



North Carolina Academy of Nutrition and Dietetics

January 2021 Newsletter

President's Pen:

We are thrilled to announce that in June 2021 NCAND will be shifting from a District to Regional model. Changing to this model will increase access to events and represent ALL RDNs and DTRs across the whole state of North Carolina. Each Region will have a committee of volunteers led by a Regional Coordinator that will work closely with the NCAND board.

Why switch to Regions from District and what does this mean for me as a member of NCAND?

- Increased education, social, and networking opportunities for members across the state
- Increased accessibility for members to NCAND events statewide (both in location and cost)
- Reduced costs for members (no district/regional membership fee)
- Increased volunteer opportunities for members across the state
- Decreased time commitment of volunteer positions
- Your Region will be based on your current address, however, you will be able to attend any member events across the state without any extra fees and all events will be shared with all members regardless of Region
- More streamlined communication

We know you might still have questions and look forward to hearing your feedback as we embark on this new chapter together. Join us for a Town Hall Q&A on Tuesday, February 2nd at 6pm EST. You can register for the Town Hall Q&A [here](#). In the meantime, check out this [FAQ document](#).

Best,
Liz Hurley Raynor, MS, RD, LDN, CSCS
NCAND President



Legislative Updates

2020 Election Updates

Thanks again for voting in November's historic election. This year voter turnout hit record numbers both nationally and in North Carolina. It was great to see NCAND members sharing their voting stories through our Get out the Vote campaign!

This is a great time to find out if your state and federal legislators have changed. Check out this [WRAL site](#) to see the election results. Use the drop-down menu to choose NC House, NC Senate and US House. Make a note of who will represent you starting in the January session.

THANK YOU for taking action to support the health of Americans

The **Omnibus Annual Funding and Stimulus Package** has been signed into law. Here's an update from the Academy of Nutrition and Dietetics:

"The Academy's nutrition recommendations prevail – after more than six months of negotiations, Congress has passed an omnibus bill that includes all 12 annual appropriations funding bills, the \$900 billion Emergency Coronavirus Relief Act, reauthorization of key public health programs and much more. . . Thanks to the tireless advocacy work of the Academy and its members, many of our priorities were included in the final omnibus package."

Here are some highlights of what was included:

- Food assistance like SNAP increases and funding to food banks in COVID-19 relief
- Treat and Reduce Obesity Act provisions in the omnibus bill
- Deep Medicare cuts for RDNs (and other providers) were partially averted
- A number of public health programs were reauthorized

[Click here](#) to read an Academy summary of the nearly 6,000-page bill.

YOUR work completing action alerts and reaching out to your Members of Congress helped make this possible. Please continue your advocacy work, even small steps make a big impact.

Do you have policy questions or do you want to be more involved? [Email](#) NCAND Public Policy Coordinator Raina Goldstein Bunnag.

BIPOC RD Spotlight

Educational Background: B.S. in Human Nutrition and Dietetics '10, MPH in Public Health '13, Dietetic Internship @ Meredith College '16, B.S. in Human Resources Management - *currently ongoing*



Favorite Food: Soul Food

Hobbies: Providing lactation support, arts & crafts activities with my children, and doing makeup

Why do you enjoy being an RD? My passion has always been in the realm of pediatrics. The joy of seeing a child grow and knowing I had a direct hand in the change is humbling and rewarding. Being able to build



rapport with families, having a positive and lengthy relationship with parents who grow to trust you, is an experience I wish all dietitians were exposed to. I now primarily work with the geriatric population and see the same appreciation for life and witness the same appreciation for nutrition.

Nancy Sinko

Diversify Dietetics Self Study Program: Originally created for one of their clients, Diversify Dietetics is making their self-study course available to everyone! If you are looking for a dietetics specific self-reflection program that will walk you through the process of reflecting on your identity at three levels – personal, cultural, and through the lens of privilege - then look no further. The self-study applicable for everyone- faculty, preceptors, professionals, students, etc. All proceeds for the self-study fund DD programming. This self-study is worth 2.8 CEUS. [Find out more](#) and register today!

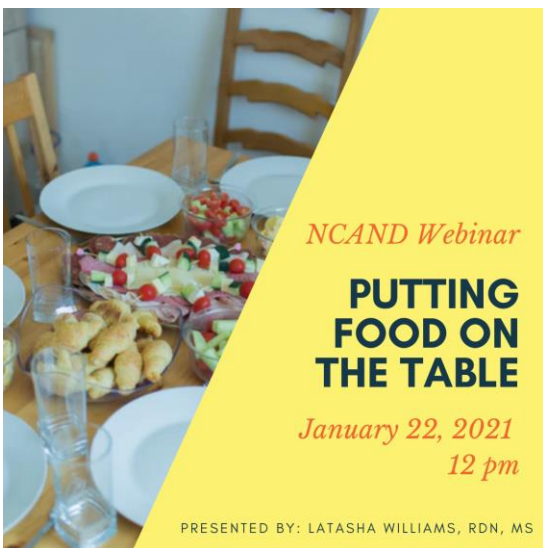


Dietitians Discussing Diversity – A small group discussion on diversity will be held on January 27th at 6 pm. This discussion is open to students, RDs, DTRs, interns, and any other interested person, and will cover topics talked about during the series of Diversity, Inclusion, and Equity (DEI) webinars presented through the NCAND webinar series. There is very limited space to [sign up](#) to attend this discussion, but more discussions will be available and held throughout the year.

Seeking RDs to Spotlight Each Month! NCAND intends to facilitate change and increase diversity, equity, and inclusion in our field. If you are a member of NCAND and identify as BIPOC, please consider allowing us to highlight you in our monthly newsletter. Our hope is to showcase your talents and areas of expertise, as well as support BIPOC RD2BEs in knowing that they are represented and valued. [Contact](#) our DEI Liaison, Alina Pittman.

Member Updates

HOD Update: Hello NCAND Members: The House of Delegates (HOD) is continuing to discuss the Critical Issue: A Systems Approach to Accelerating Nutrition and Health Equity. The HOD dialogue is currently focusing on Black, Latinx, and Native American communities as these are the groups most affected by COVID-19. *We want to hear from you!* The HOD is interested in learning about your work and volunteer experiences within these populations to accelerate nutrition and health equity. Please take [this survey](#) no later than Monday, January 4, 2021, to highlight your efforts and identify others who have demonstrated success through community programs or research projects. The survey results will be shared with your delegates and HOD task forces will be formed to develop tools and resources to support member efforts to accelerate nutrition and health equity. The successes and challenges of these efforts can help us learn from one another.



Reimbursement Update: If you watched the session on reimbursement during NCAND's December 4th webinar, you may remember that AND was awaiting written verification about the usage of several codes by RDNs. Unfortunately, AND has received written verification that RDNs cannot bill G2061-G2063 codes and they will be updating their information to reflect the changes.

Upcoming NCAND Webinar – Join us on Friday, January 22, 2021 at 12 pm for “Putting Food on the Table: Moving Beyond Food Security Towards Building an Equitable and Inclusive Food System,” presented by Latasha Williams, RDN, MS. For some people, putting food on the table can be a challenge. In this presentation we will discuss how RDNs can bring more to the table using our nutrition expertise to participate in equitable

and inclusive food systems. [Register now!](#)

Call for Abstracts - Virtual Lightning Research Presentations

What is a Virtual Lightning Slide?

A lightning slide is one PowerPoint slide with your research information presented on it, similar to what would be listed on a poster. The presenter will generate a single slide as a ‘business card’ to describe their research. Your slide should include enough information to demonstrate the purpose, show the results, and summarize your work. Any font used needs to be large and clear enough that it will be legible for audience members who are watching the presentation possibly from their laptop. The slide should be as simple and clear as possible with details added by the presenter with the key details of what you did, what you found, and what it means.



Each presenter will have 2-3 minutes to present their slide to the attendees of the meeting. All virtual lightning slides must be submitted in a standard PowerPoint file (please do not submit a PDF) to the NCAND office via [email](#) by February 19, 2021. Read more about the criteria [here](#).

Abstracts will be accepted for review through January 29, 2021.

Member Updates (cont.)

Enroll in the Academy's Mentor Match - Get matched in the new year to a mentor or mentee according to similarities in your profile interests and communication styles. You can search for other participants by name, geographic location, dietetic practice group, member interest group and [more](#).

Apply now for the Diversity and Inclusion Action Award: The Academy offers a \$1,000 [Diversity and Inclusion Action Award](#) to an ACEND-accredited educational program, affiliate, dietetic practice group, member interest group or other recognized Academy group. The award recognizes accomplishments in successfully recruiting and retaining underrepresented individuals. The application deadline is March 1, 2021.

Support Dietetics by donating to ANDPAC - While 2020 was different than any year we've experienced, with the generous support of member donations, the Academy's Political Action Committee was able to move the needle forward on key issues affecting our profession, including:

- The extension of critical child nutrition waivers to ensure K-12 students have access to nutritious meals while schools are closed due to COVID-19
- The introduction of the Medical Nutrition Therapy Act, which would provide expanded coverage for Medicare beneficiaries to obtain medical nutrition therapy from RDNs for chronic diseases such as prediabetes, obesity, cancer, hypertension and more
- Advocating to support funding for higher education programs for allied health professions at minority serving institutions
- And making sure individuals can receive the help they need by advocating for the expansion of telehealth for the profession during the COVID-19 national emergency.

Their Our goal is to have 100% of Academy policy leaders support ANDPAC. ANDPAC donations, no matter how large or small the amount, have the power to shape the future of our profession and America's health. With 2021 just a few weeks away, please consider making a donation of \$20.21 to support your profession. Or become a member of the High Five Club, a group of loyal ANDPAC donors who contribute \$5 monthly. [Donate to ANDPAC today!](#)

ANDPAC donors who have contributed any amount in 2020 are invited to attend the webinar "Eat Right Advocacy: Policy Priorities for the 117th Congress," on Tuesday, January 26, 2021 from 2-3 p.m. (Eastern Time), to learn more about the Academy's top issues and how to get involved. This event is complimentary to all 2020 ANDPAC donors; 1.5 CPEUs are available for this exclusive event.



eat right ADVOCACY
The Academy of Nutrition and Dietetics Political Action Committee

Our Voice.
Our Profession.
My Future.
My ANDPAC.

Member Updates (cont.)

AND Foundation - Did you know you can support the Academy of Nutrition and Dietetics Foundation while shopping on Amazon at no additional cost to you? The Foundation is a non-profit organization devoted exclusively to nutrition and dietetics, and only donations – not member dues - go to support the Foundation. Read more about how to shop through Amazon Smile and support the Foundation while you shop [here](#).



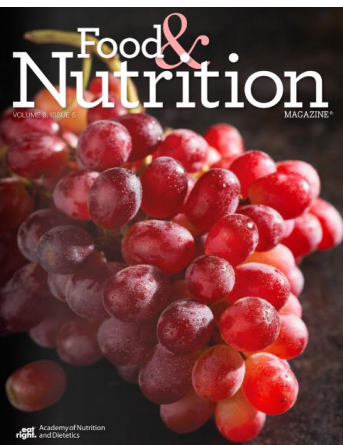
March Virtual Regional Meeting - Save the date for our upcoming [regional meeting](#) in March!

Apply now to become an Academy Spokesperson! AND's landmark volunteer [media Spokesperson](#) program advances the Academy's mission and goals and increases the public's knowledge of food, nutrition and health. Three-year Spokesperson terms begin June 1, 2021. Openings are available in a number of geographical and practice specialty areas. The application deadline is February 5th.

Action Center - Have you completed the active [action alerts](#)?

Get Text Action Alert Updates from the Academy - To stay connected with the Academy's important action alerts and legislative updates, **text "eatright" to 50457** to enroll in text alerts. You may also opt in by marking the "Send me text alerts" box whenever you take an action alert. If you previously marked this box you are already subscribed and do not need to sign up again.

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!



[Enroll today](#) in **AND's Power of Payment Program!** For more information about this program, [contact](#) the Nutrition Services Coverage team.

Food & Nutrition Magazine – Have you read the latest [issue](#) of Food & Nutrition? The current issue is available online as a digital edition. Academy members can earn 2 CPEUs for free via self-study. Feature article topics include personalized supplements, imposter syndrome, cooking at home during the holidays and beyond, mastering the slow cooker and financial planning for end of life. The issue also includes recipes developed by registered dietitian nutritionists, research summaries, mobile app reviews and more. Don't forget to make the FN Test Kitchen recipe for a chance to win an Air Fryer!

2021 National Election

eat right. Academy of Nutrition and Dietetics

Election

★ ★ ★ 2021 ★ ★ ★
FEBRUARY 1-15, 2021

Meet the Candidates

The Academy of Nutrition and Dietetics and Commission on Dietetic Registration Nominating Committees are pleased to announce the [slate of candidates](#) for the [2021 national ballot](#). The candidates were chosen from many excellent nominees. The nominating committees are committed to diversity and inclusion and review skills, leadership and professional experiences to select the best qualified, forward-thinking individuals for leading the organization. Please take some time to look over the candidates and add the voting dates to your calendar! Voting will begin February 1st - February 15th, 2021. We are THRILLED to share that one of our Members - Manju Karkare MS RDN LDN CLT FAND - is on the ballot this year. You can read more about Manju below.

Manju Karkare, MS RDN LDN CLT FAND

President/CEO Nutritionally Yours LLC

Manju is the owner of Nutritionally Yours LLC, a private practice offering personalized nutritional coaching focused on integrative and functional nutrition and weight management. She has more than 20 years of experience in acute care clinical nutrition, outpatient oncology consulting, public health education and community nutrition.

Manju is an active member of the North Carolina Academy of Nutrition and Dietetics and the Raleigh Dietetic Association; several dietetic practice groups and member interest groups including Asian Indians in Nutrition and Dietetics member interest group, which she has led. Manju was selected in 2012 as one of the Academy's four national Diversity Leaders. She served as treasurer of the Raleigh District, as reimbursement representative and Public Policy Coordinator of North Carolina affiliate and a member of the Academy's Diversity Committee and Finance and Audit Committee; and most recently as the Past-Treasurer of the Academy's Board of Directors. She is the recipient of Outstanding Dietitian of the Year Award (NC) in 2018, and Cabot Community Celebrity Award for community service in 2019.

Manju is an active volunteer and leader at Meals on Wheels and Inter-Faith Food Shuttle, teaching nutrition classes for low-income populations. She was named to the Cooking Matters' Hall of Fame in 2016. In addition, Manju has over 20 years of cumulative non-profit governance leadership experience serving on local non-profit Boards of Directors.

Manju is a graduate of SNDT Women's University in Pune, India, and earned a master's degree from the University of Kentucky.



Recorded Webinar: Campaign Rules - The Nominating Committee's recent informational webinar about the Academy's national campaign rules has been posted to the [Academy's website](#). The webinar provides details and clarification of the rules and how you can take an active role in the 2021 election process.

Awards Updates



The deadline for Outstanding Dietetics Educator has passed but there are still many awards and SO many amazing RDs in North Carolina that deserve to be recognized. If you have a coworker or student you feel is outstanding, we encourage you to nominate them. All of the awards, and requirements for nominations can be found [here](#). The deadline for nominations for all remaining awards is February 1st, 2021.

Spotlight on the Outstanding Dietetics Student Award -

The purpose of the Outstanding Dietetics Student Award program is to recognize the emerging leadership and achievement of students in ACEND-accredited dietetics education programs and encourage their participation in the Academy of Nutrition and Dietetics. NCAND is able to recognize one student from each type of dietetics education

program (Didactic Program in Dietetics, Dietetic Internship, Coordinated Program, and Dietetic Technician Program).

Criteria for Selection of Outstanding Students:

1. Member of the Academy of Nutrition and Dietetics. Students must be members by January 1st of the year in which they would receive the award. Students must supply their membership number; membership identification numbers will not be provided to a third party (i.e., educators).
2. Student must be enrolled in ACEND-accredited dietetics education program (CP, DI, DPD, DT).
3. Demonstrated academic achievement as documented by letters from program faculty or preceptor.
4. Demonstrated leadership and professional potential; e.g., honors, student dietetic association activities, community service activities, etc.

You can read more about the documents needed for nomination [here](#).

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.



District Updates

RALEIGH DIETETIC ASSOCIATION

Thank you for joining us at our holiday cookie decorating social and journal club in December!

Save the date for our upcoming journal club on January 26th at 7 pm! We will be discussing [this article](#).

[Click here](#) to learn more about the RDA and follow us on [Instagram!](#)

CHARLOTTE DIETETIC ASSOCIATION

Save the date for our virtual private practice RD panel January 12th at 6:30 pm. Want to find out about being a private practice RD? Ask questions, learn about starting up a private practice, and hear from others who are successful in their practice!

[Click here](#) to learn more about the CDA and follow us on [Instagram!](#)

DURHAM-CHAPEL HILL DIETETIC ASSOCIATION

Thank you for joining us at our December virtual cooking demo and member meeting on Cultural Appropriation Through Food! Stay tuned for upcoming events.

Follow us on [Instagram!](#)

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

