



North Carolina Academy of Nutrition and Dietetics

September 2020 Newsletter

President's Pen:

Happy (almost) Fall!

It's hard to believe summer is almost over. This September edition of our newsletter is packed full of updates and events but I'd like to call your attention to a few specific items.

First, I'm so excited to share NCAND will be holding our first ever Virtual Regional Meeting on Friday, September 18th from 8:45am-4:30pm Eastern with the potential to earn up to 7 CEUs without leaving the safety of your home! And for the first time, if you register but are not able to attend live the recordings will be sent out after for you to watch. You can get more information about the presentations [here](#). We will miss getting to connect with everyone in person, but are excited to still be able to learn with you from afar.

Second, our webinar series on Diversity, Equity, and Inclusion in dietetics continues this fall with a webinar each month on various topics related to both increasing DEI in our profession and working with diverse patient populations. You can check out all upcoming webinars from our DEI series and on other topics at [this link](#).

Finally, I'd like to remind you that now more than ever it is so important that our legislators hear our voices. The Academy Action Center is always updated with new action alerts that take less than 5 minutes to complete. You can either send the template letter provided or craft your own. Current Action Alerts are linked below in our Legislative Updates section.

If you have ideas for a webinar/speaker or virtual event please feel free to reach out anytime!

Best,
Liz Hurley Raynor MS, RD, LDN, CSCS
NCAND President



Policy & Legislative Updates

Please take a minute to learn how to take action, read up on the latest nutrition/dietetics policy news and find opportunities to learn more.

Election day is just around the corner so it's time to make a voting plan!

There are [three voting options available for NC voters](#). If you are not registered at your current address, **register to vote online or by mail by October 9**.

- **Absentee by-mail voting** - all voters in NC may request an absentee ballot, no special circumstance needed.
 - First, submit the [State Absentee Ballot Request Form](#) to your [county's board of elections](#) by 5 p.m. on Tuesday, October 27. The State Board of Elections strongly recommends you **request your ballot ASAP** to avoid delays. You can return the form via email, fax, mail, or deliver it in person.
 - Second, receive your ballot in the mail and fill it out completely, in the presence of one witness.
 - Third, seal your ballot in the container-return envelope and fill out the Absentee Application and Certification on the envelope and have your witness sign the Witnesses' Certification on the envelope.
 - Finally, return your ballot by 5 p.m. on Election Day, November 3. You can return your ballot by mailing it in (must be postmarked on or before Nov. 3) or delivering it in person to your county's board of elections office or an open early voting site during the early voting period.
 - Only you, the voter, or one of your near relatives, may turn in your ballot.
- **One-stop early voting - October 15 to October 31**
 - You can vote at any [One-Stop Voting Site](#) in your county.
 - You can *register to vote and then vote right away*, if you are not registered yet!
- **Election Day voting - November 3, 2020**
 - The polls will be open from 6:30 a.m. to 7:30 p.m.
 - **You must vote at your specific precinct polling place if you vote on Election Day.**

POLICY NEWS

- North Carolina
 - The NC General Assembly will reconvene on September 2. [Click here](#) to find your State representatives.
- Federal
 - **2015-2020 Dietary Guidelines** - On August 13, the Academy submitted its comments on the Dietary Guidelines Advisory Committee's Scientific Report. These comments were based on member input and will be considered by USDA and HHS as they develop the guidelines. Thank you to everyone who shared input. Check out the [summary](#) and the [full report](#).

Policy & Legislative Updates

The Academy continues to have Action Alerts about current legislation affecting nutrition and dietetics. Check them out [here](#) to educate yourself about the current issues and take action!

School Nutrition Update and NEW

Action Alert: Thank you to everyone who contacted the USDA and/or your legislators about extending school nutrition waivers. It made a difference! The USDA will extend several [flexibilities](#) through as late as December 31, 2020.

These flexibilities allow summer meal

program operators to continue serving free meals to all children into the fall months. While this announcement is a step in the right direction, Academy members working in schools indicate that these extensions must be provided for the entire school year to ensure children will have access to healthy meals while keeping frontline workers safe. Please [take action today](#) in our new action alert and urge USDA to extend waivers that will ensure children have access to healthy meals throughout the entire 2020-21 school year.



Educate yourself on important food issues for the upcoming election! Join a virtual, nonpartisan candidate forum on Sept. 9 to hear state-level candidates discuss important issues related to food, health, and farming in our state. Register [here](#).

Using Systems Applications to Inform Obesity Solutions - [Roundtable on Obesity Solutions](#) will host a virtual [workshop](#) on September 16th that will explore the applications of systems science to better understand and address obesity. This 1-day workshop will highlight real-world use of systems applications in obesity prevention and treatment.

This month, AND is rolling out its new advocacy text alert system. If you would like to be the first to know about important AND action alerts, legislative updates and initiatives from the Academy, opt in and subscribe today! Simply text "eatright" to 50457 to subscribe and take action. You may also opt in by marking the "Send me text alerts" box whenever you take an action alert. If you previously marked this box you are already subscribed and do not need to sign up again.

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.

Member Updates

2020 NCAND Regional Meeting
Save The Dates:

Virtual NCAND Regional Meeting
September 18, 2020

[Register here](#) and earn up to 7 CEUs!

NCAND Regional Meeting in Winston Salem
December 2020
Winston Salem, NC

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

More details coming soon!

Tell Your MNT Story! The Academy is launching a campaign to highlight the impact of MNT in treating and preventing conditions that would be covered under the MNT Act of 2020. They are looking for stories about older adults that illustrate either the effectiveness of MNT services or stories about when you were unable to see a patient due to lack of Medicare coverage. Let's make sure NC RDN voices are heard!

Register now for our next webinar on Thursday, September 10, 2020 at 12pm. Kate Scarlata MPH, RDN is presenting on *Small Intestinal Bacterial Overgrowth: What Every Dietitian Should Know*.

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!

Diversity, Equity and Inclusion Webinar Series:

- 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

September is Spotlight on Malnutrition Month!

Malnutrition is a serious condition that must be addressed quickly and comprehensively. Throughout September the Academy will raise awareness of malnutrition and promote the crucial role of registered dietitian nutritionists in identifying and treating this condition.

Register for the Academy's [weekly malnutrition webinars](#) starting September 9th and join the twitter conversation Tuesday, September 22nd at 1 pm.

Start promoting Spotlight on Malnutrition month now with the Academy's [communications toolkit](#).



Member Updates (cont.)

Enroll today in the Power of Payment Program!

What is it?

The Nutrition Services Coverage team at the Academy launched the Power of Payment, an email-based program for any Academy member who wishes to learn more about payment for nutrition services.

Participants will receive monthly emails with valuable information, resources, and learning activities regarding payment from third party payers (e.g., health insurers), including for MNT delivered via telehealth, opportunities through healthcare reform, and more.

Emails will be tailored to fit your own situation:

- Are you a student or intern?
- Are you an RDN who works somewhere where someone else is billing, but you'd like to understand it more?
- Are you an RDN who does not bill at all, but would like to learn more?
- Would you like to understand value-based payments/alternative payment models that are predicted to make up at least half of all health care payments by 2025?

For more information about this program, contact the Nutrition Services Coverage team.



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.

eat right. Academy of Nutrition and Dietetics

FNCE[®] 2020

Food & Nutrition Conference & Expo[™]

Virtual Event | October 17-20

the future: nominate a leader with proven skills and vision to further the profession for the [Academy's 2021 National Election](#). Nominations close September 4th for president-elect, speaker-elect and treasurer-elect. Nominations for all other positions are due by November 6th.

September is National Fruits & Veggies Month! Join us in sharing the benefits and versatility of fruits and vegetables. Need ideas? Check out the Produce for Better Health Foundation's [NFVM resource toolkit](#).

It is never too early to start thinking about



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.

District Updates

RALEIGH DIETETIC ASSOCIATION

Thank you to all who joined us in August for our virtual yoga social benefiting Diversify Dietetics!

[Register now](#) for our upcoming virtual education meeting on September 15th at 7 pm. Lauren Horning, a fresh produce specialist at a national wholesale distributor is presenting on: The Impacts of COVID-19 on our Food System and the Critical Role of Registered Dietitians.

Follow us on [Instagram!](#)

CHARLOTTE DIETETIC ASSOCIATION

Save the date for our virtual student mentorship event on October 1st at 6:30 pm. Look for an email soon with more information on how to register!

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

DURHAM-CHAPEL HILL DIETETIC ASSOCIATION

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!

Do you need help finding meals for your child?



TEXT "FOODNC" TO 877-877



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