

NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



A MESSAGE FROM THE PRESIDENT

Gina Ward, MS, RDN, CDCES - Clinical Nutrition Manager

I received a text from a patient recently. She had been eating for her type 1 diabetes and gastroparesis completely wrong, which landed her in the ICU with DKA three times in one month. A little resistant to dietary recommendations at first, she decided to try my recommendations for diet and supplemental probiotics/enzymes out of desperation. During follow-up in the outpatient clinic, she was taught how to use a continuous glucose monitor (CGM) and insulin pump. As a result, her A1c has gone from 14% to 6.4%. and she has felt better in the last few months than she has in nearly five years. The text was to express appreciation; she said, "it's changed my life."



A MESSAGE FROM THE PRESIDENT

The rewards of being a dietitian include more than the paycheck. Dietitians make a difference in the lives of others in so many ways. Our members and partners provide leadership based on evidence-based information, advocating for good nutrition, education, and critical services. The last few years have been a challenge to be sure, but it's also an exciting time to elevate nutrition and promote our role as Registered Dietitians in the nutrition networks across Utah.

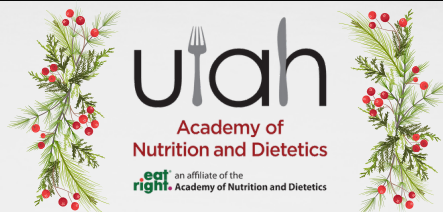


In 2022, our Membership Pillar planned several webinars and cooking demonstrations to increase inclusion and promote diversity from other cultures/cuisines. These opportunities increase culinary skills and allow us to experience new flavors, as well as expand our cultural awareness of food options so we can better counsel our patients. Our Education Pillar planned and executed the UAND Conference in April 2022 after COVID restrictions limited in-person events for the previous two years. It was awesome to see friends in person instead of remotely! Our Education Pillar is currently planning **UAND Annual Conference, set for March 3-4, 2023**, at the Viridian Center in West Valley, UT. Mark your calendars and join us! The speaker line-up so far is looking fantastic, and we hope to provide even more CEU than last year's event.

COVID-19 has changed so much about our lives, and its impact has forever changed how dietitians practice. Policy & Advocacy Teams from the Academy of Nutrition & Dietetics, as well as our local Advocacy Pillar, are working to clearly define dietitian licensure state-to-state, including telehealth services. Resources for this can be found at:

<https://www.eatrightpro.org/advocacy/licensure/licensure-map-and-statutes-by-state> and <https://www.eatrightpro.org/advocacy/licensure/teleheath-and-licensure>.

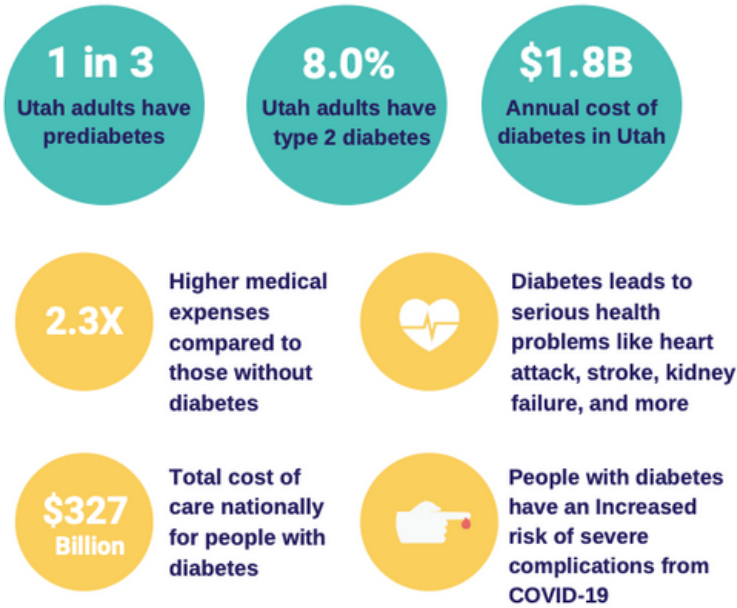
As a state affiliate of the Academy, we want to make it less difficult to obtain dietitian licensure for those who meet requirements, as well as make it easier for dietitians who physically relocate or provide remote services to provide medical nutrition therapy.



A MESSAGE FROM THE PRESIDENT

THE PROBLEM

Prediabetes is a serious health condition characterized by elevated blood sugar that indicates an increased risk for type 2 diabetes, heart disease, and stroke. **84 million Americans have prediabetes.** Without intervention, many people with prediabetes could develop type 2 diabetes within 5 years.

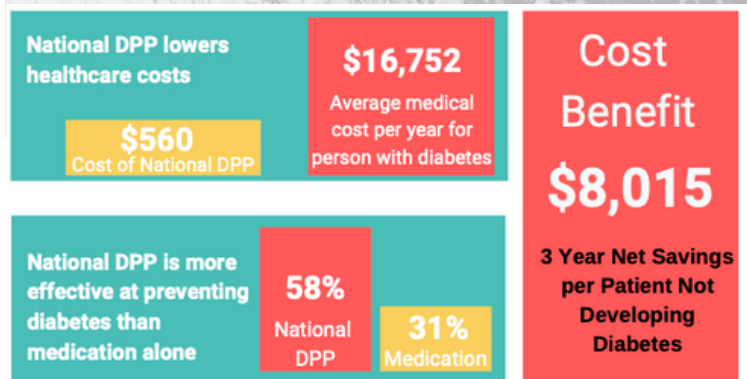


Regarding advocacy, the past year has seen some local success. Many dietitians and diabetes educators around the state encouraged legislators to support House Bill 194 in February of 2022, which includes coverage of diabetes prevention programs (DPP) for Utah Medicaid-qualified participants. With the support of Representative Suzanne Harrison and Senator Edwin Vickers, it passed! Thank you to our many members who reached out to their representatives to support this legislation.

FOOD SECURITY TASK FORCE

In 2020, Utah State Senator Luz Escamilla introduced a bill to create a Food Security Taskforce to address food insecurity in Utah. In the summer of 2022, the task force was “rebranded” into “The Food Security Council.” Its membership includes the Department of Agriculture, the Farm Bureau, representatives

from refugee resettlement, services, Tribal governments, higher education, SNAP-ED, SNAP State Agency, the Expanded Food and Nutrition Education Program (EFNEP), WIC, Utah Department of Health, Get Healthy Utah, and Utahns Against Hunger. The purpose of this group is to identify policy barriers that prevent low-income individuals and families from participation in federal nutrition programs and to increase access to fresh and whole foods as part of healthy eating. Utah overall is close to the national average for poverty, but the problem is concentrated in rural areas. Food insecurity disproportionately affects children, struggling college students, single-parent households, seniors and minorities. Recent inflation has not improved the situation for these groups, but so many dietitians and community partners are working to find solutions. To learn more and gain ideas to see how you can help, visit <https://www.utah.gov/pmn/files/775519.pdf>



National DPP is covered by many major insurers in Utah:

- ✓ SelectHealth
- ✓ Medicare
- ✓ EMI Health
- ✓ Medicare Advantage

A MESSAGE FROM THE PRESIDENT

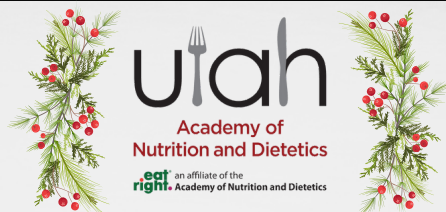


Utah dietitians make a HUGE difference in the lives of others, with or without a “thank you” text. In the spirit of the holiday season, I would like to challenge each of you to take a brief moment and express gratitude to a fellow dietitian, perhaps a mentor, a professor, a co-worker, or a community partner that has made a difference to you. I’ll start:

Kylie Hermansen, RDN, is our new Executive Director for the Utah Academy of Nutrition and Dietetics. After nearly 20 years of the infamous and awesome Curt Calder, RDN serving in that position, Kylie transitioned into the role in 2022. She is organized, thoughtful, kind, pleasant, and hard-working. Kylie helps me keep up with my duties and is a blessing in my life, as are the other members of the Executive Board, Pillar Chairs, and their committees. The friendships I have gained through serving in UAND have improved my 2022, and I look forward to serving with these phenomenal individuals in 2023.

Happy Holidays and New Year! Stay safe, and mark your calendars to join us in person at the upcoming UAND Conference in March 2023. It’s going to be a fun, educational blast!

Sincerely,
Gina R. Ward, MS, RDN, CDCES
UAND President 2022-2023



2022 AWARD OF MERIT

The Award of Merit recognize a dietitian who has demonstrated leadership and made significant contribution to the profession of dietetics.

ELLEN LECHTENBERG, MPH, RDN, IBCLC

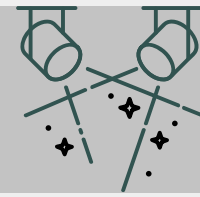
Ellen Lechtenberg began her dietetics career at Primary Children's Hospital (PCH) in 1992 as a clinical dietitian working in the Newborn Intensive Care and Infant Medical/Surgical units. She became an International Board Certified Lactation Consultant in 1996. In 2001 She became the Lactation Services Manager at PCH and continues in that role today as one of the only dietitians to serve as a lactation manager across the United States. During this time, she designed and implemented the Mothers Milk Center the first centralized human milk center in Utah. Ellen is currently the lactation lead at Intermountain Healthcare (IHC) where she has written or had oversight on numerous breastfeeding patient education materials including IHC's Living and Learning Together Breastfeeding book and has been the lactation expert on several breastfeeding policies and procedures. She has been involved in conference planning for and presenting at lactation conferences offered by IHC for the past 22 years educating nurses and dietitians. Ellen has represented dietitians presenting at local, national, and international conferences on a regular basis throughout her career in addition to television/media interviews and journal publications.

One of Ellen's greatest accomplishments was working with the late neonatologist Gary Chan on the use of fat free human milk for chylothorax. This original research was published in the Journal of Perinatology in 2007 and changed the national nutrition therapy standard for chylothorax utilizing human milk for patients in the NICU and CICU instead of formula only. She won the poster project on this research at the 2009 International Lactation Consultant Annual conference and has helped multiple hospitals obtain needed equipment and develop protocols to use fat free human milk.

Ellen is an author of the lactation chapters for Nutrition through the Life Cycle textbook used in college nutrition courses across the country. She is a CPE reviewer for the Academy of Nutrition and Dietetics book Infant and Pediatric Feedings Guidelines for Preparation of Human Milk and Formula in Health Care Facilities 3rd Ed. Ellen was a founding member of the Mountain West Mothers Milk Bank board for 7 years until the milk bank opened and is currently on the AND Breastfeeding advisory board, AND Maternal and Child affinity group, the Gold Learning Neonatal International Professional Advisory Counsel and a long standing member of the Utah Women's Health Coalition.

Congratulations!

UAND MEMBER SPOTLIGHT



MEET **Kayla Jessop, RDN, CDN, CEDS-S**

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

8 years a RD and I imagine 2 years as apart of UAND.

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

UAND has helped me learn more about behavioral science in treating folks with ED. I love connecting with other likeminded dietitians that I find through UAND.

What is your favorite recipe or food tradition?

Anything Japanese! Going home to a full spread of Japanese food is physically and emotionally comforting. Yakisoba, gyoza, tonkatsu are some of my favorites!

What is your favorite book or movie?

In this moment I will have to say Encanto. My daughter and I sing it everyday and I still love it!

What is the best advice that you have ever received?

If you open the doors, people will come.

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

I work for myself and it's a dream come true! My practice is called Kayla Jessop Nutrition Company. My favorite part of my job is teaching other dietitians how to improve their counseling skills in the treatment of eating disorders.

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

I love this question! There have been so many special moments with special people but my favorite moment thus far is opening up an RO DBT skills class for clinicians with my best friend and therapist Maggie. We have a full class of dietitians and therapists who all are learning RO DBT skills to change their lives as well as their clients. I am VERY grateful to be given this opportunity.

How do you spend your free time?

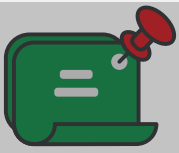
Working ha! I truly love my job so much that working on different ED projects doesn't feel like work most of the time. It allows me to be creative and stretch my professional limits. Other activities I love are scuba diving, hiking, skiing, and camping with my family.

What advice do you have for young dietitians?

Let go of perfection. When we make mistakes it's great modeling for our clients that no one is perfect. We all fall short. Normalize it and learn to love it.

MEMBER SPOTLIGHT QUESTIONNAIRE

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



ANNOUNCEMENTS AND MORE

REQUESTING VOLUNTEERS FOR UAND'S 2023 ANNUAL MEETING!

Get involved in a committee or help the day of the event. We are currently seeking volunteers for:

Catering Committee

If you are interested in gaining experience with UAND and helping make our 2023 annual meeting one to remember, contact Rachel Rosero at lazerwhit@gmail.com

[VOLUNTEER TODAY - EMAIL LAZERWHIT@GMAIL.COM](mailto:lazerwhit@gmail.com)

**ANNUAL
MEETING**
SAVE THE DATE!
**MARCH 3 - 4,
2023!**

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 Wednesday, February 1, 2023.

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

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



ANNOUNCEMENTS AND MORE

STUDY IN CRETE, GREECE

ALL STUDENTS
CAN APPLY - YOU
DON'T NEED TO
BE ENROLLED AT
USU!

MAY 16
TO
MAY 25

MEDITERRANEAN DIET

Study in Crete this summer for 10 days! Learn about the traditional culture and cuisine of Crete and Mediterranean diet concepts. Gain hands-on experience, including visits to regional food markets, tours of food production facilities, food preparation, and exploration of wild, edible flora and terrain.

SCHEDULE AND FEES

- 2 weeks after acceptance: \$500 deposit
- March 1: Program fee remainder (\$2,180) and insurance
- By University deadline: Tuition

PROGRAM LEADERS

- Holly Hopkins, Clinical Coordinator
- Casey Coombs, Professional Practice Assistant Professor
- Lacie Peterson, Dietetic Internship/MDA Director

- **VISIT:** open-air organic farmer's markets, an olive oil production facility, and archaeological/historical sites
- **PARTICIPATE:** in foraging and traditional cuisine cooking classes
- **TOUR:** traditional villages, tavernas, and artisanal food production facilities
- **EARN:** 3 credits in NDFS 4900/6900



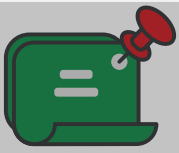
Interested in more information?
Contact Lacie for a recording of
the virtual open house

For more information:
studyabroad@usu.edu
holly.hopkins@usu.edu
casey.coombs@usu.edu
lacie.peterson@usu.edu

APPLY BY JAN. 15
studyabroad.usu.edu



UtahState
University



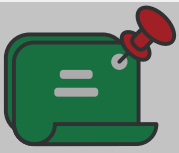
ANNOUNCEMENTS AND MORE

STUDY IN
CRETE,
GREECE!

MEDITERRANEAN DIET MEDITERRANEAN DIET ITINERARY

(Subject to Change)

| DATES | TRIPS/EVENTS |
|-------|---|
| 5/16 | Arrival, tour & welcome meze |
| 5/17 | Tour Minoan Palace of Knossos & archaeological museum Farmer's market & evening cooking class |
| 5/18 | Herbal medicine & beekeeping class Visit organic/biodynamic farm & cooking class |
| 5/19 | Botanical hike & meze Cooking class |
| 5/20 | Independent Study |
| 5/21 | Beach day Meeting with chefs/fishers, discussion & meze |
| 5/22 | Walking tour & garden visits in Vamos Cooking class |
| 5/23 | Visit olive grove & production facility Tour of chef's garden, cooking demos & boutique winery |
| 5/24 | Discussion about experiences & meze |
| 5/25 | Depart to United States |



ANNOUNCEMENTS AND MORE

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 2023. Perhaps running for a seat on the board?

The following positions are available for the 2023-2024 board year:

President-Elect
Treasurer-Elect
State-Regulatory Specialist
Annual Meeting Chair
Networking Director
Nominating Committee Member #2
Social Media Chair-Elect

For more information, contact Kary Woodruff at kary.woodruff@utah.edu.
We'd love to have you!



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

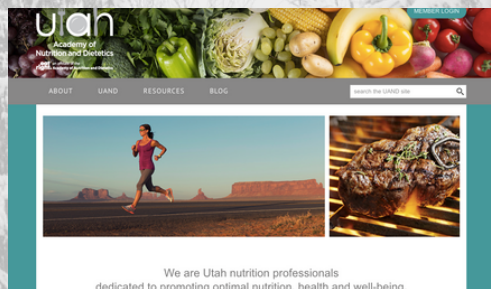


Trish Brimhall shared tips for sustainable nutritious holiday with abc4.com.

Carly Alba was interviewed by KSL about taking food allergies into account this holiday season.

Jenna Dychman discussed the nutrition benefits of pumpkins with Chachevalleydaily.com.

**CHECK OUT
OUR WEBSITE!**
eatrightutah.org



How can we make the website work for you?
Let us know by e-mailing
socialmedia
@eatrightutah.org

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MEDIA!**

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Linked in



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



UPCOMING LEARNING OPPORTUNITIES

Get CEUs and feed your curiosity

Recorded Webinar: **Addressing Nutritional Deficiencies in Children with ADHD**

1 Free CEU offered

Read more & Register [HERE](#)

Live Webinar: **Real Life Conversations on Affordable Nutrition and Access for Families**

1 Free CEU offered

Dec 8, 2022 12:00 PM MT

Read more & Register [HERE](#)

Recorded Webinar: **Global Guidelines for the Nutritional Care of Preterm Infants**

1.5 Free CEU offered

Read more & Register [HERE](#)



utah

Academy of
Nutrition and Dietetics

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Academy of Nutrition and Dietetics

