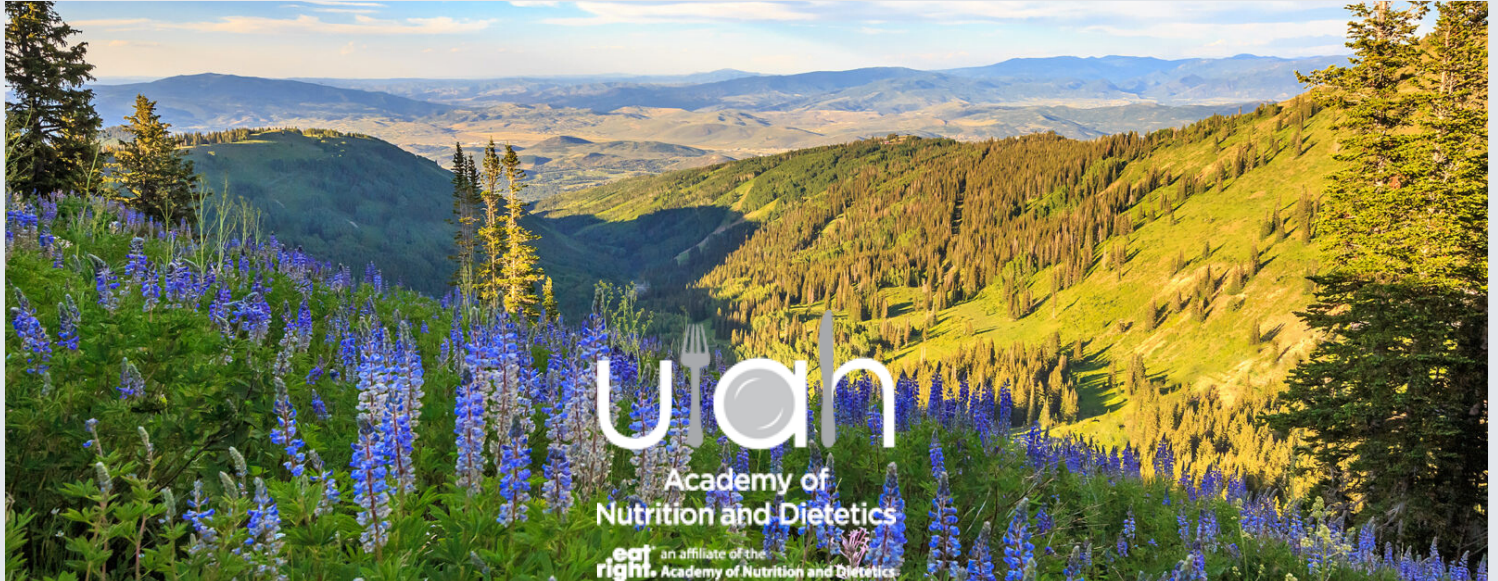


# NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter

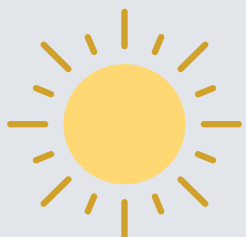
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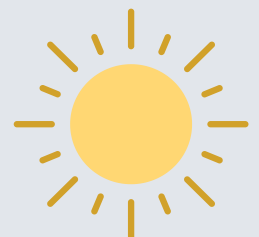
## A MESSAGE FROM THE EDUCATION PILLAR

**By Rebecca Rick, Education Chair**

Flexibility and adaptability are two of the key skills we've all had to embrace over the past year in both personal and professional ways. It was no different for our Education pillar as we were unable to host in-person gatherings for the past two UAND Annual Meetings. We hope that many of you were able to continue learning and growing with the multitude of virtual conferences and continuing education opportunities that have surfaced over the past year. Some of the popular options included FNCE, DPGs, and even the Texas AND Virtual Conference that UAND offered our membership this past spring. We're grateful that we live in such a time where technology can support such advanced options and expect that the way we imagine conferences and other learnings to look different even in a post-pandemic reality.



# HELLO SUMMER



# A MESSAGE FROM THE EDUCATION PILLAR (CONT.)

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More than ever, we're excited to get back together again for our 2022 Annual Meeting! We expect that you'll share our renewed appreciation for the important role these meetings satisfy – reconnecting with former colleagues or classmates, networking with local RDs, and expanding our working knowledge together.

In the meantime, we hope you are joining in and learning from the Global Foods Webinar series that our UAND Membership pillar is coordinating. Be on the watch for another webinar series coming soon, too. We'll be highlighting a few Utah-based practitioners to share their expertise as a means to offer additional continuing education credits for our members. We value each of you as part of our UAND community and look forward to more shared connections in the near (and distant) future!





# ANNOUNCEMENTS AND MORE

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## **Announcing the 2021 UAND Award Winners!**

We are so excited to announce our 2021 UAND Award Winners and Scholarship Recipients! Be sure to check out future newsletters as we highlight each of them and their accomplishments.

### **Award of Merit**

**Sarah Bellini**

### **Award of Recognition**

**Shannon Jones**

### **Emerging Dietetic Leader**

**Tessa Acker**

### **Recognized Young Dietitian of the Year**

**McKenzie Rockwood**

### **Outstanding Dietetic Students**

**Amira Fransworth (DPD)**

**Allison Armstrong (CPD)**

**Erica Card (DI)**

### **Scholarship Recipients**

**Adalyn White**

**Sabine Krautgasser**

**Annika Israelsen**

**Sara Saltzgiver**



**Congratulations to all! Thank you for representing and supporting our profession so well!**

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# 2021 EMERGING DIETETIC LEADER

## TESSA ACKER, MPH, RD

The Emerging Dietetic Leader Award recognizes the competence and activities of dietitians, regardless of age, who have made distinctive contributions early in their dietetics careers. They must have been in practice not less than 5 years and not greater than 15 years.

The recipient of this award for 2021 is Tessa Acker.



Tessa Acker is an RDN with her Master's in Public Health. Tessa has worked in a variety of settings with a focus on community nutrition and food security. She began her career working in global nutrition, focusing on maternal and child health in Peru and Malawi with the United Nations and Clinton Foundation, respectively. She moved to Salt Lake City, Utah in 2016, where she founded the nutrition program at a non-profit community center for people in recovery, Fit to Recover. Tessa currently works on the COVID-19 response at the Utah Department of Health as the Community Health Worker Coordinator, where she works to support a community workforce that contributes to health equity and resource connection within underrepresented communities.

Tessa served as the Marketing Chair for UAND from 2018-2019. She appreciates that food fosters connection with oneself and one's community and is humbled and grateful to be recognized as the Emerging Dietetic Leader Award. In her free time, you will find Tessa hiking, camping, enjoying good food, and daydreaming about future travels with her fiancé.

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# **USU DIETETICS FACULTY WIN REGIONAL AWARDS**

## **CONGRATULATIONS KATIE BROWN AND LACIE PETERSON!**

Utah State University dietetics faculty members Katie Brown and Lacie Peterson of the Department of Nutrition, Dietetics, and Food Sciences have been recognized by the Academy of Nutrition and Dietetics (AND) as the 2021 Outstanding Dietetic Educator Award winners in their respective categories.

The awards recognize the teaching, mentoring, and leadership activities of faculty in educational programs accredited by the Accreditation Council for Education in Nutrition and Dietetics. Brown and Peterson were each nominated by peers and invited to submit an application to the AND Nutrition and Dietetic Educators and Preceptors practice group for review. As a result of their outstanding work, Brown and Peterson won two of just four awards honoring programs and educators in the academy's western region this year.



Lacie Peterson, MS, RDN, BC-ADM,  
CDCES, FADCES, FAND



Katie Brown, PhD, RDN, CSSD

# MEMBER SPOTLIGHT

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Meet UAND member  
Rebecca Rick MS, RDN, CD!

***What's your favorite moment of your career so far?***

100% working with my team at my current job. They're incredible humans and the dynamics we have are once-in-a-career!

***What is your favorite recipe or food tradition?***

My husband is a hunter, so we're pretty spoiled with game meat and love elk, deer, duck, turkey, fish in all the forms!

***What is your favorite book or movie?***

At the moment, I enjoy casual reads of Jack Reacher books, but also like professional development books - Health at Every Size and Intuitive Eating have been highly influential in refining my views and approach to nutrition most recently.

***How many years have you been a dietitian? How long have you been a member of UAND?***

6 years

***Where do you currently work and what do you love about it?***

I work as a Director of Health & Wellness Consulting for GBS Benefits, an employer benefits consulting firm based out of Salt Lake City, UT. I love our holistic approach to health that includes but is not centered around nutrition. No two days look alike, and we have autonomy to be creative in the unique ways we support our clients. I also love our partnership with the CMP at UofU that allows us to work with fabulous nutrition students/RDs in training on a continuous basis.

***How has UAND membership been of value to you and your career?***

I'm working on getting more involved in UAND for the benefits of networking and shared learning experiences.

***How do you spend your free time?***

Generally time in the mountains but mostly through trail running, spending time with my husband and our two dog babies, casual hangouts with friends and family, traveling.

***What advice do you have for young dietitians?***

Know your worth and don't sell yourself short! And keep an open mind.

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## MEMBER SPOTLIGHT QUESTIONNAIRE

Want to be featured? Complete your Member Spotlight Questionnaire [HERE](#)





# ANNOUNCEMENTS AND MORE

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## HOUSE OF DELEGATES DIVERSITY MEETING RECAP

The Academy House of Delegates (HOD) recently met for our spring meeting. The meeting topic was A Culture of Positive Behaviors to Increase Inclusion, Diversity, Equity, and Access. The delegates discussed the question: How does the Academy promote a culture of positive behaviors to increase inclusion, diversity, equity, and access (IDEA)? Topic included Academy diversity and inclusion statement, microaggressions, HOD Core Values and Guiding Principles, and HOD strategies and tactics for the IDEA Action Plan.

You can get read a [recap of the HOD spring meeting here](#). If you have a topic (i.e critical issue) you feel the HOD should discuss you can [submit the idea here](#). Feel free to send me any ideas, comments, thoughts, etc. as well.

Best,  
Pauline Williams, UAND Delegate  
pauline\_williams@byu.edu | 801-422-4876



Photo by Zac Nielson on Unsplash

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## UAND BOARD ELECTION RESULTS!

**President Elect:** Gina Ward

**Treasurer Elect:** Maria Givler

**Secretary Elect:** Stephanie Parker

**State Policy Representative:** Robin Aufdenkampe

**Annual Meeting Chair:** Carrie Behn

**Networking director:** Katie Brown

**Nominating Committee Member:** Sydney Abbott

**Social Media Chair Elect:** Brittany Poulson





# ANNOUNCEMENTS AND MORE

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## 2022 ASCEND STANDARDS COMMENT PERIOD

ACEND survey for comments closes on June 18th

The 2022 draft ACEND (dietetics education accreditor) standards are open for public comment. As Utah educators and preceptors have reviewed the latest ACEND draft standards, a few of the new supervised practice requirements called CRDN's raised some licensing, clinical privileging, and scope of practice level questions and concerns. We strongly encourage members to look through the [standards for all levels of dietetics education](#), but specifically dietetic internships (choose the 2022 DI standards document) then [make comments here](#). ACEND is very attentive to comments and makes changes based on the number and content of comments received.

The list below highlights the language in dietetic internship and coordinated program competencies (CRDNs) with potential concern. Exact wording is found in the 2022 Draft DI standards on pages 9-11.

CRDN 3.3 ... administer vaccine injections.

CRDN 3.4 ... provide instructions for insulin administration.

CRDN 3.5 ... insert a nasogastric tube.

CRDN 3.6 ... conduct a bed-side swallow.

CRDN 5.6 ... prepare an application for an NPI.

For examples of comments you can use when filling out the survey please see pages 12-13 of the newsletter.

Feel free to use this language and adjust based on your perspective and experience. The ACEND survey for comments closes on June 18th. Please share this with other dietitians you know who may not be UAND members.

Sincerely,  
The UAND Board



Academy of Nutrition  
and Dietetics





## ANNOUNCEMENTS AND MORE

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### CHECK OUT THESE UTAH DIETITIANS IN THE NEWS



Brittany Poulson discussed processed foods and a balanced diet for KSL

Danielle Billat shared allergy-friendly summertime snacks for KSL

Rebecca Clyde rallied up 10 recipes perfect when cooking for one for KSL

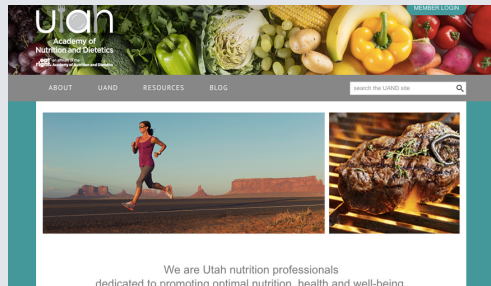
Alyssa Scordo spoke with KUTV about the updated dietary guidelines

Annalisa Freire spoke with Fox13 about the impact of nutrition on mental health

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### CHECK OUT YOUR NEW WEBSITE!

[eatrightutah.org](http://eatrightutah.org)



How can we make the website work for you?  
Let us know by  
e-mailing  
socialmedia  
@eatrightutah.org

### FOLLOW UAND ON SOCIAL MEDIA!



Be the first to get updates and read your UAND newsletter!

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## UPCOMING LEARNING OPPORTUNITIES

Get CEs and feed your curiosity

September 10-11, 2021

**PEDIATRIC FEEDING SYMPOSIUM 2021**

Option to attend this 2-day conference

in-person in Sandy, UT or virtually & earn up to 12 CEUs

[Click Here](#) to learn more & sign up

Free CEU Course!

**Ethics Isn't Optional: Understanding and Applying the Academy  
of Nutrition and Dietetics Code of Ethics**

Via Becky Dorner & Associates, earn your CDR required Ethics  
CPE

[Click Here](#) to learn more & sign up

And don't forget about our Global Foods webinar series!  
See the flier below.



Academy of  
Nutrition and Dietetics

eat right an affiliate of the  
Academy of Nutrition and Dietetics

# global foods webinar series

EXPLORE DIVERSITY IN FOOD CULTURE, CUISINES, AND  
THE NEED FOR RDN'S UNDERSTANDING IN HEALTHCARE  
TO PROVIDE BETTER PATIENT AND CLIENT CARE

## what

Four webinars, one per month in May, June, July, and August 2021. We will deep dive into three diverse populations in Utah and explore the culture and cuisine of each.

## when

*June - August dates and times subject to change*

Thursday, May 13 - 11am - 12pm MDT with cooking demo 12 - 12:30pm

Thursday, June 10 - 11am - 12pm MDT

Thursday, July 8 - 11am - 12pm MDT

Thursday, August 12 - 11am - 12pm MDT

## agenda

*Dates and topics subject to change*

**May 13:** Introduction to Global Foods Series with Rekha Chirayath, MS, RDN, CD + BONUS Indian cuisine cooking demonstration

**June 10:** African-American Foodways & Soul Food: Historical Influence & Modern Cuisine with Lauren Swann, MS, RDN, LDN *Sponsored by Harmons Grocery*

**July 8:** Raíces at the Table: An Introduction to Mexican & Latin Heritage Foods for Dietitians with Ana Krista Linares, MPH, RD

**August 12:** Exploring Chinese Food Culture: Perspectives from an American Born Chinese with Melanie Wong, MA, RDN

## ceus

**4 CEUs** will be available, 1 per webinar

## cost

**Free** to dietetics students and UAND members!

\$40\* for all others. Includes access to all four webinars and 4 CEUs

*\*The full \$40 registration fee will be donated to a new diversity scholarship fund for one Utah dietetic student or intern. If you're a UAND member and would like to contribute, simply sign up as a 'General Webinar Participant' to make the donation.*

## questions

Please e-mail Rebecca: [rebecca@nourishnutritionco.com](mailto:rebecca@nourishnutritionco.com)



Cultural differences should not separate us from each other, but rather cultural diversity brings a collective strength that can benefit all of humanity.



*- Audre Lorde*



# 2022 ASCEND STANDARDS COMMENTS--

## EXAMPLES

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- In reviewing the latest ACEND draft, CRDN's 3.3 to 3.6 (i.e. inserting tube feeds, giving vaccines, do swallowing studies, etc.) raises some licensing, clinical privileging, and scope of practice level questions and concerns.
  - In our state there is licensing wording on some professions that may restrict dietitians from administering vaccines. (see CRDN 3.3)
  - In our state (yes, the entire state) there is only 1 (one) hospital that privileges dietitians to place/insert tube feeds - there is not capacity to train all the interns in the state at the one facility to place feeding tubes. (see CRDN 3.5)
  - The diabetes scope of practice document lists "assessing medications (injectables and oral)" at the expert level, this is assessment not initiating pharmacological plans such as insulin management as indicated in CRDN 3.3 and 3.4. Interns are trained at an entry level, not an expert level. And even at the expert level the wording does not include initiating pharmacology plans.
  - The Nutrition Support Scope of Practice document lists "assessing need for...(swallow study)" at the proficient and expert level. This is at the assessing need for, not conducting a swallow screen. As above interns are trained at an entry level. (See CRDN 3.6)
  - The Nutrition Support Scope of Practice document lists "considers the need to add or discontinue medications that may alter nutrition state" at the expert level. As above interns are trained at an entry level. (See CRDN 3.3 and 3.4)
  - The Nutrition Support Scope of Practice document lists "With specialized training and clinical privileges may order enteral feeding devices" at the proficient and expert level. This is ordering not placing. As above interns are trained at an entry level. (See CRDN 3.5)
-



# **2022 ASCEND STANDARDS COMMENTS--**

## **EXAMPLES, CONT.**

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- For CRDN 5.6 preparing an NPI application - this is an unnecessary step for the numerous interns who will not work in the clinical area and will not bill an insurance provider. Describing what an NPI is a logical piece of CRDN 4.9, but a separate competency to fill out an NPI application is not needed. In addition, an NPI cannot be requested until the person has received their RDN credential, which is done post education.
  - While these skills are great for a clinical practitioner they appear to be excessive for the training of an entry level dietitian being prepared to work in a variety of areas. They could be included in advanced clinical practice certificate but are unnecessary for dietitians working in areas other than clinical or direct patient care. More importantly these competencies will place a significant financial and time burden on DIs. Many programs will have to contract with nursing or others to teach these skills. Most of our clinical preceptors do not do/have these skills, and thus, are unable to train students to meet these competencies.
  - While it is admirable to advance the profession, I do not feel that burdening internships with this is the best approach. A more targeted approach towards training and building these skills with dietitians already working in clinical practice is more logical and doable. Before implementing these new competencies, it needs to be determined if these competencies are necessary for entry level and if they are even doable within licensing, privileging, and scope of practice limitations.
-