding updates and changes, advanced practice models, telehealth, and malnutrition;

[cAÄA](#)

## Talk to Your Employer About Paying Your Academy Dues

**Help your employer see the value in paying your Academy dues by building a compelling case. But do your homework first and consider the following:**

**How can Academy member benefits make you a more valuable employee?**

- EAL** I won't have to spend work time searching for food, nutrition and health news. I have the best information delivered to me in *Eat Right Weekly, Food & Nutrition Magazine*® and the *Journal of the Academy of Nutrition and Dietetics*.
- CPE** I can earn required continuing professional education (CPE) for free from online webinars and quizzes without ever leaving the office.
- ?** I can get fast, accurate answers to tough research questions from staff RDNs in the **Academy's Nutrition Information Services**. I'll spend a lot less time hunting information down on my own.

**Mention any benefits that can improve your job performance and the quality of your workplace:**

- EAL** I have access to the best scientific and evidence-based nutrition information 24 hours a day through the Academy's online **Evidence Analysis Library**®.
- ?** Academy membership can grow our business. People seeking nutrition advice can easily find us on the Academy's online referral network, **Find an Expert**.
- FNCE** I can attend the annual **Food & Nutrition Conference & Expo**™ (FNCE®) at a great discount, gaining connections, valuable knowledge and tons of CPE opportunities.
- \$** I can purchase **products and publications** at a member discount.

**How can the Academy help your business achieve its mission and/or vision?**

- EAL** The **Evidence Analysis Library**® keeps our company on the leading edge of dietetics practice with reliable, evidence-based research from experts in the field.
- ?** We can personalize and print the Academy's **Eat Right Tips** client educational handouts for our office.

**Here are some examples:**

- ?** The **Find an Expert** online referral service expands our client base, helping achieve our mission of promoting health and wellness in the community.
- ?** The Academy's online **Marketing Center** provides training resources and tools to help us create a respected brand.

**How much can a \$234.00 investment in Academy membership save your employer this year?**

Subscription to the <i>Journal</i>	\$385.00
Annual value of CPE offered in the <i>Journal</i>	\$2,430.00
Subscription to the Evidence Analysis Library®	\$250.00
Listing in Find an Expert	\$249.00
<b>TOTAL:</b>	<b>\$3,314.00</b>

*These four benefits alone are valued at over \$3,000.*

Divide the annual cost of membership into a daily cost and then compare it favorably to something inexpensive, like a cup of coffee.

**Example:** "Academy dues only cost 60 cents per day, much less than a cup of coffee."

Visit [www.eatrightPRO.org/memberbenefits](http://www.eatrightPRO.org/memberbenefits) for more information on the Academy's many additional programs, products and services.

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

120 South Riverside Plaza, Suite 2190  
Chicago, Illinois 60606-6995  
800/877-1600, ext. 5000  
[membership@eatright.org](mailto:membership@eatright.org)

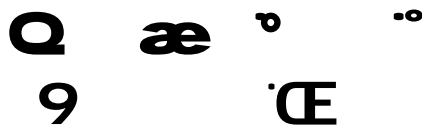
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## Save the Date

*"Health at Every Size. What it is. What it isn't"*  
A Webinar

**When:** Friday October 11 at 12 pm  
**Presented By:** Anna Lutz, MPH, RD, LDN, CEDRD-S

Registration opens in early August



ú i i The Foundation silent auction is held in conjunction with the annual Food & Nutrition Conference & Expo™ (FNCE®) in Philadelphia PA, October 26-29. Our experience has shown that the silent auction is one of the most highly visited areas of the conference. Funds raised from the auction will go toward supporting our mission and achieving our goals.

> i In 2018, the Foundation raised over \$18,000 during our silent auction at FNCE®. This conference regularly attracts an audience of over 10,000 including registered dietitian nutritionists, nutrition science researchers, policy makers, health-care providers and industry leaders.

Since our organization relies on the generosity of individuals like you, we ask you to consider donating a silent auction item for this year's conference. It is a great opportunity to provide support and be recognized for your gift at the leading conference in our profession.

c . . . . . If you would like to donate an item to the Silent Auction, please fill out a quick survey (links below).\*

[Donation form](#) complete by [11:59 p.m. on Friday, October 25, 2019](#).  
[Label required](#) on all Silent Auction donation items.

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- Ship via UPS, DHL, or FEDEX. United States Postal Service packages will not be accepted. Items received prior to Thursday, October 24 will not be accepted. Items that arrive after Friday, October 25, 2019 may not be delivered to the auction area in time to be displayed.
- Hand delivered items should be dropped off at the Foundation booth on Friday, October 25, from 8 a.m. – 4 p.m.
- Winners may pay for their item(s) beginning on Monday, October 22 at 2 p.m. through Tuesday, October 23 at 10 a.m. Once the item(s) is purchased, winners may carry their item(s) home or make shipping arrangements with the Foundation staff.

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For curriculum questions, contact Dr. Kyle L. Thompson, DCN, RDN, LDN, CNSC, at [thompsonkl@appstate.edu](mailto:thompsonkl@appstate.edu)

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[online@appstate.edu](mailto:online@appstate.edu)