



North Carolina Academy of Nutrition and Dietetics

October 2020 Newsletter

President's Pen:

Happy Fall!

Our first ever Virtual Regional Meeting was held on September 18th and was a huge success! A big thank you to our Executive Director, Caitlin, and our Program Planning Committee for all their hard work in putting on this meeting. We are excited to share that our December Regional Meeting on December 4th will also be virtual and we are looking forward to continuing to provide a steady stream of webinars this year as we all navigate the challenges of this pandemic together.

As always, this newsletter is packed full of updates and important information, but I'd like to highlight a couple of items:

- Our Legislative Updates section includes any open [Action Alerts](#), please take a minute to go and submit those, they are such an easy way to advocate for legislation that impacts our profession and our patients/clients. This month our legislative updates also include important information about how you can safely vote this year, as well as information about how you can align your votes with champions for nutrition policy if you'd like. Thank you to our Public Policy Team for all their hard work providing us with this information!
- Also, it is time for Awards season! You can find information about all of our annual awards [here](#), but I'd like to call your attention to the Outstanding Dietetics Educator Award, which has a deadline of 12/31/2020. Our dietetics educators have been faced with unprecedented challenges this year and have persisted to provide education and support to our students and interns across the state. If you know of an educator going above and beyond to support their students this year, I'd encourage you to nominate them for this award.

I'll hope to see you all at our next webinar on October 16th titled "Improving Diversity, Equity and Inclusion in Institutional Menu Planning and Recipe Development" presented by Lesley Schatz, MPH, RD, LDN. You can register on our [website](#) or find the link in our upcoming events section below.

Best,
Liz Hurley Raynor, MS, RD, LDN, CSCS
NCAND President 2020-2021





BPOC RD Spotlight

Educational Background:

Bachelor of Science: Exercise Science (UNCC)

Bachelor of Arts: Spanish (UNCC)

Master of Science: Human Nutrition (Winthrop University)

Current Position:

Clinical Dietitian- W.G. (Bill) Hefner VA Medical Center

Founding Dietitian- The Health Method, LLC

Hobbies:

Exercising, cooking, dancing, traveling, hiking

Karen Villella

Favorite Food:

Homemade Mexican Food

Cactus- made any way!

Why do you enjoy being an RD:

I love helping individuals find health through foods and movement they enjoy!

Implicit Bias

As NCAND continues with monthly webinars on D&I, we want to let you know of a resource to measure [implicit bias](#) that may help guide you. Project Implicit may uncover your implicit associations about race, gender, weight, mental health and many others.

Policy & Legislative Updates

There are **28 days** until Election Day, and it's time to **enact** your plan to vote! Whether you vote absentee by mail, early in person, or on Election Day itself (Tuesday, November 3rd), NCAND has compiled some resources below that we hope will be helpful.

Absentee voting by mail has started in North Carolina!

Follow the 3 Rs to vote absentee by mail in this year's election:

- **Request your absentee by mail ballot**
- **Read and carefully follow the instructions** on your absentee ballot to ensure you've completed it correctly
- **Return your ballot** by mailing it or by dropping it off at **your county board of elections office** or any early voting site in your county

If you want to vote absentee by mail this year, here are some **important dates** to keep in mind...

- **Tuesday, October 27 at 5 pm** - Deadline to **request** your absentee ballot
- **Tuesday, November 3** - Ballot must be postmarked by Election Day

The **US Postal Service emphasizes the importance of allowing plenty of time** for ballot requests and returns. They advise voters to act well before the deadlines listed above. They recommend requesting a mail-in ballot by October 19 (15 days before Election Day) and mailing it back by October 27 (7 days before Election Day).

Did you know you can track the status of your absentee by mail ballot? **BallotTrax** is a free ballot tracking portal for voters, provided via a collaboration between the **North Carolina State Board of Elections** and Democracy Live. You can also call **your county's Board of Elections** or use the **Voter Search tool** to check the status of your ballot.

The Voter Search tool also allows you to look up everything you need to know about voting in your jurisdiction. Plus, check out the **Voter Tools and Forms** page to check your voter registration status, find early voting sites, view a sample ballot, and more!

Finally, don't forget that **early in person voting** (with same day voter registration if needed!) will be open from Thursday, October 15 to Saturday, October 31. If your plan is to vote during the early in person voting period, **you can find voting sites in your county here**.

Stay tuned to NCAND social media and emails throughout the voting season. We'll have reminders and updates to keep you prepared and in the know. **Remember, your voice is important and makes a difference!**

Also, don't forget to complete any open **Action Alerts**.

Lightning Slide Presentation Winners

A Survey Assessment Of Epinephrine Injector Accessibility Within Pitt County, NC Restaurants
Holly Ingram¹, Hannah Verrilli², Breann Zeches³, Ronny A. Bell, PhD³, Nicole Arnold, PhD³
1. Brody School of Medicine, East Carolina University; 2. Department of Public Health, East Carolina University; 3. Department of Nutrition Science, East Carolina University

Background

- 1 in 13 children
- 1 in 10 adults
- Main causes of anaphylaxis.
- Most reactions occur in restaurants
- Half of fatal food-related reactions
- 1 in 3 had a reaction in a restaurant

Results from Individuals with Food Allergies (n=25)

- 36% have needed an EI before
- 83% had a severe food reaction within last 10 years
- Only 56% own EI
- 72% said SVA restrict what they eat
- 60% SVA avoid restaurants
- 84% stated SVA that they worry about allergens in food
- 87.5% feel safer when eating at a restaurant with EI around

Purpose

Assess feasibility of stocking epi injectors in restaurants and guide recommendations for food safety policy.

Discussion/Conclusion

Q: Perceived cost?
A: Single EI cost around \$55.00.

Q: Lack of confidence?
A: Add Quick Response (QR) to allow for audio-prompted directions. Increase confidence, without increasing cost.

Q: Frequent staff turnover?
A: Only one staff member needs training

Q: Where would it be kept?
A: First Aid Kit

Results from Restaurant Managers (n=30)

- 79% increase confidence with audio
- 83% had a plan; 12% would get a first aid kit
- Top 3 barriers to stocking epinephrine injectors:
 - 70% lack of comfort
 - 55% cost to train
 - 59% cost to purchase
- 33% said should be required
- \$104 vs \$55
- 57% would pay more

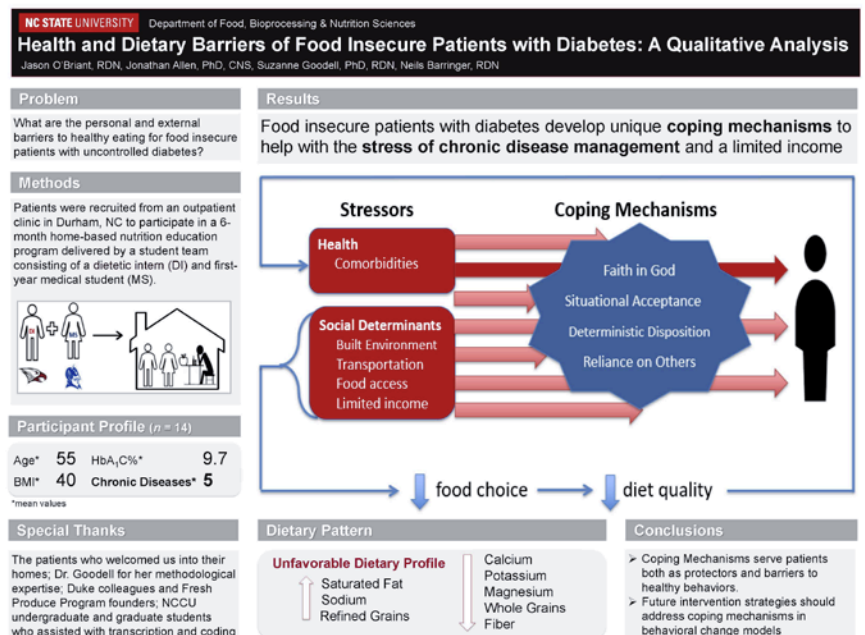
Judges Choice Winner: Holly Ingram and Hannah Verrilli

Holly and Hannah worked with a team from ECU on a project aimed at determining feasibility of stocking epinephrine injectors in restaurants within Pitt County, North Carolina. Data was collected via surveying individuals with food allergies and restaurant managers, and was recently presented at the Virtual Lightning Research Presentation held through the North Carolina Academy of Nutrition and Dietetics (NCAND). Holly and Hannah are medical students at ECU's Brody School of Medicine in Greenville, NC. Holly is from Goldsboro, NC and enjoys playing soccer and hiking along streams and waterfalls. Hannah is from Clinton, NC

and enjoys running and biking. Hannah and Holly's Faculty Advisor is Nicole Arnold, PhD from the Nutrition Science Dept at ECU.

People's Choice Winner: Jason O'Briant, MS, RDN, LDN. Jason is from Currituck County (most northeastern county in NC), but currently resides in Raleigh, NC. He is an Undergraduate DPD Director at NCCU and part-time PhD student at NCSU. Growing up near the coast, he continues to surf and kiteboard all year, and have future plans to research metabolic flexibility in athletes exposed to extreme cold.

Jason's lightning slide talked about Project FEED (Feeding Empowerment and Education Delivery) is a collaboration between the NCCU Dietetic Internship program and the Duke School of Medicine. It provides supplemental nutrition resources and nutrition education to high-risk, food insecure patients using a student-facilitated home health model. After the success of the first year, the program has been incorporated into the School of Medicine's curriculum as an experiential learning activity offered for credit. Our data collection and analysis included a qualitative investigation of the patients' experiences with food access, disease stressors and a thorough dietary profile. We also measured the participating students' learning and willingness to engage in interprofessional relationships. We found that this team-based student model may increase their willingness to make referrals and engage in working relationships between future physicians and dietitians. A combination of almost 50 undergraduate and graduate students from NCCU and Duke participated with this project during its first year.



Upcoming Events

2020 NCAND Regional Meeting
Save The Dates:

Virtual NCAND Regional Meeting
December 4, 2020

NCAND Regional Meeting near Charlotte
March 5, 2021
Gastonia, NC

More details coming soon!

Looking to learn more about how you can be a part of increasing diversity, equity, and inclusion within our profession? NCAND is pleased to share our [fall webinar series](#) (listed below)! Join us once a month through the fall to learn how we can take action to make our profession a more diverse and inclusive one. After registering for our upcoming webinars, check out [this page](#) from the Academy with articles, recorded sessions, awards/grants, webinars and more!

Friday, October 16, 2020 at 12pm: *Improving Diversity, Equity and Inclusion in Institutional Menu Planning and Recipe Development* presented

by: Lesley Schatz, MPH, RD, LDN

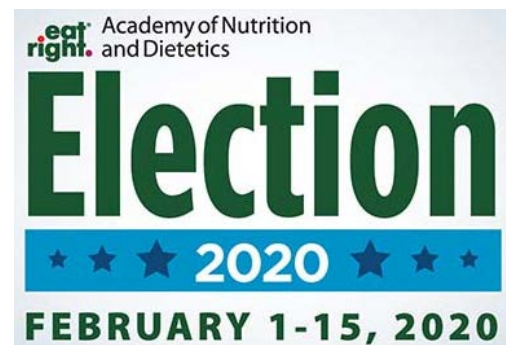
Friday, November 13, 2020 at 12pm: *Using Critical Thinking to Increase Diversity: Understanding Barriers and Uncovering Biases* presented by Kate Burt, PhD, RDN

 Academy of Nutrition
and Dietetics

FNCE[®] 2020
Food & Nutrition Conference & Expo™
Virtual Event | October 17–20

Have you registered for FNCE yet? The [Food and Nutrition Conference & Expo](#) will be held virtually this year October 17-20, 2020. Join over 10,000 registered dietitian nutritionists, nutrition science researchers, policy makers, health-care providers and industry leaders this fall to address key issues affecting the health of all Americans.

It is never too early to start thinking about the future: nominate a leader with proven skills and vision to further the profession for the [Academy's 2021 National Election](#). Nominations closed September 4th for president-elect, speaker-elect and treasurer-elect. Nominations for all other positions are due by November 6th.



SECURE YOUR FAIR SHARE!

[Enroll today](#) in

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

The Academy is seeking member input on the next theme and logo design for National Nutrition Month® 2021. Please complete [this Member Engagement Zone survey](#) to share your thoughts.

Awards Updates

NCAND Awards Spotlight: Outstanding Dietetics Educator Award

DEADLINE: December 31st, 2020

This year educators across the state have been presented with unprecedented challenges and are showing up to educate future RDs in new and innovative ways. We'd love to recognize these educators this year more than ever! The purpose of the Outstanding Dietetics Educator Award is to recognize the teaching, mentoring, and leadership activities of faculty in ACEND - accredited dietetics education programs. One educator can be selected from each of the four program types in each geographic area (a maximum of four awardees from each of the seven geographic areas for a total of 28).

In addition to publishing the list of outstanding educators in the Journal of the Academy of Nutrition and Dietetics and NDEPline, each awardee will receive a certificate and congratulatory letter from the Academy President. Awards will be presented at the NDEP area meetings for educators each spring.

Criteria for Selection of Outstanding Educators:

- Member of the Academy of Nutrition and Dietetics.
- Faculty with academic or supervised practice appointments in ACEND - accredited dietetics education programs (Coordinated Program in Dietetics, Dietetic Internship, Didactic Program in Dietetics, Dietetic Technician Program).
- Demonstrated innovative teaching skills and techniques.
- Demonstrated mentoring as documented by letters from students (limit three letters per nominee).
- Demonstrated leadership; e.g., national, state, or district dietetic association activities, community service, honors received, scientific and professional presentations, publications, employment, etc.

Application Requirements:

- Application Cover Letter
- [Data Sheet](#)
- Resume
- Three (3) letters of reference

Please submit all applications/supporting documents by the deadline date via email to the [Awards Chair](#). Please direct any questions [here](#).

Application must be received by December 31, 2020.

To find out more about NCAND awards, including how to nominate or apply, at <https://www.eatrightnc.org/awards>.

District Updates

RALEIGH DIETETIC ASSOCIATION

Thank you to all who participated in our social media recipe contest. Congrats to Jillian Schoening for submitting the winning [video](#)!

[Register now](#) for our upcoming virtual education meeting on October 6th at 7 pm. Lindsay Sappah, a Takeda Pharmaceuticals Medical Educator is presenting on: Short Bowel Syndrome in Adults and Children.

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

CHARLOTTE DIETETIC ASSOCIATION

Join us on October 7th at 6:30 pm for our [virtual member meeting](#) on Yoga and Mental Health for the Nutrition Professional!

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

DURHAM-CHAPEL HILL DIETETIC ASSOCIATION

Thanks for joining us for our Virtual Fall Kick-off Meeting! Stay tuned for upcoming events.

Follow us on [Instagram](#)!

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

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.

Please share this information!



The graphic features a red background on the left with the text "Do you need help finding meals for your child?" in white. To the right is a collage of five photos of diverse children. At the bottom, a blue banner contains the text "TEXT 'FOODNC' TO 877-877" in white, with a small NCAND logo on the right.



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