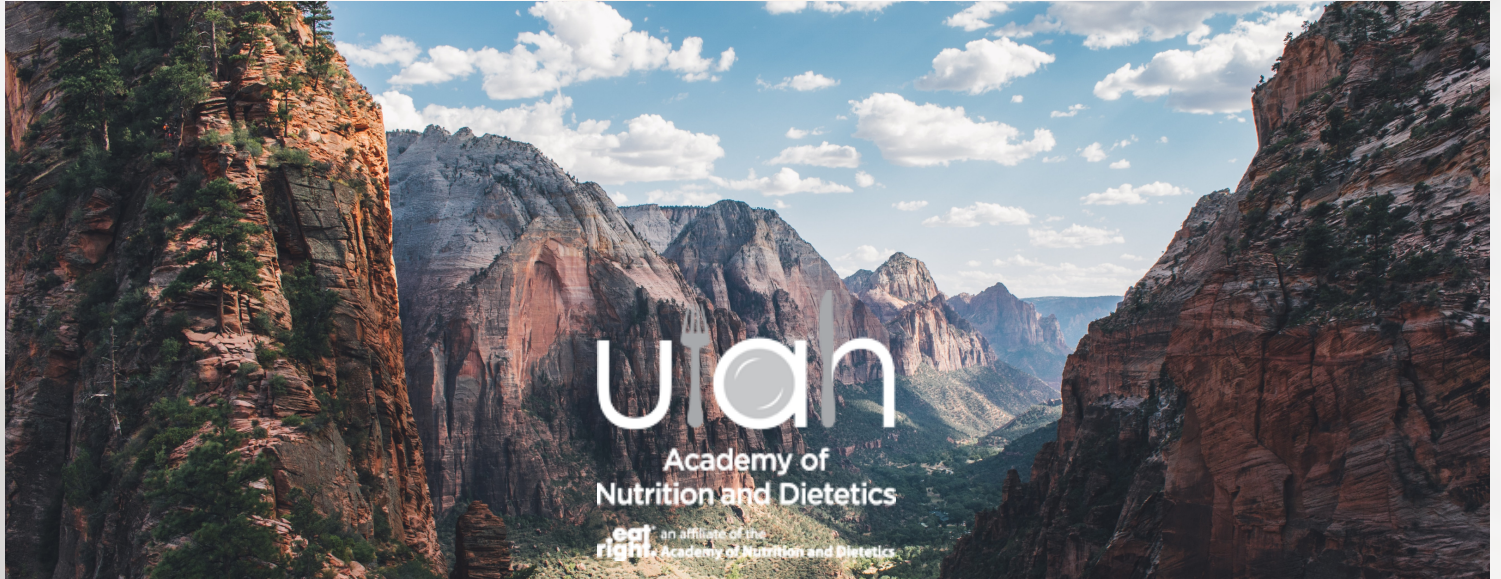


APRIL/MAY 2022 | ISSUE X

# NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter

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## A MESSAGE FROM THE PRESIDENT-ELECT

Written by Gina Ward, MS, RDN, CDCES

I am excited to power through 2022! UAND Annual Meeting, "Powering the Future through Nutrition Connections," just wrapped up for the year. It felt great to meet in person again! For those who attended, we reestablished connections and made new friendships, as well as enjoyed fantastic presentations from a variety of speakers. (The food was great too!) Utah has a lot of young, bright dietitians who are excited to make a difference in their careers, as well as more experienced dietitians who have a wealth of knowledge and experience.

Pauline Williams, our fantastic UAND House of Delegates representative, addressed us during the Annual Meeting. Her comments really brought some of my own thoughts for the upcoming year into focus. She discussed volunteerism within UAND and the need to "GIVE BACK" to the community and the profession. We also learned about leveraging partnerships, particularly during the pandemic. That panel included dietitians working with business partners to accomplish more for their communities and clients. Both highlighted that we can accomplish more together than we can individually.

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# A MESSAGE FROM THE PRESIDENT-ELECT

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As I reflected on the many individuals who impacted my professional and personal life, I felt a deep gratitude for those who invested in me. Sherri Hardy, a dietitian and diabetes educator at Primary Children's Medical Center, was one of my early mentors and preceptors. We spent a lot of time at Camp UTADA and "Family, Food, Fitness" classes. I learned so much from her! Pre-pandemic I had the chance to plan a Multi-Hospital Nutrition Symposium with clinical dietitians from other hospitals within the state, all of which had different perspectives and skill sets. Those individuals taught by example principles of organization, leadership, and professionalism. I have been blessed to serve as a preceptor for over 20 years, and I think I learn as much from the interns as they learn from me.



In the past year as President-Elect, I have gained insight about the "inner workings" of UAND and developed a greater appreciation for the "behind the scenes" work that dietitian volunteers do to improve resources, programs, and benefits for all dietitians. It's been fun to work and serve together. We are all enriched by the connections and friendships made as we spend time in service to one another.

Pauline's challenge to "GIVE BACK" has become my personal and professional theme for the upcoming year. When I asked people at the Annual Meeting what they need from UAND, new graduates expressed that they would like more mentoring as they launch their dietitian careers. Some dietitians do not have a "team" to bounce off ideas when confronted with a difficult patient or situation, and they hunger for additional connections and educational opportunities beyond that provided by their internships. I know I still had a lot to learn when graduating and starting my first job! Other dietitians may feel isolated as the "Lone Dietitian" in their workplace or community. Many also expressed they would like additional support in marketing their skills and proving their value (to negotiate better salary or benefits), networking and mentorship opportunities (virtual and in person), and additional training on hot topics (gut microbiome, immunity, accommodating diverse populations with educational resources, etc.)

If you, like me, have benefitted from the generosity and mentorship of others, I invite you to join with me to "GIVE BACK" in 2022. How can you help?

- Complete your membership survey. This will guide UAND leadership decisions so we can provide Utah dietitians what they really need to succeed.
  - Complete your Annual Meeting evaluations and give feedback. UAND wants to provide
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# A MESSAGE FROM THE PRESIDENT-ELECT

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educational opportunities that you need most at our Annual Meeting and throughout the year.

- Consider volunteering. There are many small but important ways to serve on UAND committees. Share your knowledge, but I guarantee you will also gain additional knowledge and friendships by interacting with other awesome individuals.
- Become a mentor. If you have expertise and want to participate in virtual mentoring, let me know. Planning that program will require a lot of resources, but it's going to be FUN!

As I consider the ways I want to "GIVE BACK, " I am reminded of a favorite quote from the movie Anne of Green Gables:

"It's not what the world holds for you, it's what you bring to it." — L.M. Montgomery,

It is my belief that when we invest in others, we are investing also in ourselves.

I am grateful for the opportunity to serve as President of UAND this next year. Please join with me to build nutrition connections and personal friendships by "GIVING BACK" in whatever ways you can. I fully anticipate that in developing connections, we will find many "kindred spirits" among us!

-Gina



*The Utah Academy of Nutrition and Dietetics is pleased to announce our*

# UAND 2022 AWARD WINNERS



## **Emerging Dietetic Leader**

Kayla Jessop

## **Award of Merit**

Ellen Lechtenberg

## **Award of Recognition**

Dairy West

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

Katie Brown

## **Outstanding Dietetic Students**

Sara Saltzgiver, Coordinated Program

Madeline Peterson, Didactic Program

Asa Humpherys, Dietetic Intern

Follow along in upcoming newsletters to learn more about each recipient  
and their achievements.

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*The Utah Academy of Nutrition and Dietetics is pleased to announce our*

## 2022 EMERGING DIETETIC LEADER



**Kayla Jessop**

**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 10 years.**

Kayla Jessop began her dietetic practice in New York City. She was the Lead Dietitian at Balance Eating Disorder Treatment Center in Manhattan where she began to integrate evidence-based counseling strategies in her nutrition sessions. Her success led to a partnership with the founders of Radically Open Dialectical Behavior Therapy (RO DBT). When she returned to Utah to put down her private practice roots, she used RO DBT to grow a thriving eating disorder counseling company.

Kayla's approach to dietetics is changing the way dietitians are viewed within eating disorder treatment teams and outpatient counseling circles. She has lectured on her approach at New York University and Utah State University. Her willingness to share and educate others on this new approach will revolutionize the dietitian's position in healthcare and beyond. Kayla lives in the Ogden area with her husband and beautiful daughter.

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*The Utah Academy of Nutrition and Dietetics is pleased to announce our*

## 2022 ELECTION WINNERS



**Annual Meeting Chair**

Rachel Rosero



**Delegate**

Heidi Wengreen



**Networking Director**

Amy Reeder



**Nominating Committee Member**

Alexandra Hernandez



**President-Elect**

Valerie Mey



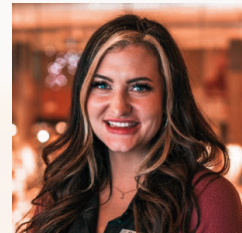
**Social Media Chair-Elect**

Brittany Dunn



**State Policy Representative**

Melinda Morco Sieng



**Treasurer Elect**

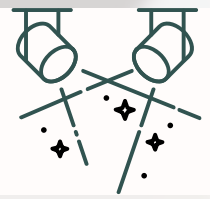
Joy Phillips

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# UAND MEMBER SPOTLIGHT

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**Gina R Ward**  
**MS, RDN, CDCES**

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

20

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

It hasn't happened. The best is yet to come.

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

Davis Hospital & Medical Center. Great coworkers and close to home. Love what I do!

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

LOTR series - great music!

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

Cinnamon Rolls or something I preserve (grape juice or marinara)

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

Music, gardening, cooking, chasing kids and taking care of elderly parents

***What is the best advice that you have ever received?***

Feedback is a gift. When someone gives you feedback, you should ask yourself several questions: 1) Is the feedback true? If it is true, and you are happy about that, then continue the behavior/activity. If it is true and you do not like that about yourself, you need to make changes so that feedback is no longer true. If the feedback is false, then blow off the feedback. Just be honest with yourself. This will improve you are a person.

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

UAND helps me keep up with all of the changes (which have been many) over the past two decades.

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

Be proactive and volunteer to be on committees, leadership teams, etc. Nutrition has great value and you can bring that to the forefront.

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Want to be featured? Submit your Member Spotlight Questionnaire [\*\*HERE\*\*](#)



# ANNOUNCEMENTS AND MORE

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## THANK YOU FOR PARTICIPATING IN THIS YEAR'S ANNUAL CONFERENCE AND MAKING IT A SUCCESS!

For those who attended, CEU certificates have been posted to the participant-only webpage (check your email for the link!). Conference materials and CEU certificates will be available for one year.

If you have not already done so, please complete an evaluation form for each day you attended:

Thursday, March 24 evaluation

Friday, March 25 evaluation

We look forward to seeing you next year!

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## CRITICAL ISSUES SURVEY FOR ALL ACADEMY MEMBERS

The House of Delegates values your input on future Critical Issues. Academy members are the key contributors to determining Critical Issues.

### Critical Issues:

- Have strategic importance to the Academy and dietetics practice.
- Can cut across multiple discipline areas or relate to a specialized practice area.
- Have immediate or intermediate impact on the profession (3 or more years).
- Reveal novel threats and opportunities in a VUCA (volatility, uncertainty, complexity and ambiguity) environment, and often require a systems approach or solution.

For more information about critical issues that the HOD has previously discussed and what is being done to address them, review this fact sheet.

If you have a Critical Issue you would like the House of Delegates to consider for a future dialogue, **please complete this survey by April 22.**

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## ANNOUNCEMENTS AND MORE

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### CONGRATULATIONS TO OUR NATIONAL NUTRITION MONTH® GRANT RECEIPIENTS!



Jenna Dyckman for Utah State University



Sarah Puig-Holzman for the University of Utah Department  
of Nutrition and Integrative Physiology

Ashley Pyne for the University of Utah Hospital Nutrition  
Care Services

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### NNM RECIPE CORNER: MASALA KEEMA

Check out this yummy recipe submitted by Jobaida Khanom



Highlighted spice: Garam Masala

This Bangladeshi recipe is my favorite because it reminds me of a weekend breakfast with friends and family! Keema is hash brown with minced meat that you can prepare ahead of time for a hearty breakfast or brunch during a family get-together. It goes well with flat-fried bread or Paratha. You can make a soft taco out of these two combinations or make a wrap with the Paratha. This versatile side dish would be a great choice for a potluck party.

[Full recipe for Masala Keema](#)

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# ANNOUNCEMENTS AND MORE

## USU'S ONLINE MPH-NUTRITION PROGRAM IS NOW ACCEPTING APPLICATIONS FOR FALL 2022!

### MASTER OF PUBLIC HEALTH NUTRITION PROGRAM

The Master of Public Health (MPH) in Nutrition degree focuses on interdisciplinary training in nutrition-related sciences and core public health disciplines.

#### USU MPH NUTRITION PROGRAM AND APPLICATION HIGHLIGHTS:

- 100% online, 42 credit program.
- No GRE required!
- Affordable tuition for in-state and out-of-state students.
- Available to pursue either full-time or part-time.
- Accepting applications for fall 2022. Please submit applications by June 1, 2022.

For more information,  
please contact  
the MPH  
Program Director

Dr. Mateja R.  
Savoie Roskos



[mateja.savoie@usu.edu](mailto:mateja.savoie@usu.edu)



435-797-5777



[CAAS.USU.EDU/MPH](https://caas.usu.edu/MPH)

UtahStateUniversity®

Visit the [USU MPH website](https://caas.usu.edu/MPH) to learn more about this flexible, affordable program and the application process

## PRECEPTORS: SHARE YOUR STORIES

The Academy is seeking stories and photos about how preceptors, students and interns are celebrating National Preceptor Month in April.

Please also send stories and pictures showing how students and interns thanked their preceptors in the past few years. Your story may be used on the Academy's social media pages, website or newsletters.

[Learn More Here](#)





## ANNOUNCEMENTS AND MORE

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### CONTINUE YOUR ACADEMY BENEFITS INTO 2022-2023

Renew Your Membership Now!



Academy of Nutrition  
and Dietetics

You can renew for the June 1 to May 31, 2023, membership year and renew or add dietetic practice groups, member interest groups and other Academy groups.

Sign in to your account on the Academy's website or call 800/877-1600, ext. 5000 (weekdays from 8 a.m. to 5 p.m. Central Time).  
International callers can call +1-312/899-0040, ext. 5000.

If you prefer to submit your dues by check, watch your mail for printed renewal materials in mid-April or print an invoice after signing in to your account.

[Click Here to Renew!](#)

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### BECOME AN ACADEMY FELLOW

Apply to become a Fellow of the Academy of Nutrition and Dietetics (FAND) before May 31 to have your name featured in the October issue of the Journal of the Academy of Nutrition and Dietetics. Displaying the FAND designation in your credential line showcases your expertise to employers, colleagues, clients and the public.

The FAND recognizes Academy members who have distinguished themselves among their colleagues, as well as in their communities, by their service to the dietetics profession and by optimizing the nation's health through food and nutrition.



[Learn More Here](#)

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## ANNOUNCEMENTS AND MORE

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### TAKE ACTION NOW TO ENSURE KIDS HAVE ACCESS TO HEALTHFUL MEALS



The sustainability of America's school meals are at risk. Earlier this month the FY22 spending bill was passed which excluded provisions to keep crucial child nutrition waivers in place.

Recently introduced, the bipartisan Support Kids Not Red Tape Act is our last chance to urge Congress to keep these waivers in place to ensure students have access to healthful meals and school foodservice directors have the necessary flexibilities in place to provide meals while grappling with rising costs and supply chain shortages. Access to these meals is more important than ever with the COVID-19 pandemic's disproportionate impact on people with diet-related diseases and underrepresented communities.

Studies continue to show that schools are the healthiest place for kids to eat in the United States. Take action today and tell Congress to ensure kids continue to have access to healthful school meals.

[Click here to take action today](#)







## ANNOUNCEMENTS AND MORE

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### CHECK OUT THESE UTAH DIETITIANS IN THE NEWS

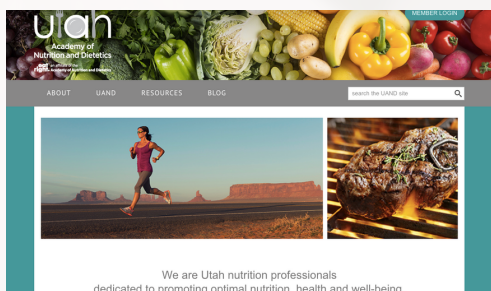


Brittany Poulson discusses ways to eat healthy on a budget for KSL.

Kelly Gomez was featured on The Daily Dish by abc4 about the benefits of working with an RDN on reaching individualized health goals (sponsored by DexaBody).

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**CHECK OUT  
OUR WEBSITE!  
[eatrightutah.org](http://eatrightutah.org)**



How can we make the website work for you?  
Let us know by  
e-mailing  
socialmedia  
[@eatrightutah.org](mailto:@eatrightutah.org)

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**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

### **Bac(k) to Basics**

Free live webinar through Partnership for Food Safety Education

May 12, 2022 1 PM EST/11 AM MST

1 CEU offered

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

### **Trauma Informed Care: The Dietitian's Role & Nutritional Interventions**

Live webinar through Today's Dietitian

April 28, 2022 2 PM EST/12 PM MST

Cost: \$19.99

1 CEU available

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

### **Managing Diabetes With Continuous Glucose Monitors and Insulin Pumps:**

#### **How to Support Your Patients**

Free recorded webinar through Skelly Skills

1 CEU offered

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

