



# North Carolina Academy of Nutrition and Dietetics

## *September 2021 Newsletter*

### *President's Pen:*

Greetings everyone,

After a quiet summer on the NCAND front, we kick off our Regional Meetings on September 17th. This will be another virtual event. As mentioned in the August newsletter, one of our focuses this year is member engagement on legislative issues. We will hear from a panel of three private practice RDNs and an insurance reimbursement specialist, in addition to other speakers. In upcoming meetings, we hope to have speakers on other topics you suggested such as produce prescription programs, scope of RDN involvement with exercise recommendations, and MDs discussing the long-term effects of Covid. Please do try to join us!

In October we will highlight the Executive Board of NCAND. We've been working behind the scenes on updating the strategic plan, approving the budget and planning member events. We are always looking for involvement in the regions, please email [info@eatrightnc.org](mailto:info@eatrightnc.org) if you are interested. Stay tuned for an information session on Wednesday, October 6th 6-7PM for regional involvement.

Stay safe and healthy,  
Tara Wind  
NCAND President 2021-2022



## *Legislative Updates*

**State Policy News** - We are eight months into the 2021 legislative session and are still waiting on a compromise budget to emerge from the NC Legislative Branch. (The new fiscal year for the state of North Carolina began July 1, 2021). Hopefully we will have some news on this soon.

### **Federal Policy Updates -**

Medicare Part B payments for RDs are facing both a threat and an opportunity - please read about these below and take action if you haven't already!

NCAND urges all members to complete the AND Action Alert to help **stop 10% cuts to Medicare Part B Payments for RDs**. Set to take effect on January 1, 2022, the cut is a combination of three separate cuts:

1. The expiration of temporary relief from sequestration that has provided a 2% bump to Medicare payments during the COVID-19 public health emergency
2. The expiration of a temporarily 3.75% relief payment being made to offset other cuts caused by Medicare budget neutrality rules
3. A new 4% cut triggered by spending in the American Rescue Act COVID-19 relief legislation.

Please [click here to take action today](#) and tell Congress to stop cuts to Medicare payment rates and prioritize long-term reforms to stabilize Medicare payments for RDNs.

**[The ACT Now for MNT campaign is still on-going.](#)** Thanks to advocacy efforts from North Carolina RDNs, three US House Representatives have already signed on to co-sponsor the MNT Act of 2021! We are thrilled to have the sponsorship of Representatives G.K. Butterfield, Kathy Manning, and Deborah Ross on this vital bipartisan bill.

Did you know that Medicare currently provides outpatient MNT reimbursement only for diabetes and renal disease? The Medical Nutrition Therapy Act seeks to change that by allowing Medicare beneficiaries to access the nutrition care they need for many other health conditions by expanding Medicare Part B coverage for MNT for:

- Prediabetes;
- Obesity;
- Hypertension;
- Dyslipidemia;
- Malnutrition;
- Eating disorders;
- Cancer;
- Gastrointestinal diseases including celiac disease;
- Cardiovascular disease;
- HIV/AIDS; and
- Any other disease or condition causing unintentional weight loss.

The MNT Act also allows the U.S. Secretary of Health and Human Services to expand coverage for MNT to other disease or condition as determined medically necessary. In addition, this piece of legislation authorizes nurse practitioners, physician assistants, clinical nurse specialists and psychologists to refer their patients for MNT. The MNT Act is a win-win for registered dietitians and Medicare beneficiaries across the country. (North Carolina is home to over two million Medicare beneficiaries.)

The ACT now for MNT campaign aims to raise awareness of the MNT Act and encourage Academy members to get involved — specifically, Academy members are asked to ACT:

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

AND Action Alerts take 2 minutes and alert our US Congressional Representatives that we are concerned about this important issue and want them to address it!

Julie Sundermann  
NCAND Public Policy Coordinator  
[ppc@eatrightnc.com](mailto:ppc@eatrightnc.com)

## Reach Out to Your Nutrition Services Payment Specialists (NSPS)! *(formerly known as Reimbursement Representatives)*

No matter where you work, understanding the basics of health care payments and other sources of funding for the services you provide is an asset to every registered dietitian nutritionist. Learn more about payment and delivery for nutrition services [here](#). In the ever-evolving world of coverage and payment for nutrition services, our North Carolina Nutrition Services Payment Specialists provide additional support and serve as a valuable resource. Nutrition Services Payment Specialists serve as a resource for NCAND members who have questions about coding, coverage, and payment issues. They facilitate use of the Academy's coding, coverage, and payment resources, and coordinate local advocacy efforts to expand federal and state nutrition coverage policies. If you have questions that are state-specific or pertain to an area of focus, [reach out](#) to your Nutrition Services Payment Specialists today!

NCAND's Nutrition Services Payment Specialists are: Julie Cunningham, Rachael Elledge, and Liz Raynor

## *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

**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](#) now!



**Present at FNCE 2022:** The Academy of Nutrition and Dietetics will host FNCE® 2022 in Orlando, Florida from October 8-11, 2022. They are looking for original ideas and subject matter experts to present advanced-level, evidence-based sessions that address current challenges faced by nutrition and dietetics professionals. Deadline for submitting a proposal is November 16<sup>th</sup>. [Submit your proposal today!](#)



**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 closed September 10, 2021. Nominations for all other positions are due by November 8, 2021.

**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.)

### Register Now for our September Meetings!

Virtual September Meeting  
September 17, 2021

[Register now!](#)

Virtual December Meeting  
December 10, 2021

March Meeting near Charlotte  
March 4, 2022

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](#).

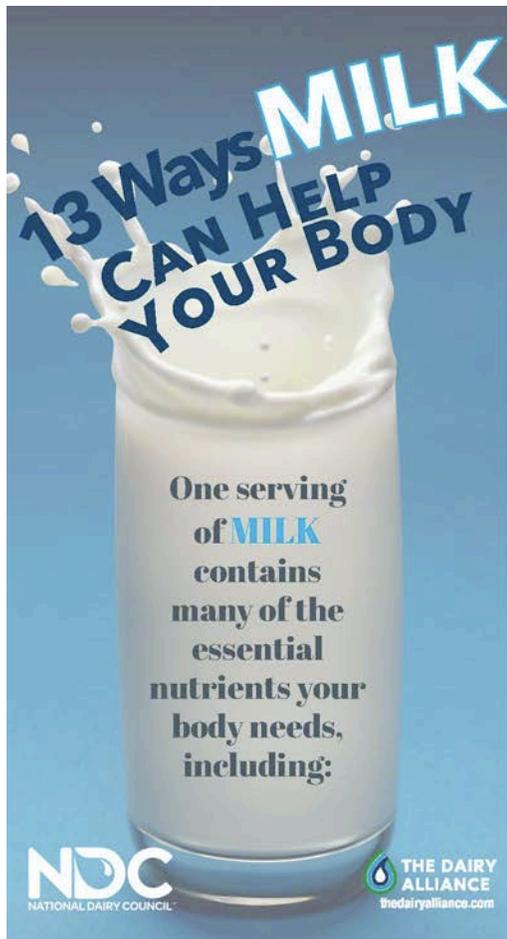
**Nutrition Care Practice Patterns for Patients with COVID-19:** A [landmark study](#) examines nutrition diagnoses and interventions used by dietitians for patients with COVID-19. Inadequate oral/energy intake and malnutrition were the most common findings.

### 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





**25% DAILY VALUE**  
**CALCIUM**  
 Helps build and maintain strong bones and teeth.

**16% DAILY VALUE**  
**PROTEIN**  
 Helps build and repair tissue. Helps maintain a healthy immune system.

**15% DAILY VALUE**  
**VITAMIN D**  
 Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system.

**20% DAILY VALUE**  
**PHOSPHORUS**  
 Helps build and maintain strong bones and teeth, supports tissue growth.

**15% DAILY VALUE**  
**VITAMIN A**  
 Helps keep skin and eyes healthy; helps promote growth. Helps maintain a healthy immune system.

**30% DAILY VALUE**  
**RIBOFLAVIN**  
 Helps your body use carbohydrates, fats and protein for fuel.

**50% DAILY VALUE**  
**VITAMIN B12**  
 Helps with normal blood function, helps keep the nervous system healthy.

**20% DAILY VALUE**  
**PANTOTHENIC ACID**  
 Helps your body use carbohydrates, fats and protein for fuel.

**15% DAILY VALUE**  
**NIACIN**  
 Used in energy metabolism in the body.

**10% DAILY VALUE**  
**ZINC**  
 Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.

**10% DAILY VALUE**  
**SELENIUM**  
 Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.

**60% DAILY VALUE**  
**IODINE**  
 Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.

**10% DAILY VALUE**  
**POTASSIUM\***  
 Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and helps maintain normal muscle function.

\*Source: USDA FoodData Central. FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. Based on the 2019 DRI, a serving of milk provides 10% of the DRI. FDA rule-making is needed to update this value for the purpose of food labeling.

Source: USDA FoodData Central online at <https://fdc.nal.usda.gov/>. Mean values calculated from database entries across all fat levels of plain vitamin D-fortified fluid milk in Legacy, Foundation, and Survey (FNDDS) data sources.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

