



North Carolina Academy of Nutrition and Dietetics

Winter 2020 Newsletter

President's Pen:

Happy New Year! I hope you all had a warm and safe holiday season. With a new year comes new adventures, but first let me recap our adventures during the last few months of 2019.

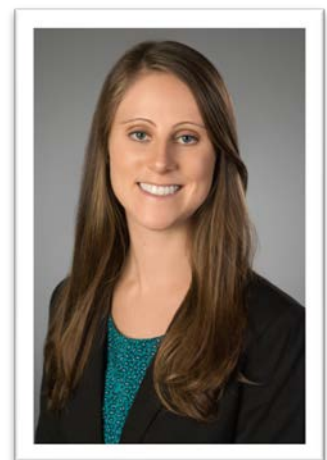
Our second regional meeting in Durham in December showcased the impact that we can have as Registered Dietitian Nutritionists and the importance of advocating for our profession. We saw the addition of a new partner and sponsor - the Crohn's & Colitis Foundation. Through this partnership, we will have a booth at their Triangle Take Steps Walk in April in Raleigh. We will be needing volunteers, so reach out to your district leaders if you are interested in helping with this event. Also, our policy team has been hard at work with plans for 2020, and we plan to continue working with our lobbying team, Ken Melton & Associates. Last but not least, we were able to visit 3 of the 4 districts and attend one of their education meetings - still one more to go! Many of us crunched delicious NC apples this fall during these meetings as part of the NC Crunch campaign to raise awareness about the wonderful produce grown right here in our state.

In 2020, we'll have our last regional meeting of the year in Gastonia on March 6th. The Charlotte District has done a fantastic job of lining up a great group of speakers and thought-provoking topics. We are also starting to begin our searches for new state and district leaders for 2020-2021. If you are interested in serving on the state or district level, reach out to your district leaders. State and district elections will be held March 1-31. National Academy of Nutrition and Dietetics elections are coming up quickly. The voting period is February 1-15, so don't forget to let your voice be heard to our national leaders! Visit eatright.org/elections for more information about AND elections.

Make sure to stay connected within your districts, and also check our website (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!

Sincerely,
Katrina Levine Perry



Policy & Legislative Updates

2020 NCAND Regional Meeting
Save The Date:

NCAND Regional Meeting near Charlotte

March 6, 2020

Gastonia Conference Center

[Register now!](#)

To close 2019, we were able to get additional co-sponsors from NC for TROA (H.R. 1530 / S 595) as well as DSMT (H.R. 1840 / S. 814). We have a total of **seven** representatives and **both** senators signed on to TROA and one representative signed on to DSMT. Thank you to all members who contacted their representative via email or met in person in district or in DC. Your efforts are greatly appreciated.

In 2020, look for an updated [action center](#) from the Academy. It will make taking action to advocate for or against the bills to align with our professional legislative priorities even easier. When you do see an email to "Take Action," please do. Your voice matters!

Remember to vote in NC Primary Election in March! Due to redistricting for 2020, you may now be in a new congressional district. Take a minute to [Find Your Legislators](#) before the Primary Election so you can be more educated on who will be on your primary ballot.

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

 Academy of Nutrition
and Dietetics

FNCE 2020

Food & Nutrition Conference & Expo™

Indianapolis, IN | October 17–20

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

Access quality **FREE CPE Programming** via AND's [new CPE On-Demand program](#).

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District Updates

RALEIGH DIETETIC ASSOCIATION

Thank you for joining us at our December member meeting on starting your nutrition business!

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

February 2020: RDA Member Meeting. More details coming soon!

March 7, 2020: GYRIG. Join our [team](#)!

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

CHARLOTTE DIETETIC ASSOCIATION

Past Event: Member Meeting at Levine Children's Hospital Gorelick Auditorium.

January 30, 2020 at 6:30 pm: Virtual Student Mentoring Event.

February 11, 2020 at 6 pm: Journal Club with Diversify Dietetics at Suffolk Punch.

Register now for the NCAND Regional Meeting in Charlotte on **March 6, 2020!**

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

DURHAM-CHAPEL HILL DIETETIC ASSOCIATION

February 6, 2020 at 5:45 pm: Member Meeting at the UNC Gillings School of Global Public Health on "Unresolved Inflammation, Chronic Diseases, and Dietary Intervention" with Dr. S. Raza Shaikh. [Register here](#)!

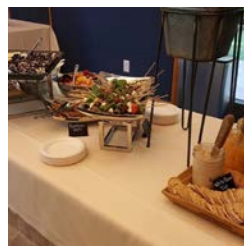
[Click here](#) to learn more about the DCHDA!

TWIN CITIES DIETETIC ASSOCIATION

Past Events: Thank you for joining us at our November member meeting on short bowel syndrome, volunteer opportunities at Ronald McDonald House, and our December holiday party.

Stay tuned for upcoming events!

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

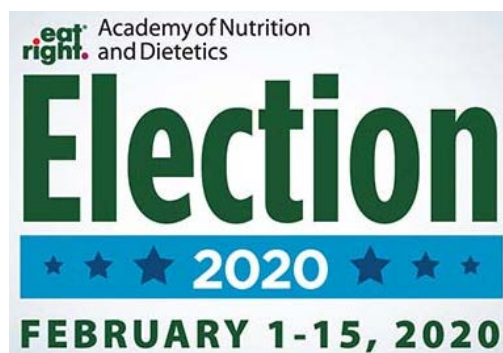


Social Media & Awards Updates

Apply now for **2020 AND awards**. Applications are due February 1, 2020. Click [here](#) to apply!

[Apply here](#) for the **2020 NCAND awards** also due February 1, 2020!

Missed our last webinar? Access previous NCAND webinars [here](#).

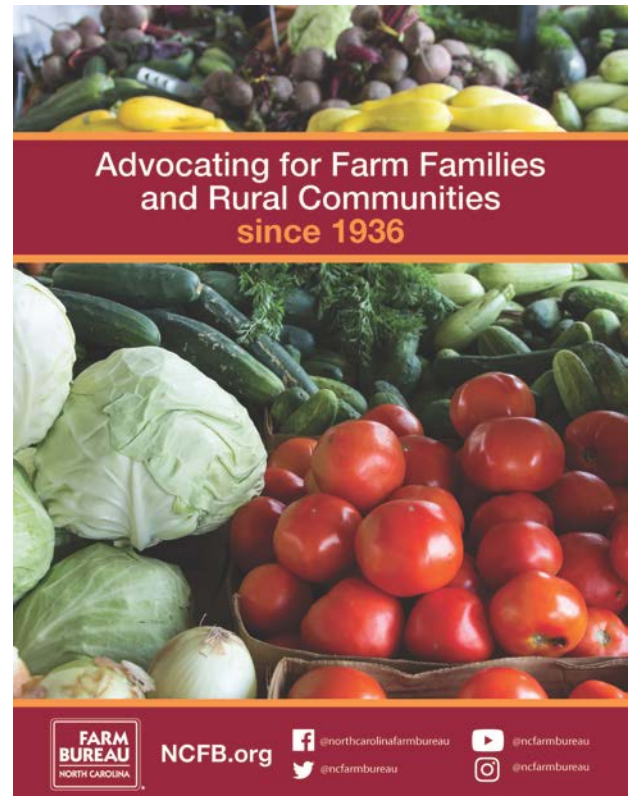


Thank you for your nominations, now get ready to vote on future Academy leaders! **Voting runs February 1-15, 2020.**

Virtually “meet” candidates and view their biographies, photos, and videos [here](#). When you cast your ballot, you will receive a coupon good for \$10 off your next purchase from the eatrightSTORE.

Absentee ballots are available to those who will not have internet access during the voting period, such as during overseas travel. This may be requested by contacting nominations@eatright.org. Questions? Review the campaign rules and click [here](#) to listen to the campaign rules webinar.

Enloe High School will be hosting its **annual STEM career fair** on March 4th in the media center. The event will be from 10:30 am-12:50 pm with presenters arriving between 10 am and 10:20 am. Students will visit during their lunches or with their classes. Please fill out [this form](#) to inform the school you can attend this year or if you know someone else who is interested!



 A graphic for Meredith College's Dietetic Internship. It features a large '100%' in white text on a dark red background. Below the percentage, it says 'OF MEREDITH'S DIETETIC INTERNS WHO SEEK EMPLOYMENT HAVE JOBS WITHIN 12 MONTHS OF GRADUATION'. The Meredith College logo and 'DIETETIC INTERNSHIP' are at the bottom. A small text box at the very bottom states: 'We are pleased to announce that tuition rates some pathways have been decreased by as much as 13%! Greater flexibility & more time to complete! Visit <https://www.meredith.edu/dietetic-internship> to learn more about Meredith's renowned DI!'

NCAND Call for Abstracts!

Submissions are Due
January 31, 2020

Have you conducted research in nutrition and/or dietetics? Do you have a unique program, project, or case study you would like to feature? Consider presenting a poster at the NCAND Regional Meeting on March 6, 2020 in Gastonia.

[Submission Form](#)

See the NCAND emails for more information!



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2024 is coming fast! Practicing professionals now have a flexible option for an online-only M.S. in Human Nutrition at Winthrop University.

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