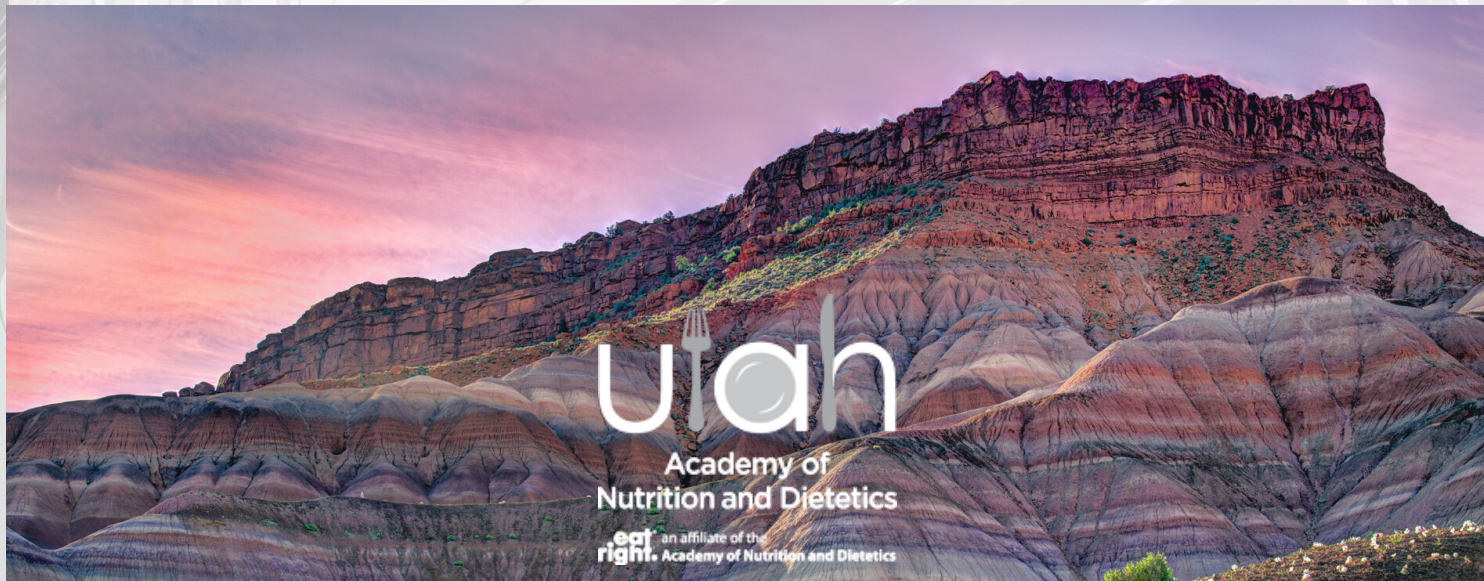


JUNE/JULY 2022 | ISSUE XI

NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



A MESSAGE FROM THE ADVOCACY PILLAR

Written by Jobaida Khanom, Public Policy Chair

During World War I, a group of women in Cleveland, Ohio devoted themselves to helping the government conserve food and improve public health and nutrition. As a result, the Academy of Nutrition and Dietetics journey started. Since then, it has advanced nutrition and dietetics professionals through research, education, and advocacy. The Academy's policy advocacy leaders engage with policymakers regarding food and nutrition-related issues, influence decisions on public policy, lobby Congress, provide expert testimony at hearings, defend public policy priorities, and promote state advocacy at the grassroots level. Some of the Academy's public policy priorities are disease prevention and treatment, lifecycle nutrition, healthy food systems and access, quality health care, and health equity.

The Utah Academy of Nutrition and Dietetics (UAND) is working as a state label grassroots organization. Among all other legislations, MNT Act 2020 and Child Nutrition Reauthorization (CNR) priorities are what UAND has been working on this year. One of their achievements would be successful integration at the Advocacy Summit, 2022, with fellow dietitians' active participation and meeting the Senators' staffers from the Hill. Professional development is always a priority for UAND. UAND received an email back from Senator Mitt Romney, reporting that "the Senate Health Committee voted

Photo by John Fowler on Unsplash

A MESSAGE FROM THE ADVOCACY PILLAR

unanimously to expand continuous education opportunities for health professionals in rural and underserved communities." (April 27, 2022).

In the wake of the COVID-19 pandemic and supply chain disruption, Congress has excluded the Child Nutrition Waiver from the Omnibus Bill that put the Sustainability of School Meal Programs at risk this summer. UAND is aligned with Academy's policy priorities and supports USDA Sustainability initiatives of building a more resilient food supply chain, creating more and better local markets, and providing more power to the consumers and farmers. The bipartisan passage of the Baby Formula Act is an outstanding policy advocacy success for the Academy. Utah dietitians are vigilant as nutrition professionals to ensure Utah's food security and health equity.



The Public Policy Chair, State Policy Representative, and grassroots advocacy members and their interactions with policymakers on crucial policy issues are vital to advancing the profession and the communities they serve. The UAND Advocacy Pillar supports the Academy's proposed policy ideas and recommendations, connecting with state representatives and state senators' office staffers to reach the core of policy advocacy. A dip dive into the **State Legislative Tracking Map** depicted not much involvement of Utah legislators regarding policy issues relevant to the Academy policy priorities. Adjacent states such as Nevada and Montana are working on Food Security, Child Nutrition, Dietary Guidelines/Guidance, Food and Water Safety, and Health IT/Telehealth. As part of the nutrition professionals' guilds, Utah dietitians have the potential to work on those issues and improve nutrition and health equity in Utah.

Nutrition and Dietetics are crucial components of Healthy People 2030's objective selection criteria for reducing health disparities and food insecurity. UAND Advocacy Pillar participates in action alerts to support and promote Utah state affiliation in policy issues. Looking ahead, the Utah advocacy pillar will increase awareness and participation among registered dietitians as grassroots policy advocates. To enhance participation, Advocacy Pillar urges members to step up, connect with our legislators, and use resources to help UAND work on those key policy issues that we hold so dear to our hearts.

UAND Advocacy Pillar's appeal to members to:

- Participate in the 2023 Nutrition and Dietetics Advocacy Summit – will be held virtually March 28-30
 - Academy will offer scholarships to cover the registration fee.
 - Mandatory Leader Training Sessions
- Connect with respective U.S Senate offices
- Participate in Action Alerts
- Look out for UAND e-Blast
- Visit Academy Advocacy Action Center
- Join the Academy's Affinity Groups of your choice

FOR MORE INFORMATION, VISIT THE ACADEMY ADVOCACY PAGE

The Utah Academy of Nutrition and Dietetics is pleased to announce our
2022 RECOGNIZED YOUNG DIETITIAN OF THE YEAR

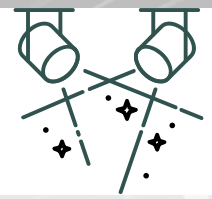


Katie Brown, PhD, RDN, CSSD

The Recognized Young Dietitian of the Year Award recognizes a dietitian 35 years of age or younger who has demonstrated leadership qualities and performance in dietetics.

Katie Brown has been a dietitian since 2009. After earning her PhD from Utah State University (USU) she has enjoyed teaching dietetic students and conducting research at the University of Idaho and USU. She received teaching awards from both universities as well as from the Nutrition and Dietetics Educators and Preceptors Practice Group of the Academy of Nutrition and Dietetics. Her nutrition education and female athlete triad research has yielded 17 peer-reviewed journal articles. She has mentored 60 undergraduate students in research, resulting in 33 posters presented at local, national, and international conferences. She has also mentored 16 graduate researchers; serving as a primary mentor to 6 students to help them achieve the MS, RD credentials. More recently she has started a private practice and serves as the UAND Networking Director.

UAND MEMBER SPOTLIGHT



Maria Givler, M.Ed., RDN

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

21 years; 20 years respectively

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

Creating a Test Kitchen to enhance nutrition education. People love to eat! It's the perfect way to teach.

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

Utah State University; I love working with interns, seeing them grow and succeed!

What is your favorite book or movie?

Favorite book: Jane Eyre

What is your favorite recipe or food tradition?

Favorite recipe: my grandmother's chocolate cake. You can make it a little healthier and it still tastes decadent.

How do you spend your free time?

Hiking with my dog Lucy, traveling, home projects, time with family and friends.

What is the best advice that you have ever received?

Do your best and forget the rest!

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

Great connections and opportunities to sharpen skillsets.

What advice do you have for young dietitians?

Don't be afraid to learn step by step. It takes time, practice, trial and error to really become proficient.

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



ANNOUNCEMENTS AND MORE

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!](#)

LACTATION RDNS NEEDED FOR RESEARCH STUDY

The Academy's Research, International and Scientific Affairs Team seeks RDNs who specialize in breastfeeding to help collect information about the nutrition care and documentation provided to patients giving and receiving breast milk. The project is funded by the Pediatric Nutrition and Women's Health dietetic practice groups.



Email BFRetry@eatright.org for more information.

[Learn More About the Study Here](#)

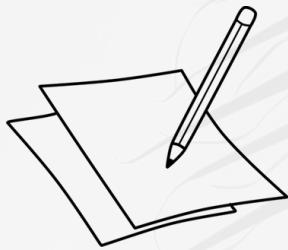


ANNOUNCEMENTS AND MORE

ACADEMY SEEKS NOMINEES: 2025-2030 DIETARY GUIDELINES ADVISORY COMMITTEE

The development process of the 2025-2030 Dietary Guidelines for Americans is underway!

The Academy will respond to the proposed scientific questions that will inform the development of the next iteration. Members are invited to nominate themselves or qualified expert colleagues to be considered in the Academy's recommendations to serve on the Dietary Guidelines Advisory Committee.



[Learn More Here](#)

DIETARY GUIDELINES AFFINITY GROUP MEETING

The new Dietary Guidelines Affinity Group will hold its first online meeting June 15 from 2:30 p.m. to 3:30 p.m. Mountain time.

The affinity groups meet once a month and are a forum-based event where staff, policy leaders and members discuss Academy advocacy priorities and strategies, share their experience and determine how they can become involved in advocating.

Academy members are invited to join the monthly meetings to provide feedback during the guidelines process.

[Click Here to Learn More](#)



ANNOUNCEMENTS AND MORE

ADVOCACY ACTION ALERT

ADVOCACY ACTION ALERT

Submit a Comment to CMS in Support of the Global Malnutrition Composite Score Measure

On April 18, 2022, the Centers for Medicare & Medicaid Services (CMS) issued its Hospital Inpatient Prospective Payment System (IPPS) Proposed Rule for Fiscal Year 2023.

The CMS proposed rule includes the Global Malnutrition Composite Score measure as an optional measure. The Global Malnutrition Composite Score is a compelling and comprehensive tool for assessing quality hospital care for older patients (aged 65+) at risk of malnutrition and can help:

- o Advance health equity
- o Better quantify nutrition care

Adoption of the Global Malnutrition Composite Score in the final CMS rule would represent an important step forward in addressing the crisis of malnutrition among older Americans.

How You Can Help:

Submit a comment to CMS in support of the Global Malnutrition Composite Score. It is critical that CMS hears from malnutrition stakeholders from across the US!

To be assured consideration, comments must be received
no later than 5 p.m. EDT on June 17, 2022.

[SUBMIT YOUR COMMENTS HERE](#)

Find more resources on this measure **[HERE](#)** and **[HERE](#)**



ANNOUNCEMENTS AND MORE

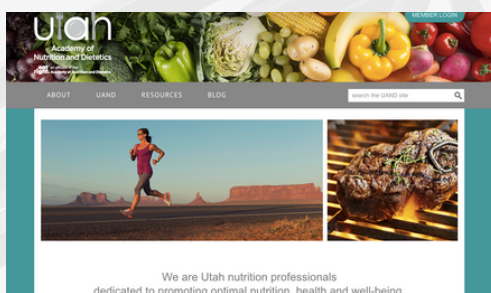
CHECK OUT THESE UTAH DIETITIANS IN THE NEWS



Miranda Reynolds was interviewed by KUER 90.1 on the baby formula shortage and resources for families from WIC.

McKenzie Rockwood was named one of the 2022 30 Women to Watch by Utah Business.

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OUR WEBSITE!**
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Evidence-Based Use of Probiotics, Prebiotics and Fermented Foods for Digestive Health

Free recorded webinar through Today's Dietitian

2 hours/2 CEU offered

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Breaking the Cultural Code: How to Counsel the Hispanic Population

Free recorded webinar through Becky Dorner & Associates

1 CEU available

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

Infant Driven Feedings - All About the Cues and More

Free recorded webinar through Abbott

1 CEU offered

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

