



North Carolina Academy of Nutrition and Dietetics

October 2021 Newsletter

President's Pen:

Happy Fall Everyone! I just made my first batch of pumpkin ravioli for the season, many more to come. It never ceases to amaze how much pasta comes from something as simple as 3 cups of flour and 4 eggs.

We have some very exciting news to share with our members. In the Fall of 2020, we added a goal to our strategic plan to support diversity, equity and inclusion (DEI) in dietetics by increasing cultural awareness and education of our members and community. This started with appointing a DEI Liaison with the long-term goal of creating a committee to support this initiative. After our meeting last Wednesday night with NCAND members interested in involvement, we decided the time is now to launch the DEI Committee. This committee will be chaired by Alina Pittman and will likely have a co-chair as we expect this committee to be very involved. If you are interested in being active in this committee, be on the lookout for the email to register for the November 3rd kickoff meeting.

Thank you for your continued support!

Stay safe and health,
Tara Wind
NCAND President 2021-2022



Legislative Updates

State Policy News - North Carolina private practice RDNs can now enroll as Medicaid providers! This is a huge accomplishment, and the Public Policy Team would like to thank everyone who worked so hard over the past 3+ years to make this happen. Now, many more people across the state will have access to outpatient nutrition care and medical nutrition therapy. In order to become an outpatient Medicaid provider, RDNs will need to go through the enrollment process which is complex. Fortunately, we have some NCAND leaders navigating it now, and they will be hosting office hours in the near future to support other RDNs through the process and answer questions. We also plan to create a Frequently Asked Questions document on becoming a Medicaid provider to share with members - stay tuned! If you have questions, please contact our wonderful Nutrition Services Payment Specialists at reimbursement@eatrightnc.org.

The North Carolina General Assembly still has not passed an FY 2021-2022 budget, but as I wrote in September, we will hopefully have an update on that very soon.

Federal and Academy Updates - There are still many open Action Alerts, including a few new ones! Please complete any of the following that you have not acted upon yet.

- **The PUMP (Providing Urgent Maternal Protections) for Nursing Mothers Act** would provide lactating, working parents with the break time and space to express milk while also offering employers the flexibility to identify solutions that work for their unique business environment. Congresswoman Alma Adams (US House NC-District 12) is a co-sponsor.
- **The Build Back Better Act** includes critical nutrition, health care and public health provisions. The bill would:
 - Increase access to free healthy school meals for nearly 9 million more children;
 - Expand the critical Summer Electronic Benefit Transfer program to prevent hunger while school is out;
 - Invest in school kitchen equipment and nutrition education;
 - Support senior nutrition infrastructure and nutrition services for Older Americans Act congregate and home-delivered meals programs;
 - Significantly narrow the health insurance coverage gap, extend Medicaid coverage for post-partum women and enact other provisions of the Black Maternal Health Omnibus Act; and
 - Invest in the public health workforce and infrastructure, including pandemic preparedness.
- **Tell Congress to prevent Medicare payment cuts for RDNs** - RDNs are facing a nearly 10% cut in their Medicare Part B Payments. Take action today and urge your Representative to sign a "Dear Colleague" letter that requests that the House of

Representatives work together to 1) stave off the impending 2022 payment cuts; and 2) prioritize the negotiation of broad, long-term reforms to bring stability to Medicare payment rates.

- The **MNT Act of 2021** would expand coverage of medical nutrition therapy (MNT) in Medicare Part B beyond diabetes and renal disease to include many other health conditions and disease states. The MNT Act would also authorize the Secretary of Health to expand coverage to other disease states, and would allow nurse practitioners, physician assistants, clinical nurse specialists and psychologists to refer their patients for MNT.
- These are just the highlights, and there are even more actions to take at the **[AND Action Center](#)**. Log in today and let your Representatives and/or Senators know that you think these bills are important!

Thank you so much for all you do to advocate for nutrition-related policies that improve health, prevent disease, and expand RDNs ability to offer nutrition care.

Julie Sundermann
NCAND Public Policy Coordinator
ppc@eatrightnc.com

Reach Out to Your Nutrition Services Payment Specialists (NSPS)! *(formerly known as Reimbursement Representatives)*

No matter where you work, understanding the basics of health care payments and other sources of funding for the services you provide is an asset to every registered dietitian nutritionist. Learn more about payment and delivery for nutrition services [here](#). In the ever-evolving world of coverage and payment for nutrition services, our North Carolina Nutrition Services Payment Specialists provide additional support and serve as a valuable resource. Nutrition Services Payment Specialists serve as a resource for NCAND members who have questions about coding, coverage, and payment issues. They facilitate use of the Academy's coding, coverage, and payment resources, and coordinate local advocacy efforts to expand federal and state nutrition coverage policies. If you have questions that are state-specific or pertain to an area of focus, [reach out](#) to your Nutrition Services Payment Specialists today!

NCAND's Nutrition Services Payment Specialists are: Julie Cunningham, Rachael Elledge, and Liz Raynor

Board Spotlight: Executive Committee

Tara Wind – President

Tara Wind, MS, RDN has been a resident of North Carolina for 43 years! Not many people can say that. She has attended NCSU, UNC-CH, Meredith College for both the Dietetic Internship and MS Nutrition program and now works for ECU. Tara has been involved in the dietetic internship for over 7 years, with the first 5 years at Meredith College. In her free time, she enjoys her dog Maverick, spending time in her kitchen and anything athletic.



Shaynee Roper – President Elect

Currently working in Home Health & Hospice, been a Dietitian for 30 years. Graduated w/ Bachelor's degree from the University of Missouri, and Master's degree from the University of Houston, will graduate with a Doctorate in Clinical Nutrition in early 2022. Serving as the President Elect and CE Administrator for NCAND. Also serve as a Delegate to the HOD for the RMIG, and on the Board of Editors for the NCM. Formerly the Chair of the NCBDN and the Preceptor Director for NDEP. Currently also an ACEND Reviewer. In my free time, I enjoy traveling (haven't done that in a while), reading, and cooking.



Elizabeth H. Raynor – Past President

Liz Hurley Raynor, MS, RD, LDN, CSCS is a Registered Dietitian and Certified Strength and Conditioning Specialist based in Raleigh, NC. She received her Bachelor's degree in Exercise and Sport Science from the University of North Carolina at Chapel Hill and her Master's degree in Nutrition from Meredith College where she also completed her dietetic internship. She currently works as a Regional Account Manager for Nutrition That Works. Liz has served in many roles on the NCAND board over the last 6 years including as the President of the Raleigh Dietetic Association and the North Carolina Academy of Nutrition and Dietetics. She currently serves as the Past President on the Executive Committee, Chair of the Awards Committee, and as a member of the Public Policy Team. Additionally, she was selected as the NCAND Outstanding Dietetic Student in 2017 and the Recognized Young Dietitian of the Year in 2018. In her free time Liz loves to run, bake, and spend time with her husband, Michael, and her dog, Boone.



Board Spotlight: Executive Committee

Shannon Corlett – Delegate

Shannon Corlett, MS, RDN, LDN specializes in eating disorders, emotional eating, mental health, and family/pediatric nutrition. She currently works in value-based care and population health at Avance Primary Care in addition representing North Carolina in ANDs House of Delegates.



Ashley Pinet - Treasurer

Ashley Pinet RD, LDN, CDE is an Associate Pediatric Nutrition Representative for Gerber. She is serving in her second year as Treasurer for NCAND. Ashley completed her undergraduate degree at NC State and Dietetic Internship at Meredith College. She lives in Raleigh with her husband and 9-month-old baby boy.



Julie Sundermann – Public Policy Coordinator

Julie Sundermann is the NCAND Public Policy Coordinator. Last year, she served as the NCAND State Policy Representative, and before that she was the Legislative Coordinator for the former Durham Chapel Hill Dietetic Association. Julie works at the North Carolina Division of Public Health as a RD and nutrition consultant for the Child and Adult Care Food Program or CACFP. She lives in Raleigh and is passionate about advocating for sound nutrition policies to promote health and eliminate health disparities for all North Carolinians.



Member Updates

FNCE 2021: Registration for the *virtual* [Food & Nutrition Conference & Expo](#) is still open! Annually in the fall, AND sponsors the world's largest meeting of food and nutrition experts. RDNs, RD2Bs, nutrition science researchers, policymakers, health-care providers and industry leaders attend the annual meeting to network, stay up-to-date on current trends, and address key issues affecting the health of all Americans. This year's virtual event features dynamic educational opportunities not available elsewhere. In addition, attendees will be able to learn about products and services from exhibiting companies showcasing the latest and greatest trends and offerings in food, nutrition and health. [Register](#) now!



HOD Updates: Thank you to all members who submitted comments for the Academy Bylaws. [Here](#) is a recap of the September 2021 House of Delegates Meeting. The delegate votes are as follows for each motion:

HOD Electronic Motion #1 Article XV Amendments:

Methods Motion 1: 96 supported/13 opposed – motion carried As a result, the House of Delegates retains the authority to vote on future bylaws amendments.

HOD Electronic Motion #2 Article XV Amendments:

Notice Motion 2: 24 supported/76 opposed – motion rejected As a result, "to the Academy membership" will not be added to the bylaws.

Please send any requests for additional information to: [Shannon Corlett](#), NCAND Delegate

Present at FNCE 2022: The Academy of Nutrition and Dietetics will host FNCE® 2022 in Orlando, Florida from October 8-11, 2022. They are looking for original ideas and subject matter experts to present advanced-level, evidence-based sessions that address current challenges faced by nutrition and dietetics professionals. Deadline for submitting a proposal is November 16th. [Submit your proposal today!](#)

Member Updates (cont.)

Save the Date for our
Regional Meetings!

Virtual December Meeting
December 10, 2021

March Meeting near Charlotte
March 4, 2022

Policy Updates: We are excited to share that Registered Dietitian Nutritionists (RDNs) can now enroll as Medicaid providers! Our policy team has worked tirelessly over the last 3 years to advocate for this so we'd like to extend a huge thank you to them for their hard work and dedication to increasing access to nutrition counseling for North Carolinians. To get started and enroll, providers must first register with [NC Tracks](#) and start their application. After completing the application, you will be required to complete a series of trainings. *Note: These same steps are required*

for all providers (not just RDNs) who are enrolling to become Medicaid providers. We will hold Office Hours soon for any interested members to come and ask questions and learn together. Date and time TBD. [Email](#) your reimbursement representatives with questions. This is a new process for us all and we are excited to learn alongside you!



Call for Nominations: The Nominating Committee is accepting [nominations](#) for visionary and dedicated individuals for the following 2022 national ballot positions. Nominations for the positions of president-elect, speaker-elect and treasurer-elect close September 10, 2021. Nominations for all other positions are due by November 8, 2021.

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!

Every RDN and NDTR Should Have an NPI - Having an NPI demonstrates a viable workforce to stakeholders in the health care marketplace and provides a tangible way to show RDNs' impact on patient care in any setting: inpatient, outpatient or community-based organizations). [Apply for an NPI](#), if you already have one, make sure your information is up to date.

Diversity, Equity, and Inclusion Updates

BIPOC RD Spotlight: Nicole Alston, MS, RD, LDN, IBCLC!

Educational Background:

BS in Nutrition/Dietetics and MS in Food and Nutrition Science from NC A&T State University (Aggie Pride!!!)

Current Position: WIC Director for Alamance County

Hobbies: Piano, Physical Activity, Family Time

Favorite Vegetable: Green beans, but since I'm allergic, broccoli

Why you enjoy being an RD: I enjoy empowering the clients that I serve with the tools they need to be healthy themselves and to raise children with healthier habits. I love seeing the “aha” moments when providing client education regarding nutrition/wellness or while assisting someone with their breastfeeding journey. I also enjoy collaborating with the community members and our community partners to combat food insecurity, assisting to connect families with other community resources and creating a healthier, smarter and stronger Alamance County.



Our DEI Liaison, Alina Pittman, has been busy gathering information and forming ideas regarding how to best serve in her role this year. She recently attended ACEND's Diversity Webinar: Supporting and Building Resilience in BIPOC Students and Dietetic Interns, as well as the Academy's webinar: Diversity & Inclusion Liaisons on the topic of IDEA – Inclusion, Diversity, Equity and Access. If you were not able to attend the NCAND Regional Interest Webinar on October 6th, please [contact Alina](#) if you are interested in getting involved to support the DEI efforts of NCAND.

Preceptors play a huge role in the lives of aspiring Registered Dietitians and Dietetic Technicians. These experiences can be particularly influential for students of color. The preceptor database will link Diversify Dietetics students to knowledgeable and committed preceptors in their area. Preceptors must be committed to the mission of Diversify Dietetics, to increase the racial and ethnic diversity of the nutrition field. [Sign-up](#) to be added to our preceptor database!



Outstanding Dietetics Educator Award

Nominate North Carolina's Dietetics Educators for the 2022 Outstanding Dietetics Educator Award!

The Outstanding Dietetics Educator Award recognizes 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 region. 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: nominating@eatrightnc.org Please direct any questions to the email above. Application must be received by December 31, 2021. Read more about all of our awards [here!](#)

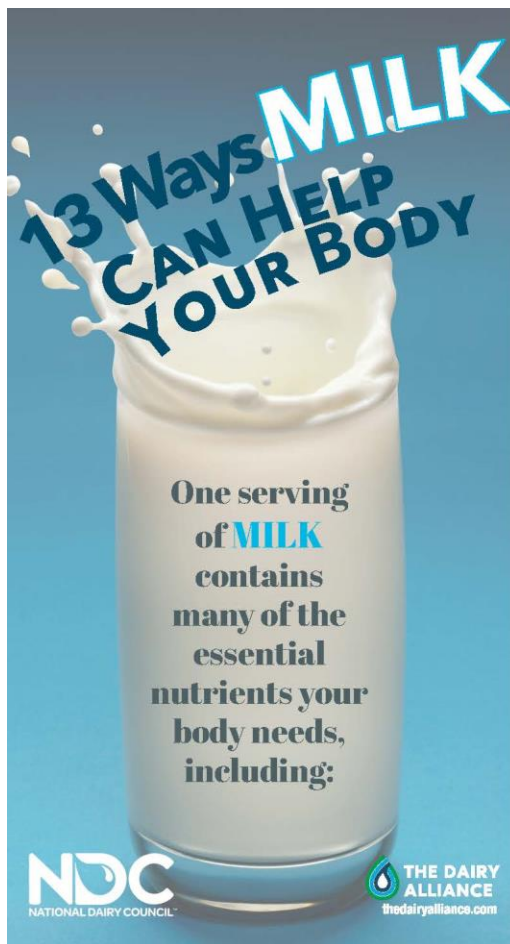
Academy Membership Benefits

Know the Value of your Membership

The Academy provides a multitude of products and services designed to help our members develop their skills, advance their careers, and achieve their professional goals. Members can take advantage of the following valued benefits:

- **Career and business resources**, including the Find an Expert Listing (\$249 in value), the Compensation Benefits Survey (\$250 in value), and savings on Eatright Careers job postings (\$235 in savings).
- **Discounts** on products and insurance. (Exclusive to members)
- **eatrightSTORE.org** Online discounts. (Exclusive to members)
- **Educational opportunities**, including free CPE in the Journal (\$2,160 in value), free and discounted self-study modules, and exclusive member discounts on the Center for Lifelong Learning's Certificate of Training and Webinar Series programs.
- **Food and Nutrition Conference and Expo™** member pricing (up to a 45% discount).
- **Scholarships and awards** provided by the Academy as well as its Foundation. Foundation programs and opportunities available to Academy members include scholarships, awards, fellowships, research grants, and disaster relief funding, while the Academy offers its National Honors and Awards program its Fellow (FAND) program.
- **Networking and knowledge sharing opportunities**, including eMentoring and DPG and MIG membership. (Exclusive to Members)
- **Nutrition Information Services** access, which includes help from staff RDNs. (Exclusive to members)
- **Policy Initiatives and Advocacy** that help advance the profession. On the behalf of members, the Academy coordinates and leads advocacy efforts on critical issues that impact the profession, such as reimbursement, nutrition security and consumer protection.
- **Practice, Science and Quality resources**, such as access to the Evidence Analysis Library (\$250 in value) and access to the Academy's position and practice papers.
- **Publications**, including access to JAND (\$459 in value), the digital Food & Nutrition Magazine® and exclusive access to email newsletters, discounts on Nutrition Care Manual subscriptions (up to \$167 in savings) and electronic Nutrition Care Process Terminology subscriptions (up to \$75 in savings), as well as access to all eatrightPRO.org content.

Source of information. Access to benefits may vary based on membership category.



13 Ways MILK CAN HELP YOUR BODY

One serving of **MILK** contains many of the essential nutrients your body needs, including:

NDC
NATIONAL DAIRY COUNCIL

THE DAIRY ALLIANCE
thedairyalliance.com

25% DAILY VALUE

CALCIUM
Helps build and maintain strong bones and teeth.

16% DAILY VALUE

PROTEIN
Helps build and repair tissue. Helps maintain a healthy immune system.

15% DAILY VALUE

VITAMIN D
Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system.

20% DAILY VALUE

PHOSPHORUS
Helps build and maintain strong bones and teeth, supports tissue growth.

15% DAILY VALUE

VITAMIN A
Helps keep skin and eyes healthy; helps promote growth. Helps maintain a healthy immune system.

30% DAILY VALUE

RIBOFLAVIN
Helps your body use carbohydrates, fats and protein for fuel.

50% DAILY VALUE

VITAMIN B12
Helps with normal blood function, helps keep the nervous system healthy.

20% DAILY VALUE

PANTOTHENIC ACID
Helps your body use carbohydrates, fats and protein for fuel.

15% DAILY VALUE

NIACIN
Used in energy metabolism in the body.

10% DAILY VALUE

ZINC
Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.

10% DAILY VALUE

SELENIUM
Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.

60% DAILY VALUE

IODINE
Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.

10% DAILY VALUE

POTASSIUM*
Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and helps maintain normal muscle function.

*Source: USDA FoodData Central. FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. Based on the 2019 DRI, a serving of milk provides 10% of the DRI. FDA rule-making is needed to update this value for the purpose of food labeling.

Source: USDA FoodData Central online at <https://fdc.nal.usda.gov/>. Mean values calculated from database entries across all fat levels of plain vitamin D-fortified fluid milk in Legacy, Foundation, and Survey (FNDDS) data sources.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

