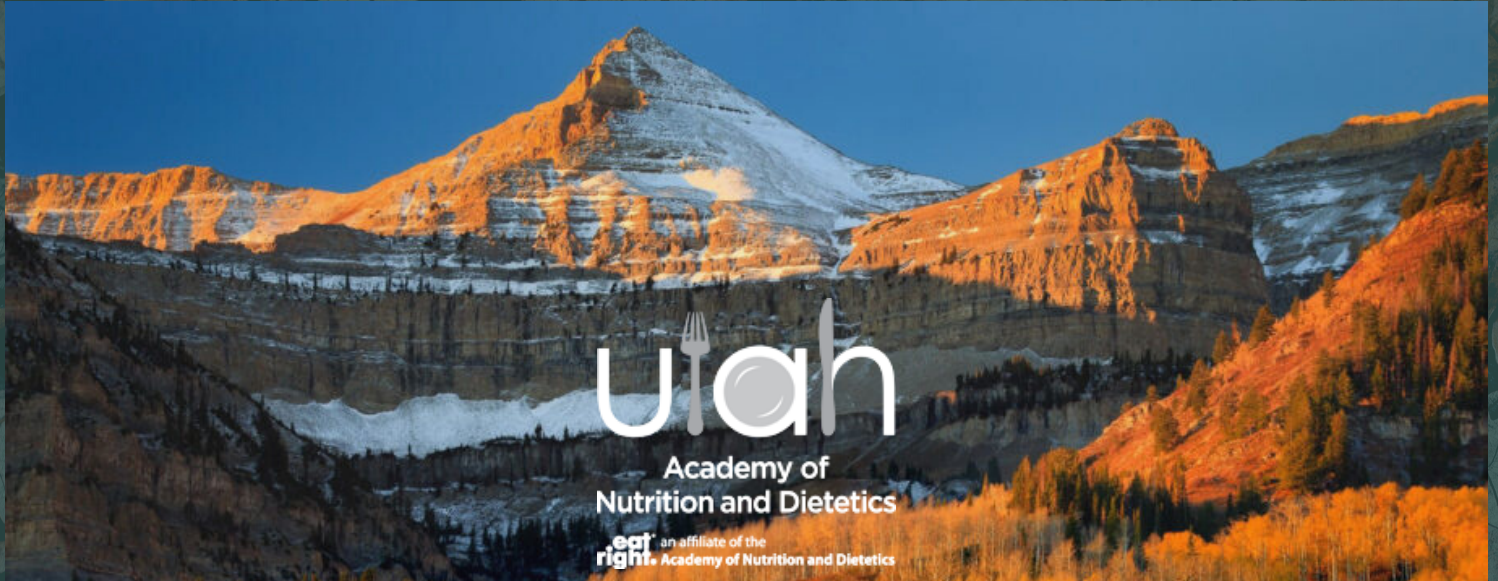


NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



ARE YOU EXPERIENCING BURNOUT?

By Ashley Quadros, MS, RDN – Social Media Chair

Burnout is defined by WHO as a syndrome "resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions:

- 1) feelings of energy depletion or exhaustion;
- 2) increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and
- 3) a sense of ineffectiveness and lack of accomplishment."

It's important to note that the "job" in question could be your professional work, but burnout can also result from the work of a home role such as being a parent or caregiver.

As we emerge all too slowly from the pandemic, I've been thinking about burnout a lot. I appreciated learning about the general feeling of blah, and

A MESSAGE FROM THE MARKETING PILLAR



Acknowledge and accept the feeling of burnout. It may be your own emotion, that of a patient/client, or even a family member. Regardless of who it is, naming it always helps.

Sit with the feeling and try not to fix it or bury it. Resist the urge. Experiencing the full emotion will enable you to better understand how to manage it effectively.

If you haven't already, identify your personal values. Commit to doing something that aligns with your values as often as possible.

Set and work towards meaningful SMART goals. We do this with our clients, why not ourselves?

Say no, but not always. Boundaries are important, but don't isolate yourself completely.

In summary, be kind to yourself and be proactive. Allow yourself some grace to sit with your feelings for a time, but don't forget to take action.

"languishing" that Adam Grant pointed out in [his NY Times article back in May](#). More recently, [this study](#) found that the workweek at one American company got 10% longer. In reviewing this information, the feeling of burnout resonated with me, and I found a lot of value in being reminded that small actions help. If this rings true for you, I encourage you to read [Grant's article](#) when you have a moment and you can study more about "languishing" research by reading [the work of Corey Keyes, PhD](#).

Here are a few takeaways that have really helped me. I hope that in sharing, they may help you too.

2021 SCHOLARSHIP RECIPIENTS

This year, UAND presented \$500 scholarships to four deserving students:

SABINE KRAUTGASSER-TOLMAN



ADALYN WHITE



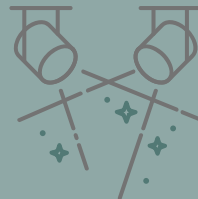
SARA SALTZGIVER



ANNIKA ISRAELSEN

UAND awards four \$500 scholarships to dietetic students each year. We are happy to lend support to these students as they continue their education. Congratulations to Adalyn, Annika, Sabine, and Sara!

UAND MEMBER SPOTLIGHT



Meet
**Stephanie
Parker,
MS, RDN, CD**

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

I'm an Adjunct Faculty member at Brigham Young University where I teach the introduction to nutrition course. I love it! These kids are so thirsty for correct nutrition information and they are readily willing to apply it in their lives. I also work PRN at the Salt Lake LiVe Well Center as an outpatient dietitian. I enjoy meeting the executives who come through the program and helping them identify the changes they need to make in their life to reach their health goals.

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

I actually found out about the adjunct faculty position at BYU through UAND so my membership has been of huge value! It has been really nice to meet other dietitians through UAND and get to know them better when working with them on the board.

How do you spend your free time?

I have four little girls so sometimes it's hard to define free time. When I'm with them and we have downtime, I love reading to them. After they are in bed or being watched by someone else, I love playing board games with my husband or going running in the mountains.

What advice do you have for young dietitians?

Anything is possible. Dream up what kind of dietitian you want to be and then go after/create that job. Don't be stuck in a position you don't enjoy.

How many years have you been a dietitian?

How long have you been a member of UAND?

8 years for both

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

Getting emails or notes from my students saying my nutrition course significantly impacted their life. That's super rewarding.

What is your favorite recipe or food tradition?

I have pretty tasty recipes for chili and cornbread that I especially love to make on Halloween.

What is your favorite book or movie?

1776 by David McCullough

What is the best advice that you have ever received?

Seek to make contentment and gratitude your overall most frequent emotions day-to-day.

MEMBER SPOTLIGHT QUESTIONNAIRE

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



ANNOUNCEMENTS AND MORE

REQUESTING VOLUNTEERS FOR UAND'S 2022 ANNUAL MEETING!

Get involved in a committee or help the day of the event. We are currently seeking a leader and team members for the following committees: Sponsors/Vendors, Venue/Catering, Marketing. If you are interested in gaining experience with UAND and helping make our 2022 annual meeting one to remember, contact Carrie Behn at carrie.behn@hotmail.com

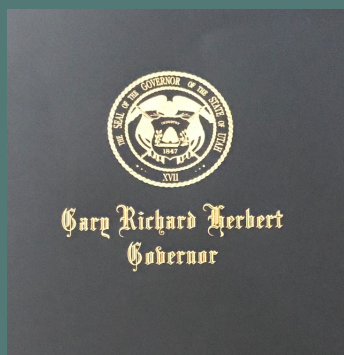


MALNUTRITION AWARENESS WEEK

October 4-8th is Malnutrition Awareness Week!

As usual, there are webinars offered daily which are free to ASPEN members. AND members can use code "MAW-Academy" to obtain access for free to some webinars as well.

Stay up to date and take part in the activities at
<http://www.nutritioncare.org/maw/>



Currently, the UAND Advocacy Pillar is working again to have Malnutrition Awareness Week officially recognized in Utah. This has been proclaimed in Utah since 2019 when former Governor Herbert was the first governor in the country to officially declare Malnutrition Awareness Week in a state!



ANNOUNCEMENTS AND MORE

FOOD AND NUTRITION CONFERENCE AND EXPO

FNCE is just around the corner on October 16-19th! Be sure to check out and support our fellow Utah dietitians and students that will be presenting!



Academy of Nutrition
and Dietetics

FNCE[®] 2021

Food & Nutrition Conference & Expo[™]

Virtual Event | October 16-19

Search for the poster presenters [HERE](#) to learn more!

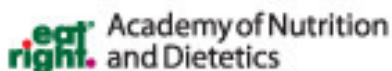
- Sunday Oct 17th at 12pm MST Poster Presentation:
 - College-Aged Women's Knowledge and Perception of a Healthy Diet.
Presenting author: Matthew Schmidt (SUU)
 - Monday Oct 18th at 12pm MST Poster Presentations:
 - The Current Admission Criteria Landscape of Dietetic Internships by Erica Card and Emily Patten (BYU)
 - Impact of COVID-19 Pandemic on Working Dietitians in a Graduate Program by Martha Archuleta, Lacie Peterson and Mateja Savoie-Roskos (USU)
 - Monday Oct 18th at 3pm MST Break out presentation:
 - Leadership Zipline or Ladder: Is Going Horizontal the Best Direction for You?
by Emily Patten PhD, RD, CD
-



ANNOUNCEMENTS AND MORE

Nutrition and Dietetics Advocacy Summit

★ Virtual Event | January 25-27, 2022 ★

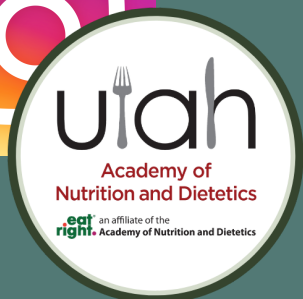


MARK YOUR CALENDARS FOR THE NUTRITION AND DIETETICS ADVOCACY SUMMIT

Don't miss the Academy's virtual 2022 Nutrition and Dietetics Advocacy Summit, January 25-27!

Connect with hundreds of food and nutrition professionals of all policy skill levels to sharpen communication skills, take a deep-dive into key policy issues that impact the health of the nation and the dietetics profession, and develop new high-level personal and professional relationships.

Registration will open after FNCE® and will be announced in Eat Right Weekly.



Instagram

Have you noticed? UAND's Instagram is back!
Follow [@eatrightutah](https://www.instagram.com/eatrightutah) to stay up to date!



ANNOUNCEMENTS AND MORE

CHECK OUT THESE UTAH DIETITIANS IN THE NEWS



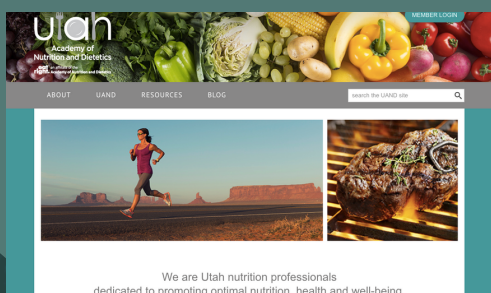
McKenzie Rockwood was highlighted by Good Things Utah for their company, Citrus Pear, and the recent award of 2021 Young Dietitian of the Year.

Karlee Adams spoke with Fox13 about Intermountain's Weigh to Health program.

Christie Benton was featured on ReleaseWire for their knowledge on foodborne illnesses.

Megan Bowman discussed the high rates or food insecurity that many veterans face, with VAntage Point.

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WEBSITE!
eatrightutah.org



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Linked in



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



UPCOMING LEARNING OPPORTUNITIES

Get CEs and feed your curiosity

Culinary & Cultural Tours 2022: Mediterranean Diet & Beyond

Hosted by award-winning culinary nutritionist and author Layne Lieberman, MS, RD, CDN, LDN

Pending 33 Continuing Education Units for Registered Dietitians

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

October 19, 2021

WEBINAR: HEALTHIER KIDNEYS THROUGH THE KITCHEN: EARLIER NUTRITION INTERVENTION FOR CHRONIC KIDNEY DISEASE

Presented by Today's Dietitian

Cost: \$19.99

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

The Soy Connection

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