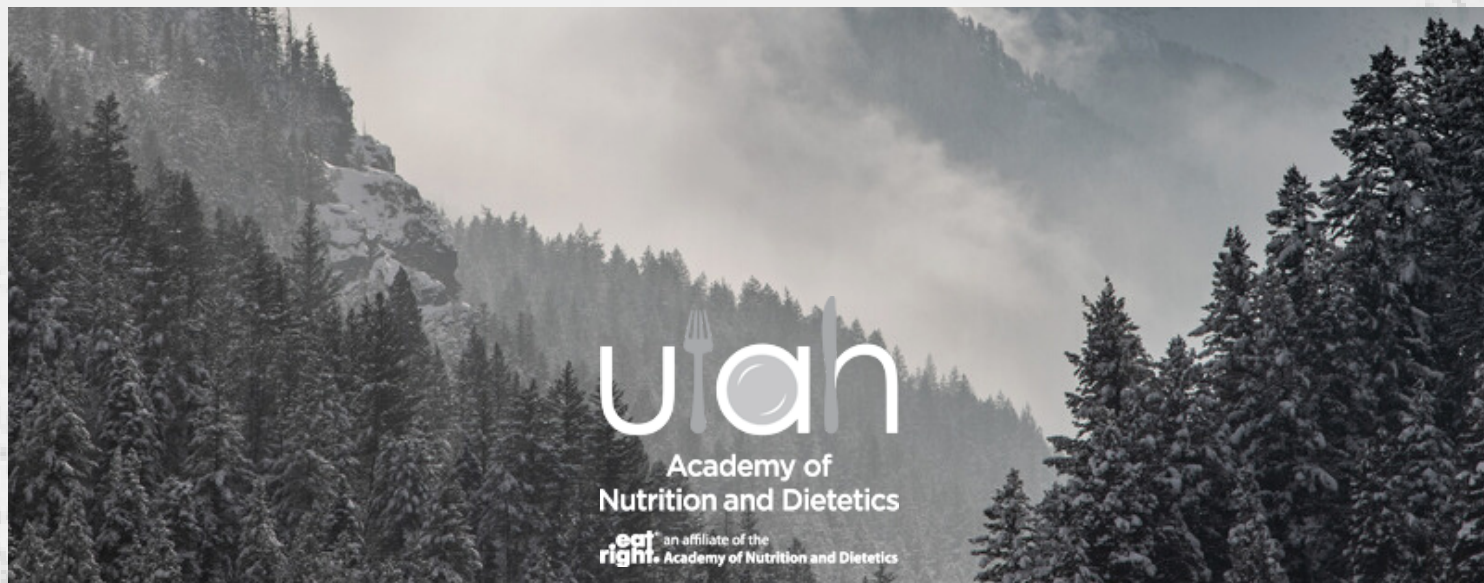


NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



A MESSAGE FROM THE PRESIDENT

Karlee Adams, UAND President 2021-2022

As we wrap up another year and begin a new one, I want to reflect on the amazing things UAND has been able to accomplish despite the continued state of the pandemic and other stressful issues we've been faced with this year.

The Membership Pillar put on a series of webinars and cooking demos highlighting the diversity of our dietetic professionals and gave us opportunity to experience cuisine from around the world. I am excited with the continued focus on diversity in this coming year.

The Education Pillar has worked to understand membership needs for continuing education opportunities. They partnered with the 2021 Texas Annual Meeting to provide a virtual education opportunity for our members but we are excited to be back together in 2022. They have been putting in many hours to prepare for a



A MESSAGE FROM THE PRESIDENT

robust 2022 Utah Annual meeting. Let us know if you are interested in volunteering for helping with the meeting.

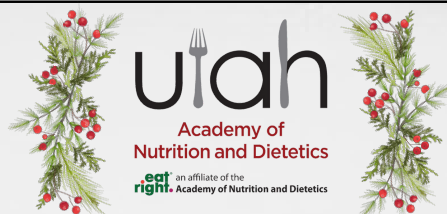
This year the Advocacy Pillar was able to execute a socially distanced legislative day by preparing small packages of dried cherries and information about the work dietitians do across the state. They helped get the word out about how you can interact with your local legislators on issues that are important to you. This included mobilizing our membership to let legislators know to support a bill to include coverage of diabetes prevention programs for Utah Medicaid. While last year's bill didn't get funded, UAND is supporting the initiative again so be on the look out for ways to support preventative care as we prepare for Legislative Day again this year. Please continue to share with us ways you'd like to see the Advocacy Pillar support our dietitians in Utah.



And finally, I would personally like to thank Curt Calder for everything he has done for UAND. After almost 20 years of dedicated service to UAND as the Executive Director, Curt will be leaving his role to focus on other important aspects of life. We are excited to see who will fill this role to contribute to the operation of UAND but will miss Curt's involvement in this position.

Thank you to all UAND members and other Utah Dietetics partners who continue to make this profession amazing. Have a wonderful 2022.

Sincerely,
Karlee Adams
UAND President 2021-2022



2021 OUTSTANDING STUDENTS

Each year students are nominated, and just three are honored for their academic achievement, demonstrated leadership, and professional potential.

OUTSTANDING STUDENT IN A DPD AMRIA FARNSWORTH



OUTSTANDING STUDENT IN A DI



ERICA CARD

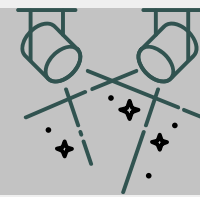


OUTSTANDING STUDENT IN A CPD ALLISON ARMSTRONG

The Outstanding Dietetic Student Awards recognize the emerging leadership and achievement of students in accredited dietetics programs and encourage their participation in the Academy of Nutrition and Dietetics.

Congratulations Students!

UAND MEMBER SPOTLIGHT



MEET **Christina Aguilar, MS, RD, CD, CHES**

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

I have been a dietitian for 9 years. I have been a UAND member since I moved to Utah 6 years ago.

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

Hard to pick just one. At the moment, I am most excited when the clients I work with have success in confidently feeding their children!

What is your favorite recipe or food tradition?

My husband is from Mexico and we always have a pot of his father's cooked pinto beans on the stove.

What is your favorite book or movie?

I am currently enjoying Mindset by Carol Dweck.

What is the best advice that you have ever received?

By being consistent and patient with our goals, one day we will be greatly rewarded.

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

I currently work at Weber State University as an Instructor of Health Promotion. I love helping students learn how to add healthy habits to their lives and prepare future health educators. I also have a private practice doing individual and group coaching teaching parents of infants, toddlers, and preschoolers how to be confident feeders who raise happy and healthy eaters. As a toddler mom, I know the overwhelm and frustration many parents face with feeding their young children and I greatly enjoy providing support and encouragement in setting up their children with a healthy foundation for life.

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

I have been able to network with great individuals and learn through the annual conference.

How do you spend your free time?

Working out and doing yoga as well as cooking with my 2 year old.

What advice do you have for young dietitians?

Be open to opportunity. I never thought I would be where I am now. Thanks to trying a variety of jobs and volunteer opportunities as well as networking, I have found a career that I truly love.

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**

ANNUAL MEETING
SAVE THE DATE!
**MARCH 24TH-25TH,
2022!**

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

CALL FOR AWARD AND SCHOLARSHIP NOMINATIONS

It's that time again! Please take some time to recognize the outstanding contributions of your fellow dietitians!

UAND participates in nominations of outstanding dietitians in Utah for various awards from the Academy of Nutrition and Dietetics. Awards are presented at the Utah Academy of Nutrition and Dietetics Annual Meeting.

Available awards:

- Award of Merit
- Recognized Young Dietitian of the Year
- Dietitian of the Year
- Emerging Dietetic Leader
- UAND Award of Recognition
- Outstanding Dietetic Student.

Nominations should include:

- A letter of nomination
- Resume
- Completed nominee/student award data sheet

UAND also awards four \$500 scholarships to dietetic students.

The deadline for submissions is Friday, February 25th, 2022.

All applications will be submitted electronically via UAND's website.

For more information and to submit applications, click [**HERE**](#)



ANNOUNCEMENTS AND MORE

APPLY FOR UAND EXECUTIVE DIRECTOR POSITION

We are happy to invite applicants for an open (paid) UAND position!



The Executive Director position is a great opportunity to network with the UAND Board of Directors as well as UAND membership. You can work from home while showing off your skills and learning new skills. See **this job announcement** and share with friends and colleagues who might be interested!

The application process will close end of day 12/10/21 as we are looking to hire and train soon.

JOIN THE UAND TEAM!

NETWORK-VOLUNTEER-BUILD YOUR RESUME-MAKE A DIFFERENCE

Considering getting involved with UAND? The new year is approaching quickly-now is the time to consider your goals for 2022. Perhaps running for a seat on the board?

The following positions are available for the 2022-2023 board year:

President Elect
Treasurer Elect
State Policy Representative
Annual Meeting Chair
Networking Director
Nominating Committee Member
Social Media Chair-Elect

For more information, contact Laura Holtrop Kohl at lauraholtrop@gmail.com.
We'd love to have you!



ANNOUNCEMENTS AND MORE



Virtual Breakfast & Briefing: Going Beyond Basic Nutrition with Functional Foods

DECEMBER 16, 2021 9:00-10:00 AM MST

Speakers: Molly Tevis, RDN, LD, Albertsons Retail Dietitian + Heather Lieber, RDN, CD, Harmons Retail Dietitian

Functional foods are often defined as foods that have a potentially positive effect on health beyond basic nutrition. Join Molly Tevis, Albertsons Retail RD, and Heather Lieber, Harmons Retail RD, for an interactive virtual event exploring the science around functional foods, where they show up in the grocery store and how nutritional professionals can have conversations around functional food benefits to empower their clients to make healthier choices. This event is pending approval for 1 CDR CPEU. **REGISTER NOW!**

Once registered, keep your eye out for these pre-event resources:

- Grocery Gift Card (if you registered by December 5th)
- Pre-Event Functional Foods Grocery Scavenger Hunt Guide
- DIY Breakfast Recipe Options Curated by Molly + Heather!

Ann Lokuta, MPH, RDN, Health and Wellness Manager
(801) 487-9976 | alokuta@dairywest.com

Meet Our Speakers



Molly Tevis, RDN, LD
Albertsons Retail Dietitian



Heather Lieber, RDN, CD
Harmons Retail Dietitian





ANNOUNCEMENTS AND MORE

REGISTRATION OPEN – ACADEMY'S LEADERSHIP INSTITUTE 2022



Are you looking to enhance your leadership skills and accelerate your career growth?

The Academy's Leadership Institute (LI) is your solution! You're invited to apply to this prestigious program, designed to help current and future leaders in nutrition, health and wellness develop leadership and communication skills vital for success and advancement.

This immersive program will walk you through a multi-factorial approach to leadership that fosters and deepens professional relationships while helping advance and elevate the role of the RDN and NDTR. Through a combination of self-directed study, in-person training, networking opportunities, small group projects and virtual learning, you will gain hands-on experience in becoming a more effective leader.

[Read more about this exciting program today.](#)

Applications now being accepted until Friday, January 14.



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

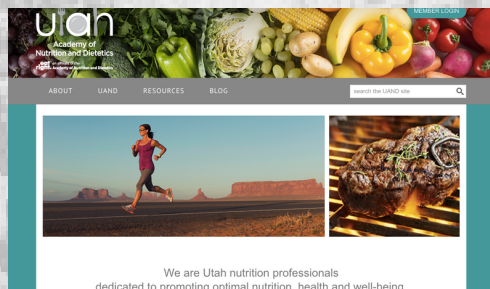


Lorna DunnCrabb was quoted by St. George News about simple steps to healthier living.

KSL.com published an article written by Brittany Poulson about remission of type 2 diabetes.

Alice Trivas was quoted in a VeryWell Health article about low-cholesterol desserts.

**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!**

facebook

Linked in



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



UPCOMING LEARNING OPPORTUNITIES

Get CEs and feed your curiosity

Consumer behavior, diet and sustainability: how are they connected?

Free recorded webinar through Dietitian Connection

1 CEU offered

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

Cooking up Satiety with Avocados

Free recorded webinar through Today's Dietitian

1 CEU offered

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

Six Simple Steps To Using Mindful Eating With Your Clients

Free e-article through Skelly Skills

1.5 CEUs offered

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



utah

Academy of
Nutrition and Dietetics

eat right an affiliate of the
Academy of Nutrition and Dietetics

