



# North Carolina Academy of Nutrition and Dietetics Newsletter Fall 2017

## *President's Pen:*

Jennifer Anderson Logan, MPH, RD, LDN

Hello again! I hope this newsletter finds you well and enjoying your fall! I am thrilled to announce that NCDA has officially changed its name to the North Carolina Academy of Nutrition and Dietetics (NCAND). As part of this change, we will be rebranding ourselves and are in need of a new logo. We will be holding a logo contest and asking for your submissions – what do you think the new NCAND logo should look like? Stay tuned for details regarding the logo contest.

The Regional Meeting in Wilmington was a success! I would like to take this opportunity to thank the speakers, sponsors, program planners and attendees of the meeting. We had a great turnout and I am excited that the success of the meeting will allow NCAND to continue to host meetings at the coast again in the future.

The Regional Meeting in Durham is just around the corner; December 1st in fact. We have a great meeting planned, which will focus on sustainability. The internship fair will run concurrently with the meeting and will give students and DI programs the opportunity to connect face-to-face. For more information, please visit the website: <https://www.eatrightnc.org/ncand-regional-meeting-in-durham-2017>

We are off to a great start! Help me continue the momentum we've created to make this year a success.

In good health,

Jennifer Anderson Logan, MPH, RD, LDN  
President, North Carolina Academy of Nutrition and Dietetics



# Save The Date!

## 2017-2018 NCDA Regional Meetings:

### NCDA Regional Meeting in Durham

*REGISTRATION IS OPEN!!*

Friday December 1, 2017

Archie K. Davis Conference Center  
Durham, NC

For more information & registration:

<https://www.eatrightnc.org/ncand-regional-meeting-in-durham-2017>

### NCDA Regional Meeting near Charlotte

Friday March 2, 2018

Gastonia Conference Center  
Gastonia, NC

For more information:

<https://www.eatrightnc.org/ncand-regional-meeting-near-charlotte-2018>

## *Policy & Legislative Updates*

### State-level Happenings

#### October Special Session

In early October, the North Carolina General Assembly concluded a Special Session that focused on veto overrides, judicial redistricting, budget technical corrections, and boards and commissions appointment bills. In the next few weeks, a Federal three-judge panel will release their decision about whether updated redistricting maps are constitutional.

There were no efforts regarding occupational licensing boards, and our group's efforts for licensure will formally hold off until the short-session that is scheduled to begin on Wednesday May 16, 2018. At this time, our policy team and lobbyists are working behind the scenes to meet with members of the General Assembly and identify champions for our bill to Modernize Dietetics/Nutrition Practice in the state. We will pass along updates as they arise and will let you know how you can support efforts.

## National Happenings

### The National Clinical Care Commission Act

The National Clinical Care Commission Act passed through both the Senate and the House of Representatives and is ready for the president to sign. This act provides registered dietitian nutritionists a seat at the table to ensure federal programs provide the most efficient and effective care for people with diabetes and related diseases. Thank you to all who reached out to support this bill!

### Action Alert

Please take a moment to reach out to your Senators and Representative to let him or her know how the Preventing Diabetes in Medicare Act (H.R. 3124/S. 1299) could support millions of Americans. This bill would provide registered dietitian nutritionists reimbursement for medical nutrition therapy provided to patients with diabetes.

## NCAND Awards

*We are currently accepting nominations for the 2017-2018 NCAND Awards!*

### Awards Include:

Circle Award  
Emerging Dietetic Leader Award  
Outstanding Dietetics Educator Award  
Outstanding Dietetics Student Award  
Outstanding Dietitian of the Year Award  
Recognized Dietetic Technician of the Year  
Recognized Young Dietitian of the Year

Please submit all applications/supporting documents by the deadline date via email to the Awards Chair:  
[nominating@eatrightnc.org](mailto:nominating@eatrightnc.org)

Please direct any questions to the email above.

Nominations for The Outstanding Dietetics Educator award are due **December 31st, 2017**; all others are due **February 1st, 2018**.

For more information:

<https://www.eatrightnc.org/awards>

*Do you know of a NC RD doing great work in their area of practice? OR have a recipe you would like to contribute to the NCAND Winter Newsletter?  
Email nominations and/or recipes to [lizhurley10@gmail.com](mailto:lizhurley10@gmail.com).*

## Member Spotlight:



Leah McGrath, RDN, LDN

Leah McGrath, RDN, LDN is a Western North Carolina based Corporate Dietitian for Ingles Markets. She has been working as a corporate dietitian for 17 years and her favorite part of the job is that “no day is the same!” Leah is also the founder/administrator of “Build Up Dietitians” on Facebook and Twitter: @buildupRDNs. We asked Leah a few questions to get to know her better:

### **What does your job as the corporate RDN for Ingles Markets entail?**

Responsible for communicating with consumers on nutrition, food and agriculture related issues via social media, publications (WNC Parent Magazine, Smoky Mountain News, Smoky Mountain Living, Asheville Citizen Times), radio (“Ingles Information Aisle” on News Radio 570am- iHeart radio), in-store radio and TV. Consult with buyers and category managers on consumer requests and new products. Do public speaking and supermarket tours on behalf of retailer. Organize events with local farmers and food entrepreneurs. Administrate social media for Ingles Markets.

### **What is the most interesting project you have completed in the last year?**

Worked with NC Department of Agriculture and designed an event for food bloggers to visit some of our farmers, attend an event with farmers and food entrepreneurs and tour our warehouse.

### **Do you have any advice for new RDs interested in your area of practice?**

Connect with the Retail Dietitians Business Alliance (RDBA) or Food and Culinary Professionals (FCP DPG) Supermarket Subgroup. The Academy of Nutrition and Dietetics also has an on-line learning program in [Supermarket Dietetics](#). You can also contact a supermarket RD (I think I’m currently the only one practicing in NC) and ask about interviewing or shadowing.

Connect with Leah on Social Media:



@InglesDietitian  
@LeahMcGrathRD  
@buildupRDNs



[www.facebook.com/LeahMcGrathDietitian](http://www.facebook.com/LeahMcGrathDietitian)

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*-Rachel Moore, '17*

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NCDA is now officially the **North Carolina Academy of Nutrition and Dietetics** (NCAND).

Please look for more information coming soon about a new logo contest for members to enter for a chance to win free registration to an NCAND meeting of your choice. More information coming soon!



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