

NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



A MESSAGE FROM THE MARKETING PILLAR

Written by Ashley Quadros, Marketing Chair

Dear UAND Members,

March is coming up fast which means gearing up for **National Nutrition Month** and our **Annual Meeting!** We are excited to announce that registration for the Annual Meeting is now open. As you may have noticed, we are holding the meeting on Friday/Saturday this year, as we know many of you struggle to attend during the work week. We hope this makes the meeting more accessible to you.

The conference will feature keynote speakers, educational sessions (and **CPes!**), and networking opportunities for members to learn about the latest research and trends in nutrition. We can't wait to see you for this informative and engaging event!

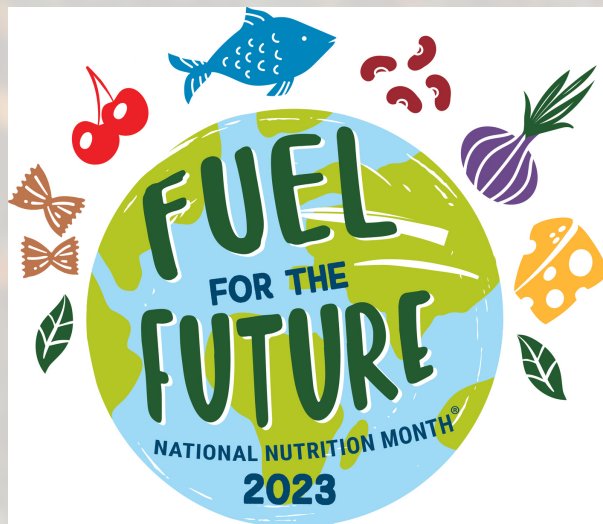


- **EARLY BIRD PRICING ENDS 2/17**
- **AT THE VIRIDIAN CENTER**
- [LEARN MORE HERE](#)
- [REGISTER HERE!](#)
- [HOTEL BLOCK INFO HERE](#)

NATIONAL NUTRITION MONTH®

March is National Nutrition Month® (NNM)! This month is dedicated to raising awareness around the importance of nutrition and the vital role that RDNs and NDTRs have in serving the public.

The theme for 2023 is **"Fuel for the Future."** I love this theme as it helps us consider how we can best support future generations, whether it's educating about eating for sustainability or chronic disease prevention or advocating for RDNs and NDTRs in the state legislature. It's a powerful theme that will help us reflect on the impact that our profession has on the world.



You can find resources, inspiration, and additional information about NNM [here](#). We also encourage you to follow UAND and the Academy on social media (if that's your kind of thing!) to stay in tune with the month's initiatives and activities.



Instagram

[@EATRIGHTUTAH](#)

[@EATRIGHT_PRO](#)

[#NATIONALNUTRITIONMONTH](#)

**CELEBRATE
RDN DAY!**

WEDNESDAY
MARCH 8, 2023

**NEW THIS YEAR
CELEBRATE
NDTR DAY!**

THURSDAY
MARCH 9, 2023



ANNOUNCEMENTS AND MORE



JOIN OUR TEAM



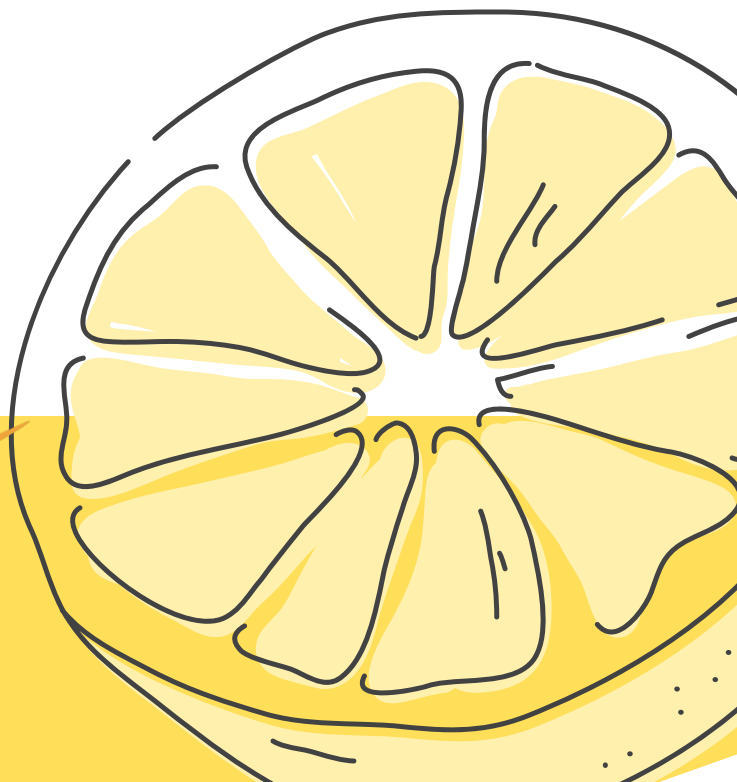
Positions available:

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

Volunteer
Build your resume
Network
Make a difference

[Click here to apply!](#)

Email questions to
uandnominatingcommittee@gmail.com





ANNOUNCEMENTS AND MORE

ONE SCHOLARSHIP LEFT!

UAND awards four \$500 scholarships per year. Applicants must be either: a junior in a Coordinated Program; or a senior in a Didactic Program planning to complete an Internship Program the following year (confirmation of acceptance will be required).

We have created a simple form for you to use for the application. Before opening the form, prepare the following information (to be uploaded):

- Two letters of support (one letter from an employment supervisor and one letter from a university faculty member)
- Official transcript or signature of faculty advisor verifying GPA ([use this form for signature](#))

The deadline for submission is Friday, February 17, 2023.

[Learn more here.](#)

[Submit your application here.](#)



ANNOUNCEMENTS AND MORE

ICE CREAM NETWORKING EVENT FRIDAY, MARCH 3

Come get to know other Utah dietitians during a taste-off of fun ice cream flavors between Aggie Creamery and BYU Creamery!

Friday, March 3rd, 4:00-5:00 p.m. - Viridian Event Center

This event is FREE to attend.

[Register here!](#)



UAND ANNUAL MEETING CALL FOR ABSTRACTS

The call for abstracts is open now until February 17, 2023. The poster session will take place during Saturday of the Annual Meeting on March 4, 2023 in West Jordan, UT. Abstracts may be for completed projects/research or projects/research in progress. Submissions may be from undergraduate students, graduate students, or professionals.



Abstract Poster categories include:

- Research Abstracts
- Project or Program Report Abstracts
- Innovations in Nutrition and Dietetics Practice or Education

[Submit your abstract here.](#)

Direct any question to Pauline Williams at pauline_williams@byu.edu



ANNOUNCEMENTS AND MORE



MEET YOUR
LEGISLATORS
AND TALK RDN
STATE LICENSURE
UAND 2023
LEGISLATIVE DAY

RSVP TODAY!
FRIDAY,
FEBRUARY 24
2 - 4 PM

2.00PM TO
4.00PM

FRIDAY
FEBRUARY
24TH, 2023

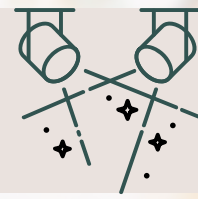
350 NORTH STATE STREET 120 STATE
CAPITOL SALT LAKE CITY, UT 84114

*DELIVER UTAH-MADE TREATS
TO OUR STATE LEGISLATORS*



JOIN US! RSVP HERE

UAND MEMBER SPOTLIGHT



**Meet UAND member
Kary Woodruff,
PhD, RD, CSSD, CEDRD**

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

13 years as a dietitian and 2.5 years as a UAND member.

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

It has allowed me to network with other professionals and connect my students with some really excellent nutrition work. Also learning about continuing education opportunities as well as social events!

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

Receiving my PhD - it was incredible!

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

University of Utah - I love the variety of work I get to do! Research, teaching, and some patient-focused work.

What is your favorite recipe or food tradition?

Food tradition - my family gets to have whatever they want for breakfast Xmas morning. For my kids this ends up being ice cream cake and fruity pebbles, and for me it's leftovers from Christmas Eve dinner.

What is your favorite book or movie?

Book - The Orphan Train

How do you spend your free time?

Skiing, biking, time with my family.

What is the best advice that you have ever received?

In the first few years of my career - say yes to everything. You never know if you'll like something unless you try it; plus, you typically end up meeting (& networking with) really incredible people. Then I learned, you can't do it all! Learning to set boundaries (which is still a work in progress for me) has been crucial in the second half of my career.

What advice do you have for young dietitians?

Say yes (see above)

MEMBER SPOTLIGHT QUESTIONNAIRE

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



ANNOUNCEMENTS AND MORE



REPRESENT UTAH AND PRESENT A POSTER AT FNCCE!

Submit an abstract that is a brief, written summary (no more than 250 words) of the specific ideas or concepts to be presented, and a statement of their relevance to practice or research.

Selected research, project or program report, and future practice abstracts will be presented during Poster Sessions at FNCCE®. The poster should highlight the important parts of your study/program and practice applications.

The following three types of abstracts are presented:

Research abstracts
Project or program report abstracts
Future Practice abstracts

The Call for Abstracts is open until February 16.
Learn more and submit your abstract [HERE](#).



Have you noticed?
UAND's Instagram is back!

Follow [@eatrightutah](#) to stay up to date!



ANNOUNCEMENTS AND MORE

UTAH PUBLIC HEALTH CONFERENCE OUR FRIENDS AT UPHA INVITE YOU!

2023 UTAH PUBLIC HEALTH ASSOCIATION CONFERENCE

Join us for a 2-day in-person public health event.



Save the date

APRIL 12-13

**University of Utah - Alumni House
Salt Lake City, UT**

We look forward to seeing you there!

MORE INFORMATION

info@upha.org
www.upha.org

ABOUT US

UPHA is a leader in promoting public health, advocating for sound public health policy, and providing professional development opportunities for the public health community.

[Register here.](#)



ANNOUNCEMENTS AND MORE

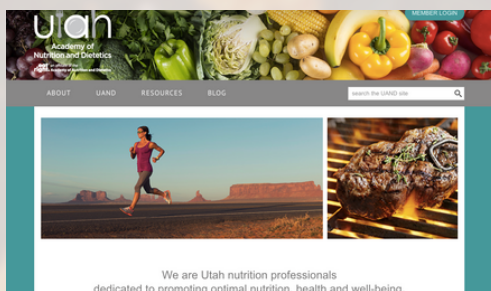
CHECK OUT THESE UTAH DIETITIANS IN THE NEWS



Brittany Poulson writes for KSL.com on different foods that can contain added sugar.

Trish Brimhall spoke with Fox 13's The Place about questions to ask your doctor before starting a diet.

CHECK OUT
OUR WEBSITE!
eatrightutah.org



How can we make the
website work for you?
Let us know by
e-mailing
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FOLLOW UAND
ON SOCIAL
MEDIA!



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



UPCOMING LEARNING OPPORTUNITIES

Get CEs and feed your curiosity

Understanding the Current Guidelines for Preparing Pediatric and Newborn Feedings in Health Facilities

Recorded webinar through PNCE

1 CEU offered

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

Becoming An Intuitive Eater: How To Change Your Relationship With Food And Yourself

Recorded webinar through Skelly Skills

1 CEU offered

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

