



North Carolina Academy of Nutrition and Dietetics Newsletter Winter 2018

President's Pen:

Jennifer Anderson Logan, MPH, RD, LDN

Happy New Year!

Thank you to those who attended the Regional Meeting in Durham last month. We had another successful meeting - great attendance, interesting and informative lectures, a panel discussion, and the internship fair. Please mark your calendars for the Regional Meeting near Charlotte on March 2nd. We are thrilled to host another amazing line-up of presenters, poster presentations, exhibitors, and more. I hope to see you there! For more information, please visit the website: <https://www.eatrightnc.org/ncand-regional-meeting-near-charlotte-2018>

What do you envision for NCAND this year? Do you have suggestions for meeting topics or different program(s) that you'd like to see? Are you looking for more state meetings? Local and/or district events? More webinars? We want to hear from you!! Send your ideas to: president@eatrightnc.org

Wishing you much health, happiness, and success in 2018!!

In good health,

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



Policy & Legislative Updates

Grass roots advocacy is the #1 reason elected officials vote for or against a bill. Your voice is an important one to inform legislators, both local and federal, of problems, solutions, and the impact of the solutions we have to offer. We invite to take a moment to get updated on current policy priorities and take a moment to connect with your legislators at some point in the next 6 months.

State-level Priorities

- **Modernize Dietetics/Nutrition Practice Act (H 357):** This bill would update current law to allow for qualified nutrition professionals to write therapeutic orders, bring additional qualified nutritionists in to market and clarify provision of services, as well as require a background check and diversify the licensure board. The bill currently resides in the Senate Committee Rules and Operations of the Senate. During the upcoming short session, we aim to get this bill passed through the Senate and signed in to law.
- **Telehealth:** We are working with the Department of Health and Human Services and the Office of Rural Health to ensure the voices of dietitians are included in the development of upcoming recommendations regarding the definition, scope, access, and reimbursement of telemedicine/telenutrition services in North Carolina.

National Priorities

- **Treat and Reduce Obesity Act (HR 1953/S 830):** This bipartisan bill provides access to both RDN-provided intensive behavioral therapy and pharmacotherapy that produces an average combined 9.7 percent weight loss. A recent whitepaper predicts that increasing Medicare beneficiaries' use of clinically effective obesity treatments could save Medicare \$19 to \$21 billion over the next 10 years. Currently 6 Representatives and 1 Senator from North Carolina have signed on to co-sponsor this bill.
- **Telehealth:** There is growing interest and a number of questions about providing services through telehealth. The Academy is focusing on access and payment for telenutrition services. More to come on this.
- **Farm Bill:** This is up for reauthorization this year. It is a critical piece of legislation that provides funding for nutrition assistance, education, and research programs. Stay tuned for upcoming calls to action

Action Alerts

Action Alerts are a quick, easy way to reach out to legislators about specific issues or pieces of legislation. Currently North Carolina averages a 4.9% response rate to Action Alerts. Although there aren't any action alerts open right now, in the future we invite you to take 30 seconds to make the voice of nutrition professionals louder. You can receive notification of Action Alerts through NCAND e-mails, your local legislative chair, and the Academy's Eat Right Weekly publication.

If you would like more information or support to connect with your legislators, please reach out to the NCAND at office at ncda@caphill.com

If you would like general resources about advocacy or the Academy's efforts, visit EatRightPro Advocacy: <http://www.eatrightpro.org/resources/advocacy> and On the Pulse of Public Policy: <http://www.eatrightpro.org/resources/news-center/on-the-pulse-of-public-policy>

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

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>

Academy of Nutrition and Dietetics Elections 2018:

It's that time of year again! We need YOUR help with Project Vote for the Academy of Nutrition and Dietetics 2018 elections. Your vote is essential in selecting the leaders who will shape the future of the Academy and the profession.

The 2018 ballot and information about the candidates are available on the Academy website www.eatright.org/elections. Electronic voting begins on **February 1, 2018** and the **polls close at midnight, Central Time on Thursday, February 15, 2018**.

What is Project Vote? The groups with the highest percentage of voters in their membership size category will receive one free registration to FNCE® 2018.

Save The Date!

NCAND 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>

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 Spring Newsletter?

*Email nominations and/or recipes to
lizhurley10@gmail.com.*



Salsa Crock Pot Chicken:**Recipe by:** Elizabeth Hurley, MS, RD, LDN, CSCS**Prep Time:** 5 minutes**Cook Time:** 8 hours**Servings:** 8 servings**Ingredients:**

- 4 boneless, skinless chicken breasts
- 1-24 oz. jar salsa

Directions:

1. Place 4 chicken breasts in crockpot.
2. Cover chicken breasts with salsa.
3. Cook on low in the crockpot for 8 hours.
4. After 8 hours, shred the chicken and serve on top of burrito bowls, in tacos, or on taco salads!
5. Suggested serving: Serve with quinoa, black beans, avocado, sautéed bell peppers and onions, and (more) salsa!



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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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