

NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



A MESSAGE FROM THE EDUCATION PILLAR

By Rachel Rosero, Annual Meeting Chair

A few days ago I had a family member tell me that they were about to start a 5-day fast and wanted my opinion (um, how long do you have...?) Within this past month I have been asked about everything from the best practices for feeding children, to what Glucomannan is (... let me Google that for you). We build up a knowledge base for our individual careers, but aside from that we are turned to constantly for our expertise in nutrition. "How do you skin a chicken?" "Why do you think I sneeze every time I eat pineapple?" It may seem exhausting, but we are the nutrition professionals of the world! We want to be the fountain of nutritional wisdom for our friends, neighbors and associates.



A MESSAGE FROM THE EDUCATION PILLAR (CONT.)

We are now planning the **2023 UAND Annual Conference**. This is one of the best opportunities for finding out the answers to so many of the questions that will bombard us this next year. It is also an opportunity to network with other experts who may actually have had experience with other sneezing pineapple eaters!

But we need help to make this conference a success! We need people to help find speakers, vendors, sponsors and caterers. We need people to help plan and organize this fantastic event! When you volunteer you will be working with me and a team of other volunteer dietitians. You can help in whatever capacity you would like, based on your availability and interest. Please contact me if you would like to help make this conference a success. You can email me at lazerwhit@gmail.com. We hope to see you at our **2023 UAND Annual Conference**.

**TO GET INVOLVED IN THE
ANNUAL UAND CONFERENCE**
email lazerwhit@gmail.com



2022 OUTSTANDING DIETETIC STUDENTS

Sara Saltzgiver, Madeline Peterson, Asa Humpherys



**Sara Saltzgiver,
Coordinated Program**

Sara is a 2nd year graduate student and teaching assistant in the Coordinated Master's Program at the University of Utah, as well as first author of a peer-reviewed article in the journal *Nutrients*. She emulates attributes that are important qualities in an aspiring registered dietitian, such as academic excellence, leadership, strong communication skills, going the extra mile, and professionalism. Currently, Sara is collaborating on an innovative team master's project in collaboration with Intermountain Healthcare. In addition, Sara is collaborating with the Pediatric Diabetes Team at Primary Children's Hospital to compile a comprehensive carbohydrate counting guide for Somali refugee families living with Type 1 Diabetes. Her ability to balance academic excellence with graduate teaching assistant work and extensive community service provides strong evidence for future success.



**Madeline Peterson,
Didactic Program**

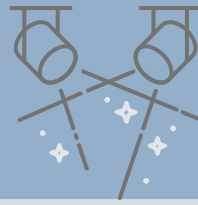
Madeline, a native to Minnesota, graduated with a Bachelor of Science degree from the didactic program at Utah State University (USU) and as the College of Agriculture and Applied Sciences valedictorian in May 2022. She maintained a cumulative GPA of 4.0 while also maintaining part-time employment and actively participating in extracurricular activities. She served as an ambassador for the College of Agriculture and Applied Sciences for the past three years working to recruit future dietetic professionals. Madeline has received several scholarships and awards for her academic success. A factsheet that Madeline wrote was published as a USU Extension factsheet with the help of faculty members. Madeline has worked as a teaching assistant for many dietetic undergrad courses, peer advising dietetic students, and acted as a peer mentor. She will be a remarkable dietitian and will make a positive difference in the lives of those she teaches and counsels.



**Asa Humpherys,
Dietetic Intern**

In Asa's words: "I took the Intro to nutrition class my sophomore year of college, which is where "dietetics" first blipped on my radar. I loved the idea of being able to connect with people professionally through something that was already so meaningful to me. Though, at this point in my life, I decided to go another route and graduated and started a career. It did not take me very long to realize I was not in the field I was supposed to be in, and that I wanted to be a dietitian. Finally, I graduated and got accepted for a spot in a dietetic internship. I was one step closer to becoming an RD. The dietetic internship is definitely a trial by fire but the knowledge, connections, and experience you get in return are worth their weight in gold. I feel especially fortunate that my internship program gave me an opportunity to work in the foodservice setting, focused on early childhood development. Initially, I hadn't considered this focus but I enjoyed working with the directors and the children so much I want to focus my dietetics career on serving a much younger population than I had originally intended."

UAND MEMBER SPOTLIGHT



Meet Brooke Lister, MPH, RD, CD



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

3 years as a Dietitian, however I started coming to UAND Conferences in my junior and senior year of college.

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

I love the annual conferences and feel like this event helps me to continue expanding my knowledge and grow as a young Dietitian. I love learning and I am glad that UAND gives me an opportunity to continue to learn.

What is your favorite recipe or food tradition?

I don't have a favorite recipe, but I very much enjoy any type of Mexican food.

What is the best advice that you have ever received?

Say "yes" more and always be open to trying new things. You never know what doors will open up or what connections will be made in the process.

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

I work at Utah State University for Campus Recreation as a Registered Dietitian. This is a very unique position for a Dietitian. My favorite part is getting to work with a wide range of people from students to faculty and staff. I have been able to do 1:1 nutrition sessions but also teach some group nutrition classes on topics including Intuitive Eating. We have also implemented cooking classes that the USU Dietetics students teach and these have been a favorite so far! This was an entirely new program when I started here in October 2021 and I am excited to see how much it has grown so far and also see a vision for the future.

How do you spend your free time?

I love spending time with my husband and our dogs enjoying the outdoors. We love to go camping, hiking, and four-wheeling in the summer (but really enjoy anything outdoors). I also love to read and make crafts in my free time.

What advice do you have for young dietitians?

Keep an open mind when it comes to determining a career path. Before I started my dietetic internship, I thought I would hate clinical dietetics and that I would never work in the hospital setting. However, I started my young career at Davis Hospital and Medical Center and I LOVED every moment. I found that clinical dietetics was such a rewarding and enjoyable place for me. So just don't rule anything completely out at the beginning and don't be afraid to try something you think you won't like.

Want to be featured? Submit 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://www.eatright.org/for-kids>



FOOD AND NUTRITION CONFERENCE AND EXPO

FNCE is open for registration!

World-renowned nutrition and health experts will convene in Orlando to explore the latest advances in medical nutrition therapy, healthcare technology, nutrition services access and opportunity and much more!

- In-person and virtual options!
- Groundbreaking research posters

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 26.





ANNOUNCEMENTS AND MORE

DOPL TO DISCONTINUE POSTCARD RENEWAL REMINDERS



A message from DOPL:

We would like to inform you of an upcoming change to professional license renewal reminders. Beginning June 2023, the Division of Professional Licensing (DOPL) will send license renewal reminders via email **ONLY**. The last postcard reminders will be sent out between now and May 2023.

Please make sure your inbox is set up to receive email renewal reminders from DOPL. It takes just 10-15 minutes and may help prevent an expired license.

If you have seen renewal reminders from DOPL in your inbox previously, you are already set up to receive these email reminders and do not need to take any additional steps.

If you have not received any email reminders, follow the steps below:

1. [Update your email address on file with DOPL HERE](#)
2. Check your email settings to allow email correspondence from StateOfUtahCommerceLicensing@Utah.gov.

Don't let an expired license slow you down! For more information, visit dopl.utah.gov or call DOPL at 801-530-6628.



ANNOUNCEMENTS AND MORE

URGE CONGRESS TO SUPPORT THE HEALTHY MEALS, HEALTHY KIDS ACT



What's included in the Healthy Meals, Healthy Kids Act?

WIC Program

- Improvements to information systems and technology to better serve WIC participants and allow for modernization of the program by requiring clinics to offer services over the phone and via video options
- Expansion of certification period to two years
- Extension of WIC eligibility for children up to six years old or on the day they begin kindergarten
- Extension of WIC eligibility for postpartum woman to two years
- Improvements to WIC Farmers Market Program
- Expansion of the breastfeeding peer counseling services

National School Lunch Program

- Expand community eligibility to reach 9 million more students with free meals
- Offer emergency waivers or modifications on a nationwide basis
- Direct certification for children receiving Medicaid benefits
- Increase reimbursement rate of school meals
- Support school kitchen equipment and infrastructure improvements
- Provide technical assistance for schools to meet nutrition standards

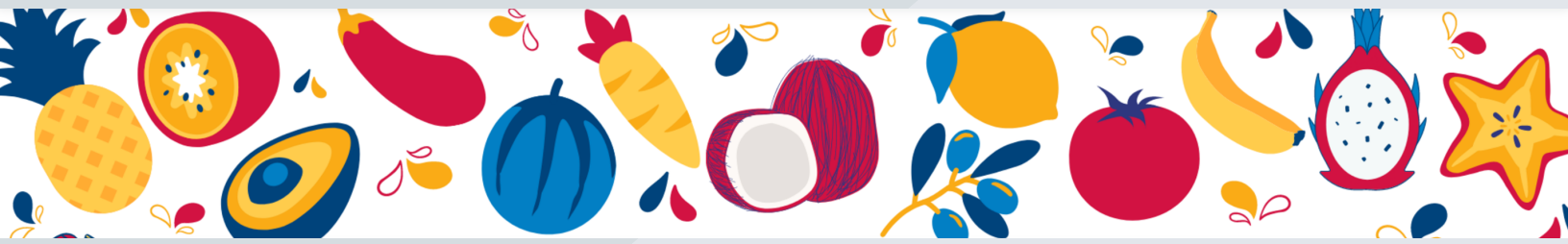
Plus additional provisions included!

[Add Your Member Support Here](#)

[Public Action Alert Available Here](#)



UPCOMING LEARNING OPPORTUNITIES



NUTRITION DIVERSITY CONFERENCE

The Second Annual Nutrition Diversity Conference: ***Cultural Humility Insights & Strategies for Inclusive Care & Education*** is sponsored by Metropolitan State University of Denver's Post-baccalaureate Opportunities for Hispanic Americans (POHA-Denver) grant within the Department of Nutrition and will be held virtually on September 8 - 9, 2022.

The POHA-Denver Nutrition Diversity Conference provides a day filled with presentations, cooking demonstrations, and yoga. Educational sessions will include managing care for specific cultures and individuals while providing tips for students to be successful in our field. Professionals in the field can earn up to **17 CEUs, with 7 CEUs** counting towards ethics by attending a full day of sessions.

Pre-Conference Event! Diversify Dietetics will host one of the two pre-conference events helping students complete a star stellar DICAS application and become better matched candidates.

Maya Feller MS, RDN and **Juliette Blount MSN, NP** will host the second pre-conference event which is an interactive Nutrition Professional Workshop focusing on race and nutrition. This workshop will be a virtual hands on experience filled with discussions, breakout rooms, and case studies.

Please **visit the event page** to purchase tickets, view the agenda & guest speakers, and sponsors for the event.





UPCOMING LEARNING OPPORTUNITIES



UNIVERSITY OF UTAH COLLEGE OF HEALTH &
UTAH CENTER FOR COMMUNITY NUTRITION

FOOD IS MEDICINE 2022 CONFERENCE

This activity has been approved for *AMA PRA Category 1 Credit™*.
Requests for reasonable accommodations for disabilities should be made in advance.

SATURDAY, SEPTEMBER 24, 2022
8 AM - 5 PM
AT UNIVERSITY OF UTAH GUEST HOUSE
110 FORT DOUGLAS BLVD
SALT LAKE CITY, UT 84113

PRE-CONFERENCE EVENTS AVAILABLE
TO ATTEND *FRIDAY, SEPTEMBER 23*.
VISIT WEBSITE FOR DETAILS AND
REGISTRATION.
SPACE IS LIMITED.

REGISTRATION & WEBSITE
scan QR code





ANNOUNCEMENTS AND MORE

CHECK OUT THESE UTAH DIETITIANS IN THE NEWS



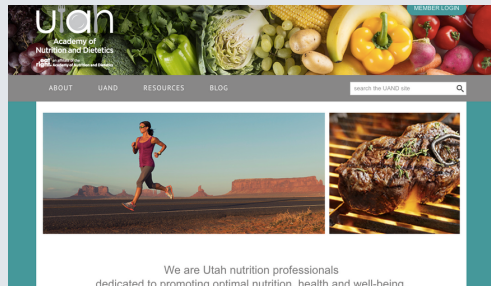
Lacie Peterson was interviewed by KUER 90.1 on the emerging research of intermittent fasting and COVID-19 symptoms

Carly Alba spoke with KUTV about hosting a party and being mindful of food allergies

Sarah Zou contributed to University of Utah Health Communications about important levels to know for health & disease management

Courtney Reynolds wrote about small changes to increase produce consumption for VA News, the VA's official blog

**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



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

