



North Carolina Academy of Nutrition and Dietetics

March 2021 Newsletter

President's Pen:

Happy March!

Spring is near, along with longer (hopefully more sunny) days! This is a busy time of year and this newsletter is full of exciting updates.

March also means it's time for elections for next year's NCAND board and voting is now open! If you haven't already, head to [this link](#) to vote for your NCAND leadership next year. Elections run through March 31st. On a similar note, getting involved on the NCAND Board has been one of my favorite opportunities as a dietitian. It's been a privilege to lead and support fellow dietitians for the last 6+ years and I'm looking forward to continuing to serve alongside the other amazing members of our leadership team for years to come. If you are interested in getting involved on the NCAND board in a non-voting position such as our program planning committee or the regional committee serving your local area you can submit your interest [here](#).

We had our last virtual "Regional" Meeting of the year last week and it was packed with amazing speakers, awesome lightning slide presentations, and our kick off to "Leg" Day! Thank you so much to all our board members who have worked so hard to put on amazing virtual events for us this year.

Our Policy Team is getting creative with our Legislative Day events this year due to COVID precautions and I'm thrilled to participate in our NCAND Nutrition Policy Scavenger Hunt! You should have received an email about this last week but in case you missed it you can catch all the details on how to participate [here](#). Not only will you learn so much about how you can be an advocate for nutrition related policy, but there's prizes involved!!

Have a great week!

Best,

Liz Hurley Raynor MS, RD, LDN, CSCS



Legislative Updates

March NCAND Policy Update

Test and grow your policy knowledge for a chance to win! To celebrate National Nutrition Month®, your NCAND Public Policy team made a virtual scavenger hunt to engage our members in nutrition policy and advocacy.

Calling all NCAND Members - Put on your sleuth hats and dust off your binoculars because it's time to go on a [Nutrition Policy Scavenger Hunt!](#) In celebration of National Nutrition Month®, your NCAND Public Policy team created a VIRTUAL scavenger hunt to engage our members in nutrition policy and advocacy. Complete at least six of the 12 scavenger hunt options—you choose which six—by March 31, 2021, for a chance to win one of five \$25 gift cards to a local food purveyor of your choice. The gift card may be to a restaurant, grocery store, farmers' market, or coffee shop of your choice (NCAND must be able to purchase the gift card online). To enter the drawing, take part in the scavenger hunt, and then use our [Google form](#) to report back on your activities by the end of the month. We hope you have tons of fun learning new things about nutrition policy and advocacy at the state and federal levels. Please email [Julie](#) or [Raina](#) if you have any questions about the scavenger hunt, and happy sleuthing!



State Updates

Governor Roy Cooper has issued a [proclamation for National Nutrition Month](#). Way to go, North Carolina RDNs and DTRs!

Telehealth - a [telehealth bill was filed](#) in the NC state house last week. This is in the beginning stages and NCAND will follow the bill closely to advocate that it includes the appropriate language to enable RDNs to continue to provide quality telehealth services.

Federal Action Opportunities

Take Action Today to Fight for Funding for Crucial Nutrition Programs - During the annual appropriations process, the Academy advocates for funding for federal programs that help people live a healthy life. Your voice matters - members of Congress need to hear from Academy members on these important issues that impact our profession and communities. [Take action now!](#)

The Academy wants to hear from you! Share your voice with the Federal Nutrition Impact Story Collection. The Academy is collecting federal nutrition stories to assist in advocacy efforts for FY2022 federal budget requests: please share your stories about the importance of federal nutrition programs and services, research and research grants and other crucial funding priorities, such as workforce development and food safety. Your stories help illustrate to policymakers why they should support nutrition, prevention and research priorities. Please complete the story collection form [here](#).

Legislative & Election Updates

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.

NCAND Election 2021-2022:

Voting for the NCAND board is now open! Voting closes midnight on March 31st.

[Click here](#) to view the slate of candidates, then [cast your vote!](#)

AND 2021 National Election Results:

President-elect: Ellen Shanley, MBA, RDN, CDN, FAND (CT)

Treasurer-elect: Deanne Brandstetter, MBA, RDN, CDN, FAND (NY)

Director-at-Large: Egondu Onuoha, MS, RDN, CDN, FAND (NY)

House of Delegates Speaker-elect: Zachari Breeding, MS, RDN, CSO, LDN, FAND (CO)

House of Delegates Director: Lona Sandon, PhD, MEd, RDN, LD (TX)

Nominating Committee National Leader: Charlene Russell-Tucker, MSM, RDN (CT)

Nominating Committee Leader with Board of Directors Experience in the Past 10 Years: Marty Yadrick, MBI, MS, RDN, FAND (MO)

ACEND NDTR Practitioner Representative: Michelle Palumbo, NDTR (OH)

CDR Registered Dietitian Nutritionist (RDN): Rosa Hand, PhD, RDN, LD, FAND (OH)

CDR Registered Dietitian Nutritionist (RDN): Teresa Wagner, DrPH, MS, RD, LD (TX)

Renew your Academy Membership Today! [Renew your membership](#) for the June 1, 2021, to May 31, 2022 membership year and renew or add dietetic practice groups, member interest groups and other Academy groups. Sign in to your account on the Academy's website or call the Member Service Center at 800/877-1600, ext. 5000 (weekdays from 8 a.m. to 5 p.m. Central Time). International callers can call +1-312/899-0040, ext. 5000. If you prefer to submit your dues by check, watch your mail for printed renewal materials in mid-April, or print an invoice after signing in to your account. New this year: The Academy has implemented an installment payment option. Call the Member Service Center to enroll.

Show Your Employer the Value - You and your employer each benefit from your Academy membership. Showcase the value of membership using the [Employer Dues Toolkit](#).

Thank you to all who took the time to vote this year! North Carolina had a 15.27% voting percentage. Let's increase that number next year!

Diversity, Equity, and Inclusion Updates

BIPOC RD Spotlight: Jovanna Orozco, MS, RDN, LDN!

Educational Background: Graduated in 2017 with Bachelor's and DPD program at Winthrop University, Rock Hill, SC. Graduated in 2020 with Master's and Dietetic Internship Post-Bacc from UNC Greensboro, Greensboro, NC. Master's Thesis in food insecurity, breastfeeding rates and other infant feeding practices in the US and senior research assistant in Public Health Education exploring the social determinants of health that affect diabetes management among Latinos.

Current Position: Primary care/outpatient dietitian, specializing in diabetes prevention and management, weight management, emotional eating and pediatrics, serving all ages and populations.

Hobbies: I enjoy being outdoors, creating new meals in the kitchen, exploring new cities, restaurants and breweries. I also enjoy reading and learning about art history

Favorite Vegetable: Sweet potatoes (specifically as waffle fries, but I love them every/any way!)

Why do you Enjoy Being an RD: I love the connections that I make with my patients and being there to support them in their nutrition journeys. I love being able to talk about food and nutrition every day, and know that I am educating and helping people embrace and enjoy all foods. My Mexican culture was one of the main factors into why I wanted to become a dietitian because of how important food and family is to us. I love that I can delve into these same emotions with my patients and help them create a positive mindset around eating and their cultural foods.



Diversify Dietetics often receive emails from the public, seeking to find an RD of Color to provide nutrition counseling. If you are an RD of Color who takes clients, we would love to have you join our RD of Color Directory. By submitting your information to [this directory](#), you are giving us the right to share your submitted contact information to the general public.

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!



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



Join the Eat Right Advocacy Challenge - This fun [challenge](#) is a friendly competition among affiliates, dietetic practice groups and member interest groups to encourage engagement with the Academy's political action committee, ANDPAC, and to support the Academy's policy efforts. Help your groups win this year's challenge and receive special recognition by making a donation to ANDPAC during March.

Precepting is a rewarding way to give back to your profession. Prepare dietetic interns to enter the workforce, while benefiting from their creativity, time, enthusiasm, and determination. [Sign up](#) to be a preceptor today!

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 in the Academy's Mentor Match - Get matched 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](#).

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](#).

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
- The introduction of the Medical Nutrition Therapy Act
- Advocating to support funding for higher education programs for allied health professions at minority serving institutions
- Advocating for the expansion of telehealth for the profession during the COVID-19 pandemic

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. It is 2021, so 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!](#)



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

Our Voice.
Our Profession.
My Future.

My ANDPAC.

District Updates

RALEIGH DIETETIC ASSOCIATION

Thank you for joining us at our February coffee and barre social event!

Stay tuned for more information regarding our upcoming education meeting in March on social media!

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

CHARLOTTE DIETETIC ASSOCIATION

Save the date for our virtual student mentorship program on Thursday, March 11th at 6:30 pm!

Congrats to Kennedy Bajek and Casey Rutherford for being awarded the Taylor Soloff Scholarship!

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

DURHAM-CHAPEL HILL DIETETIC ASSOCIATION

[Sign up now](#) for our virtual member meeting on Friday March 12th at 12 pm. The topic is nutrition counseling. Then join us on Wednesday March 24th at 6 pm for our [virtual cooking demo!](#) Learn how to prepare traditional Zimbabwean dishes with “Chef Zwe” of Zweli’s restaurant in Durham.

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

