



North Carolina Academy of Nutrition and Dietetics Newsletter Winter 2019

President's Pen:

Happy New Year!

I hope you enjoyed your holiday season and are refreshed and ready for another exciting year with NCAND!

We ended the 2018 year with an excellent regional meeting in Winston Salem where we had over 100 attendees. The day was filled with many engaging conversations as we heard from speakers who highlighted how the field of nutrition and dietetics is emerging to meet the demands of patients and clients. Our final regional meeting of the year is scheduled for March 1 near Charlotte. This year's theme is Nutrition Through the Lifecycle that will begin with reviewing nutrition needs in infancy and end with a senior nutrition panel discussion. If you attend this meeting, be sure to check out poster presentations and bring a canned food item!

We are currently in the planning stages for Legislative Day to be held on April 9 in Raleigh. Three webinars will be held before this date to prepare participants on the topic of Medicaid and North Carolina. Be on the lookout for further details!

Finally, election season will begin March 1. If you or anyone you know would be interested in participating in the board next year, please send us a message!

Yours in health,
Courtney Huddle MS, RDN, LDN
President, North Carolina Academy of Nutrition and Dietetics



Save The Date NCAND Regional Meetings:

NCAND Regional Meeting near Charlotte

March 1, 2019

Gastonia Conference Center

[**Register Here**](#)

**Online early bird registration for this meeting ends on Monday, February 25 at midnight, or when the meeting reaches capacity, whichever happens first.*

NCAND Regional Meeting in Asheville

September 13, 2019

Asheville Event Centre

Don't forget to VOTE!!

Voting for the NCAND board & District boards
opens THIS Friday and runs through March!
Head to eatrightnc.org to VOTE!!

Policy & Legislative Updates

Government Shutdown Effects of Food Security

Although the shutdown is over (at least until February 15th), many people are still experiencing the negative effects of the 35-day shutdown. SNAP recipients received their February benefits early, on January 20th. This means people may be running out of their benefits early this month. Keep this in mind when working with individuals who may be food insecure – as RDs we can help connect people to additional food assistance. The Food Bank of Central and Eastern NC has great resources [here](#)

Obesity Care and Advocacy Network Winter Advocacy Day

Thursday, February 28
Washington D.C.

Join Academy members and other leaders in the field of obesity treatment and weight management for Obesity Care and Advocacy Network winter advocacy day on Thursday, February 28 in Washington, D.C.

The goal of this event is to garner support for the [Treat and Reduce Obesity Act](#) that the Academy is

working with Congressional leaders to introduce in the 116th Congress.

Details and registration information [here](#).

There is no charge to attend the event, however registration closes on Friday, February 15.

North Carolina General Assembly

The North Carolina General Assembly (GA) began their long session on Wednesday, Jan. 30. The long session is intended to write the state budget for the next two years. July 1 is the first day of the 2019 fiscal year. GA members have been appointed to Senate appropriation committees and House committees for the 2019-2020 biennium. [Click here to learn who represents YOU](#), and be sure to stay in touch about important nutrition issues!

Save The Date NCAND Legislative Day

April 9th, 2019

Raleigh, NC

More info to come soon!

Stay in the Know

Read the [Eat Right Weekly](#) newsletter sent from the Academy each Wednesday to learn about the latest nutrition policy issues.

Do you have any policy questions? Any stories you'd like to share with NCAND about your nutrition policy work? Please reach out to Raina, the NCAND State Policy Representative at raina.g.bunnag@gmail.com

Join DCHDA for these upcoming Education Meetings

February Meeting

Topic: Stress, Resilience and Adverse Childhood Experiences: Getting to the Root of Eating Behaviors

Speaker: Kathleen Murray, MSW, LCSW, a Behavioral Health Clinician with Duke Diet & Fitness

Date: Thursday, February 28, 2019

Time: 5:30-7:30 PM

Location: Stedman Nutrition Center, Duke's Center for Living Campus (3475 Erwin Rd, Durham, NC 27705)

Cost: DCHDA and RDA members: FREE | Non-members: \$10

Attendees will receive 2 CEUs

Register [here!](#)

March Meeting

Topic: National Nutrition Month

Speaker: Shaynee Roper, M.Ed, RD, LDN, FAND, Clinical Nutrition Manager, WakeMed Raleigh

Date: Tuesday, March 19, 2019

Time: 5:30-7:30 PM

Location: Stedman Nutrition Center, Duke's Center for Living Campus (3475 Erwin Rd, Durham, NC 27705)

Cost: DCHDA and RDA members: FREE | Non-members: \$10

Attendees will receive 2 CEUs

Register [here!](#)

Join the Raleigh District for these upcoming events!

RDA March Events

Join our team to run the Get Your Rear in Gear 5K and visit our booth!

When: March 9, 2019, 9:00 am

Where: WakeMed Soccer Park

Join our team (Raleigh Dietetic Association) by clicking the registration link, hovering over "register," and then clicking "join existing team."

[Click here](#) to register

[Click here](#) to volunteer at our booth!

RDA March Education Meeting

Save The Date

When: March 28th 2019

Topic: Diversify Dietetics

Where: Meredith College

Registration info coming to the [website](#) soon!



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To celebrate Cabot's Whey Protein now available on Publix's shelves, we are giving away a FREE container of Whey Protein to 50 lucky North Carolina Academy of Nutrition and Dietetics members.

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cabotcheese.coop/giveaWHEY

In addition to high-quality dairy foods, Cabot also has free resources for health professionals. Learn more at cabotcheese.coop/health-professionals.



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