



# North Carolina Academy of Nutrition and Dietetics

## *August 2021 Newsletter*

### *President's Pen:*

Welcome to the 2021-2022 year of NCAND. Having lived in North Carolina for 43 years, it is an honor to serve my home state as President of NCAND. With the pandemic still a forefront, we will continue to be virtual with webinars and regional meetings until the end of the year and reassess at that point. We truly want to gather in person in March but only when it is safe to do so.

We have some new faces on the Board this year that we will be highlighting each newsletter. In addition, we want our members to understand the important roles of our committees and how we advocate for North Carolina RDNs at the state level and beyond. An important issue this year is legislation and reimbursement. Stay tuned for a roll out of a webinar series from the ground-up to better understand how these issues affect us no matter what area of dietetics you are practicing.

Our other focus this year is to transition to the regional model. If you haven't looked at the NCAND website recently, check out the updated [region map](#). Please note that just by being a member of NCAND, you are automatically a member of a region, there is no additional fee to join. We are looking for committee members at a regional level. Please email [info@eatrightnc.org](mailto:info@eatrightnc.org) with your interest and the coordinator for that region will be in touch. If you responded to our recent NCAND survey about region involvement, we will be emailing you soon!

Here's to another great year!

Tara Wind  
NCAND President 2021-2022



## *Legislative Updates*

### **North Carolina Black Women's Equal Pay Day Champion**

This month, [the Academy issued a statement in support of Black Women's Equal Pay Day on August 3](#) and commended North Carolina's own US House Representative Alma Adams for introducing a [resolution](#) in the 117<sup>th</sup> US Congress commemorating the day. The Academy also thanked her for her work on diversity appropriations and other key health and nutrition policy initiatives. Rep. Adams has represented the 12<sup>th</sup> Congressional District of North Carolina (most of Mecklenburg County) since 2014.

### **Your Support Requested to Expand Access to MNT**

The Academy is a proud champion of the bicameral, bipartisan Medical Nutrition Therapy Act (H.R. 3108/S. 1536). This legislation would provide coverage for Medicare beneficiaries to obtain treatment from registered dietitian nutritionists for many common and costly chronic diseases. The bill would also allow the U.S. Secretary of Health and Human Services to further expand access to MNT without additional action from Congress and would allow physician assistants, nurse practitioners, clinical nurse specialists and psychologists to refer their patients for MNT.

For more information, read [this Journal of the Academy of Nutrition and Dietetics article](#), which highlights the history of Medicare MNT coverage, the Academy's advocacy efforts as well as how MNT addresses health equity and is a cost-effective treatment.

To help advocate for the MNT Act, we need your help – please join the ACT now for MNT campaign if you have not already done so. Academy members are asked to take three easy steps to ACT now for MNT:

- [Action alert](#) for the MNT Act
- [Contribute \\$5 to ANDPAC](#) to support the advancement of the MNT Act and other key Academy policy initiatives
- [Tell five people](#) - friends, colleagues, clients - to ACT now for MNT by sharing the public action alert

Once you have completed all three tasks, visit the [ACT now for MNT social media toolkit](#) to help spread the word.

Thank you for your support!

Julie Sundermann

NCAND Public Policy Coordinator 148 84 195



*Meet our 2021-2022 Board Members!*

<b>Voting Board</b>	<b>Position</b>	<b>Name</b>
<b>Executive Board</b>	President	Tara Wind
<b>Executive Board</b>	President-Elect	Lauren Sastre
<b>Executive Board</b>	Immediate Past President	Elizabeth Raynor
<b>Executive Board</b>	Delegate	Shannon Corlett
<b>Executive Board</b>	Secretary	Shaynee Roper
<b>Executive Board</b>	Treasurer	Ashley Pinet
<b>Executive Board</b>	Public Policy Coordinator	Julie Sundermann
<b>Non-Voting Board</b>	<b>Position</b>	<b>Name</b>
<b>Diversity Liaison</b>	Diversity Chair	Alina Pittman
<b>Awards Committee</b>	Member	Elizabeth Raynor
<b>Awards Committee</b>	Member	Ellison Clark
<b>Public Policy Team</b>	Public Policy Coordinator (PPC)	Julia Sundermann
<b>Public Policy Team</b>	Reimbursement Rep.	Rachael Elledge
<b>Public Policy Team</b>	Reimbursement Rep.	Julie Cunningham
<b>Public Policy Team</b>	Reimbursement Rep.	Jamie Rincker
<b>Program Committee</b>	Program Planner	Myra Vergani
<b>Program Committee</b>	Program Planner	Ellison Clark
<b>Program Committee</b>	Posters	Melissa Gutschall
<b>Program Committee</b>	Posters	Leslie Van Horn
<b>Social Media Chair</b>	Social Media Chair	Jillian Reece
<b>Membership Chair</b>	Membership Chair	Michael Raynor
<b>CPE</b>	CPE Coordinator	Shaynee Roper
<b>Strategic Planning Committee</b>	Member	Angela Lago
<b>Strategic Planning Committee</b>	Member	Latasha Williams
<b>Strategic Planning Committee</b>	Member	Nancy Kondracki
<b>Strategic Planning Committee</b>	Member	Lauren Sastre (chair)
<b>Strategic Planning Committee</b>	Member	Shannon Corlett
<b>NCAND Foundation</b>	NCANDF Chair	Paul Moore
<b>Regional Committee</b>	Triangle Region Coordinator	Jillian Reece
<b>Regional Committee</b>	Charlotte Region Coordinator	TBD
<b>Regional Committee</b>	North Eastern Region	Rachel Gergely

## *Board Spotlight: Strategic Planning Committee*

### *Angela Lago*

Angela Lago, MS, RD, LDN is the Clinical Nutrition Manager at New Hanover Regional Medical Center in Wilmington, NC, where she has worked since 2008. She is an active member of the AND and currently serves as the Professional Development Chair of the Clinical Nutrition Management DPG. Angela obtained her BS in Nutrition from ECU in 1999 and her MS in Nutrition from ECU in 2006. Angela's professional interests have focused on malnutrition transitions of care and bridging the gap from hospital to home as well as developing a highly skilled and highly functioning team of RD's at NHRMC. Angela has two teenagers, ages 15 and 17 and one very spoiled Golden Doodle, Penny Bonita. Angela is excited to serve on the Strategic Planning Committee of the AND.



### *Latasha Williams*

Latasha Williams, MS, RDN is a Ph.D. candidate in the Department of Food, Bioprocessing, and Nutrition Sciences at NC State University. She holds a B.S. degree in Textile Chemistry from NC State University and in Food and Nutrition from NC Central University. After becoming a Registered Dietitian Nutritionist (RDN), Latasha obtained her M.S. degree in Food and Nutrition from Meredith College. Her current research focuses on the perceptions and experiences of RDNs who work with mothers who face low to very low food security.



### *Lauren Sastre*

Lauren R. Sastre PhD, RDN, LDN is a North Carolina native, having lived in the Western part of the state, Greensboro, and currently resides in Greenville, NC where she is an Assistant Professor and Registered Dietitian Nutritionist (RDN, LDN) in the Department of Nutrition Science in the College of Allied Health Sciences at East Carolina University. She obtained her Bachelor degree in Chemistry from Western Carolina, her Master's and Doctorate in Nutrition Science, and completed her post-Bac dietetic internship at The University of North Carolina at Greensboro. Her clinical interests include chronic disease management, weight management and interprofessional care. She has served previously on the NCAND board on the program planning committee (2019-current) and as a reimbursement representative (2019-2020). She has worked with other NCAND members on local policy, including efforts to expand Medicaid reimbursement of RDN provided nutrition care in North Carolina. Most recently she published and presented research focusing on physicians' interests, preferences and barriers to RDN care for a national webinar with the Academy of Nutrition and Dietetics that highlighted the need and opportunities for reimbursement representatives to network with local and state physician groups. Her research interests include preventative care and the role of nutrition within primary care with a focus on weight and chronic disease management and prevention as well as social determinants of health, with a focus on food security and health disparities. She has published in several medical and health promotion journals and regularly presents her research at local, state and national conferences. When not working she enjoys cooking, paddle boarding and hiking with her husband, sons and great Pyrenees Harper!





## Board Spotlight: Strategic Planning Committee

### Nancy Kondracki

Nancy Kondracki, MS, RDN, LDN earned a BA in Biology from Franklin & Marshall College and an MS in Nutrition and Dietetics from Florida International University. In FL she worked as a clinical dietitian at Holy Cross Hospital in Ft. Lauderdale, then as Manager of Nutrition Projects at Nutrio Technologies (a division of eDiets) where she planned and implemented meal plans for large corporations and wrote recipes and web content for online diet companies. For 10 years Nancy worked with GBA Health Communications where she consulted for brands including Sweet'N Low, Butter Buds, and Ester-C. Since moving to NC Nancy has worked as an independent contractor publishing evidence-based journal articles, writing content for newsletters and websites, and developing continuing education courses for health professionals. She has consulted for the American Hebrew Academy, the National Coffee Association, Takata Corporation, L&T Health and Fitness, and the YMCA; taught NCSU's Eat Smart, Move More, Weigh Less program; and taught Nutrition Education at UNCG as an adjunct professor. In addition, she has presented at NC Academy of Nutrition and Dietetics (NCAND) meetings, served as a peer reviewer for an Academy of Nutrition and Dietetics position paper. and made numerous appearances on local TV stations. Nancy's awards include the NCAND Emerging Dietetic Leader, the FL Dietetic Association Recognized Young Dietitian, the FIU Outstanding Academic Achiever Award, and the Academy of Nutrition and Dietetics Outstanding Dietetic Student. As a volunteer Nancy is currently on the NCAND strategic planning committee and she served two years as Co-Chair of the marketing committee. At the local level she served as President, Secretary, and on the advisory committee for the Greensboro District and was active in local meetings of the Nutrition Entrepreneurs DPG. She also volunteered with the Get Healthy Guilford Obesity Prevention Coalition, served on the Guilford County Transfat Committee, served as the Health and Safety Chair for the county PTA council, and was a founding member of the Greensboro FoodCorps Advisory Council.



### Proposed Governance Transition

Just because we're past the July deadline for survey responses doesn't mean your voice won't be heard. [Email](#) your NC Delegate today! Learn about the Academy's proposed governance transition [here](#).

### Reimagining Our Governance Structure



## *Diversity, Equity, and Inclusion Updates*

### **BIPOC RD Spotlight: Jaelyn M. Shipman!**

#### Educational Background:

Clemson University ('15) – Major in Food Science & Human Nutrition with a minor in Chemistry  
UNCG Post-Graduate Dietetic Internship ('16)  
Certified Specialist in Sports Dietetics

#### Current Position: Clinical/Outpatient Dietitian

Hobbies: Working out, cooking/exploring new restaurants, traveling to warm destinations

Favorite Vegetable: Roasted Brussels Sprouts or Asparagus (I can't choose!)

Why you enjoy being an RD: I love being an RD because it allows me the ability to make a long-term impact on others (often times those who haven't been provided the opportunity) through providing them with the tools to invest in their nutritional health. Access and education surrounding nutritious foods is unfortunately a privilege in our country and I am thankful to be a part of the workforce that helps in minimizing these gaps.



Our DEI Liaison, Alina Pittman, enjoyed volunteering with Dream Wakers twice in 2021. Her first group of students were in high school and her second group were 4th graders. What a vast difference between the two! If anybody is interested in teaching students about the field of nutrition and dietetics, you can [sign up to be a volunteer](#).

Alina was also able to complete [Diversify Dietetics' Self-Study Program](#): Supporting Equitable Dietetics Education. She found the self-study to be educational in providing the history of cultural competence/humility, found value in understanding how ACEND is making necessary changes to support diversity, as well as the standards and principles licensed RDs are to uphold in regards to cultural competence and humility. The self-reflective exercises were extremely helpful and she highly recommends them to anyone who is committed to advancing our profession and their personal commitment to being a more inclusive/informed clinician.



**Seeking RDs to Spotlight Each Month!** NCAND intends to facilitate change and increase diversity, equity, and inclusion in our field. If you are a member of NCAND and identify as BIPOC, please consider allowing us to highlight you in our monthly newsletter. Our hope is to showcase your talents and areas of expertise, as well as support BIPOC RD2BEs in knowing that they are represented and valued. [Contact](#) our DEI Liaison, Alina Pittman.

## *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.*



## Member Updates

**Regional Transition:** At the end of the 2020-2021 fiscal year (May 31, 2021) the remaining NCAND districts were dissolved. NCAND transitioned to a [region format](#) to better serve all current members throughout the state of North Carolina. This new region format will not require any additional dues payment to be submitted. An NCAND member can participate in any/all NCAND and region events. The district membership forms will no longer be available due to this transition taking place.



**FNCE 2021:** Registration for the *virtual* [Food & Nutrition Conference & Expo](#) is 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](#) by August 31<sup>st</sup> for the lowest rate!



**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.

eat right. Academy of Nutrition and Dietetics

# Election

★ ★ ★ 2022 ★ ★ ★

**FEBRUARY 1-15, 2022**

**Support Breastfeeding:** Everyone has a role in providing a healthy start for the youngest North Carolinians through breastfeeding support. Use the sample letters and lactation policies in [Making It Work](#): Advocating for Breastfeeding Accommodations to get started.

**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.

**Enroll in the Academy's Mentor Match** - Get matched to a mentor or mentee according to similarities in your profile interests and communication styles. You can search for other participants by name, geographic location, dietetic practice group, member interest group and [more](#).



## Member Updates (cont.)

### Save the Dates for our Upcoming Regional Meetings!

Virtual September Meeting  
September 17, 2021

[Register now!](#)

Virtual December Meeting  
December 10, 2021

March Meeting near Charlotte  
March 4, 2022

**Call for Abstracts:** Have you conducted research in nutrition and/or dietetics? Do you have a unique program, project, or case study you would like to feature? Consider presenting a virtual lightning slide at the virtual NCAND regional meeting on September 17, 2021. A virtual lightning slide is one standard PowerPoint slide with your research information presented on it, similar to what would be listed on a poster. The virtual lightning session presenter will generate a single lightning session slide as a 'business card' to describe their research. Your slide should include enough information to demonstrate the purpose, show the results, and summarize your work. Any font used needs to be large and clear enough that it will be legible for audience members who are watching the presentation possibly from their home/work laptop (smaller screens). The slide should be as simple and clear as possible with key details added by the presenter with the key details of what you did, what you found, and what it means. [Submit your abstract](#) by August 17, 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!

**AND Foundation** - Did you know you can support the Academy of Nutrition and Dietetics Foundation while shopping on Amazon at no additional cost to you? The Foundation is a non-profit organization devoted exclusively to nutrition and dietetics, and only donations – not member dues - go to support the Foundation. Read more about how to shop through Amazon Smile and support the Foundation while you shop [here](#).



**Nutrition Care Practice Patterns for Patients with COVID-19:** A new [landmark study](#) examines nutrition diagnoses and interventions used by dietitians for patients with COVID-19. Inadequate oral/energy intake and malnutrition were the most common findings.

