

NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



A MESSAGE FROM THE ADVOCACY PILLAR

By Melody Kienholz, Advocacy Chair

For our late summer newsletter, the Advocacy pillar would like to highlight and share the below brief from the Academy.

Issue Brief: Racial and Ethnic Health Disparities and Chronic Disease

The most recent U.S. Census reports that approximately 40% of the U.S. population belongs to a racial or ethnic minority group. Many minority populations in the United States have long faced chronic disease health disparities due to socioeconomic inequities, barriers to education, systemic racism, insufficient access to health care including medical nutrition therapy and related services, as well as limited access to healthful and affordable foods and safe places to be active.



A MESSAGE FROM THE ADVOCACY PILLAR (CONT.)

Published in January 2021 the Academy's "**Racial and Ethnic Health Disparities and Chronic Disease**" issue brief examines these inequities and how they contribute to racial disparities in chronic diseases such as cardiovascular disease, hypertension, diabetes, some cancers and obesity. The document serves as the foundation for the Academy's policy efforts as they relate to diversity and health equity.

The Academy recognizes that it is essential to address the root causes of health inequities by examining the social determinants of health that play a role in the etiology and amplification of chronic health disparities. These root causes of health disparities must be addressed to achieve health equity.

This issue brief features input from stakeholders including the leadership and members of the Diversity and Inclusion Committee and was approved by members of the Academy's Legislative and Public Policy Committee.

Read the "**Racial and Ethnic Health Disparities and Chronic Disease Issue Brief**" [here](#).



2021 RECOGNIZED YOUNG DIETITIAN

MCKENZIE ROCKWOOD, RDN, CD

The Recognized Young Dietitian of the year honors an RDN 35 years of age or younger who has demonstrated leadership qualities and performance in dietetics. The award is given to someone who is active in both AND and UAND and who works to address concerns regarding the promotion of optimal health and nutritional status of the population.

The recipient of this award for 2021 is McKenzie Rockwood.



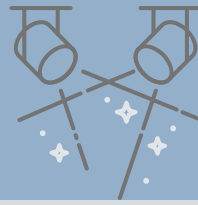
McKenzie Rockwood is a Registered Dietitian Nutritionist and co-founder of Citrus Pear, a freezer meal prep service. Before starting Citrus Pear in 2016 with her husband, Mace, McKenzie was an inpatient registered dietitian at Logan Regional Hospital for six years—where she worked with patients who required special diets for medical conditions or allergies. As she worked with these patients, she saw a need to make healthy eating easy, and she wanted to provide a tool for them to implement these lifestyle changes.

This experience drove McKenzie to create Citrus Pear, where she now oversees menu and recipe development—as well as growth opportunities to bring Citrus Pear meals and classes to people and communities in need.

In 2021, McKenzie was recognized as a Young Dietitian of the Year by the Academy of Nutrition and Dietetics—the world’s largest organization of food and nutrition professionals. Rockwood also has been named as one of Salt Lake Magazine’s Women in Business.

McKenzie and Mace have three boys who keep them busy and laughing.

UAND MEMBER SPOTLIGHT



Meet Jobaida Khanom RDN, CD!

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

More than 6 years. 2 years.

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

My favorite moment was when a patient hugged me and said "I want you to be my dietitian." We are so much more than just dietitians, teaching and counseling about diet. We are the patients' cheerleaders, we are the problem-solvers, and we bring bright ideas to the interdisciplinary team when developing a care plan for a patient.

What is your favorite recipe or food tradition?

My ethnic origin is Bangladesh. For our biggest religious holiday, Eid, I cook for all our guests who visit our house throughout the day. My favorite recipe is a special Lamb Biryani, which is a mix of rice pilaf, lamb, and spices that result in loads of contrasting flavors.

What is your favorite book or movie?

Movie: Snowpiercer, Pride & Prejudice. Book: The Last Lecture, Still Alice.

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

I currently work at Fresenius Kidney Care both with in-center dialysis patients and home dialysis patients. I feel like I am a full-blown dietitian providing Renal nutrition education, counseling, solving puzzles with the interdisciplinary team, and providing bone management medication recommendations according to company protocol. I love that I get to see the improvement in care plans and help patients find the right phosphorus binders and medication assistance. I have been able to be there for my patients through all their stages of change; from pre-contemplation to action, and then start over again in case of relapses.

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

I look forward to being a valuable member of this AND chapter. UAND supports dietitians in distinct ways. I have turned to the Academy for MNT with many diet-related questions, for best practice, and for research.

How do you spend your free time?

I love cooking and entertaining friends occasionally. In my free time, I like to hike and travel to new places. I have been fortunate enough to have visited many countries. Reading a good book is almost a luxury for me since I am also taking MPH courses. Which brings me to my next love. I love reading research and learning about new health-related findings.

What advice do you have for young dietitians?

A dietetic internship is the best opportunity to find your passion and your specialty as an RDN. Don't rush into a job right after the RD exam; rather, wait for the opportunity to shape your career.

MEMBER SPOTLIGHT QUESTIONNAIRE

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



ANNOUNCEMENTS AND MORE

AUGUST IS KIDS EAT RIGHT MONTH

Celebrated each year in August, Kids Eat Right Month is an opportunity to focus on healthy eating and physical activity for children from infants to teens.

Learn more at <https://sm.eatright.org/whatsKERmonth>



FOOD AND NUTRITION CONFERENCE AND EXPO

FNCE is open for registration!

Choose from over 100 educational opportunities, including:

- Live educational sessions (up to 15 CPEUs)
- Interactive virtual Expo (up to 15 CPEUs*)
- Groundbreaking research posters (up to 15 CPEUs*)
- Access to FNCE® session recordings through May 31, 2022 (Up to 45 CPEUs*)

Topics include behavioral and mental health, business and communications, career development, health equity, sustainability, sports nutrition, technology, and more!

Register Today! Early bird registration ends August 31.

 Academy of Nutrition
and Dietetics

FNCE® 2021

Food & Nutrition Conference & Expo™

Virtual Event | October 16-19



ANNOUNCEMENTS AND MORE



DEPARTMENT OF
NUTRITION & INTEGRATIVE PHYSIOLOGY
MS

UNIVERSITY OF UTAH STUDENTS SEEKING RDNS TO PILOT NUTRITION MODULES

Dietetic graduate students at the University of Utah are seeking volunteers to pilot online educational modules for a focused area of study project with Intermountain Healthcare.

Many of Utah's RDNs are either currently out of practice or in non-clinical roles. The purpose of this project is to provide updated clinical nutrition information to this population, with the aim of facilitating reentry into the clinical workforce. Module topics include: The Nutrition Care Process (ADIME), Diabetes, Malnutrition, Chronic Kidney Disease, Cardiovascular Disease, Wounds, Nutrition Support, and Career Readiness.

Volunteers would need to be RDNs who are currently out of practice or in non-clinical roles. Participants would pilot four modules, approximately 30 minutes each, and complete pre- and post-module surveys.

If you are interested in participating in this project or would like further information, please contact us by emailing carly.alba@utah.edu.



ANNOUNCEMENTS AND MORE

NUTRITION DIVERSITY CONFERENCE

The First Annual Nutrition Diversity Conference: Diversifying the Field through Patient Centered Care and Profession Centric Changes is sponsored by Metropolitan State University of Denver's Post-baccalaureate Opportunities for Hispanic Americans (POHA-Denver) grant within the Department of Nutrition will be held virtually on September 10th, 2021.

The POHA-Denver Nutrition Diversity Conference provides a day filled with presentations, a cooking demonstration, and a fireside chat where you can personally ask Registered Dietitian Nutritionists questions related to diversity, equity and inclusion in the field of nutrition and dietetics.

Educational sessions will be split up into two tracks: Track A and Track B. Presentations in Track A focus on topics related to culturally aware patient-centered care. Presentations in Track B focus on diversity, inclusion, and equity issues faced in nutrition and dietetics curriculum and as a profession. Track B also includes an update from the Academy of Nutrition and Dietetics' Diversity, Equity, and Inclusion committee. Attend a full day of sessions to earn up to 11.5 CEUs.

Pre-Conference Event! MSU Denver's trained clinical faculty, Dr. Jennifer Bolton, PhD, RDN and Anne Hovinen, MS, RDN will be providing a virtual Nutrition Focused Physical Exam (NFPE) training on September 9th, 2021.

Sign up for the Nutrition Diversity Conference and Pre-Conference NFPE Training to receive a discount on tickets!



PURCHASE TICKETS





ANNOUNCEMENTS AND MORE

CHECK OUT THESE UTAH DIETITIANS IN THE NEWS



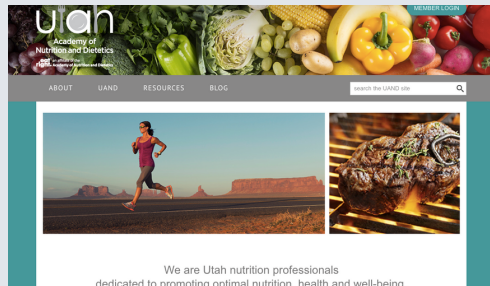
Rebecca Clyde gathered 16 easy-to-make cold treats to enjoy this summer, [for KSL](#).

Christie Benton was quoted [by St. George New](#) on the importance of staying hydrated during the summer.

Trish Brimhall talked with [The Place](#) about forming healthy relationships with food.

Brittany Poulson wrote about healthy, budget-friendly pantry staples, [for KSL](#).

**CHECK OUT OUR
WEBSITE!**
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!



UPCOMING LEARNING OPPORTUNITIES

Get CEs and feed your curiosity

August 21-22, 2021

4th Annual Culinary Nutrition Conference

Get 9 CEUs by participating in virtual hands-on cooking workshops and lectures given by chefs and culinary nutritionists!

[Click Here](#) to learn more & register.

Tuesday, September 21, 2021 12:00 PM MDT

Understanding PCOS and Eating Disorder Risk

Presented by Center for Change.

[Click Here](#) to learn more & register.

Coming soon!

Radically Open Dialectical Behavior Therapy for Dietitians

A digital course developed for dietitians by Kayla Jessop.

[Click Here](#) to learn more & join the waitlist.

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