

JUNE/JULY 2023 | ISSUE XVII

NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



A MESSAGE FROM THE PRESIDENT

Written by Valerie Mey-Altenburger
UAND President

As we transition from Spring to Summer, snowfall to sunshine, the UAND board is also transitioning for another exciting year ahead. With both enthusiastic and creative new board members and engaged, inspired existing board members.

We are grateful for all the past board members' work, as it was a very successful year. The 2023 UAND Annual Meeting was a success, with educational and insightful speakers and great energy from all who attended.



A MESSAGE FROM THE PRESIDENT

Looking ahead, the educational pillar is ready to start planning the **2024 UAND Annual Meeting** and additional educational events around Utah, both in person or virtual. The membership pillar is thinking of **upcoming networking events** and creative ways to get more members and board members on board. The marketing pillar is looking forward to continuing to bring you **informative** newsletters and increased social media engagement. The advocacy pillar is working hard to promote the **transition to dietitian licensure for Utah** and asking for support with this and other policies throughout the year. Please mark your calendars for the **Utah Legislative Day breakfast on January 31st, 2024, at 7-9 AM**. The operations pillar continues to stay focused on maintaining and supporting all UAND activities and growth. Together all the pillars are working to empower UAND members to be Utah's food and nutrition leaders.



The UAND presidential team has already been working hard to **streamline goals and responsibilities** for this upcoming year. As I personally transition to become UAND President, I look forward to connecting with all the pillars, the board members involved, and more UAND members. The mission and theme that I hope to accomplish and see throughout the year is **increasing communication and connections with all Utah dietitian nutrition professionals**, whether you're in clinical/health care, food management, business and industry, private practice, public health/community, education, research, government or a student. If you have an idea, thought, feedback or just want to say hello, I welcome the opportunity to connect with you. Please don't hesitate to reach out to me via email at vmey25@gmail.com throughout the year, and I hope to connect with many of you in Utah! Thank you, and have a wonderful summer!

Valerie Mey-Altenburger MS, RDN, CSOWM, CD
UAND President 2023-2024



The Utah Academy of Nutrition and Dietetics is pleased to announce our
2023 EMERGING DIETITIC LEADER



Kylie Peterson, RD, CDCES

The Emerging Dietetic Leader award recognizes the competence and activities of a dietitian, regardless of age, who has made distinctive contributions early in their dietetics career.

Kylie is a clinical dietitian and diabetes educator at Intermountain Layton Hospital. Prior to that she was a Nutrition & Food Service Manager and a clinical dietitian/diabetes educator at Intermountain Cassia Regional Hospital. Kylie's leadership has been essential for the implementation and improvements of a wide range of programs and support services for patients, caregivers, and employees. In her current role, Kylie develops and implements various diabetes education programs for patients/caregivers, translates diabetes education materials into Spanish to better serve her clients, provides one-on-one counseling to clients, and much more. In past positions, Kylie assisted with accreditation of a weight loss program, managed and trained team members, and used innovative ways to reduce food waste and increase clinical outpatient volume.

In addition to her work experience, Kylie is a graduate student in the Master of Public Health (MPH) Nutrition program at Utah State University and is expected to graduate in December of 2023. Kylie has served as a volunteer in many dietetics related organizations including serving as the secretary of UAND from 2020-2022. It is obvious that Kylie has made distinctive contributions early on in her dietetics career. She has a genuine love for the profession and the health and well-being of her community.

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

2023 BOARD ELECTION RESULTS



CONGRATULATIONS!

President Elect
Stephanie Parker

Networking Director
Nicole Bianco

Annual Meeting Chair
Hiram Wigant

State Regulatory Specialist
Danielle Perez

Nominating Committee Member
Rachael Clark

Social Media Chair Elect
Brooke Lister

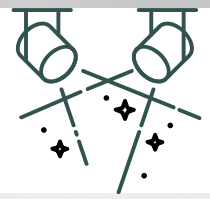
Treasurer Elect
Kary Woodruff

Secretary
Katie Kraus



We would like to thank all of the candidates who participated in this years election. We also thank all of the UAND members who exercised their privilege to vote in the election this year.

UAND MEMBER SPOTLIGHT



**Valerie Mey-Altenburger,
MS, RDN, CSOWM, CD**

How many years have you been a dietitian?

How long have you been a member of UAND?

6 Years as a dietitian, 9 years with UAND

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

I appreciate the connections, being part of a community within my profession, and hearing about the experiences, values and journeys of other dietitians in Utah.

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

University of Utah Health, I love my area of work with outpatient nutrition especially the patient care and the people in the entire nutrition care services department.

What is your favorite recipe or food tradition?

French Tourtiere for Christmas Eve Dinner with my Family (My grandmother's recipe and tradition)

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

My favorite moments have been working with patients and hearing their success stories because of goals we made around nutrition/health habit changes and becoming an outpatient nutrition manager to help grow outpatient nutrition care in Utah.

What is your favorite book or movie?

Humbitious: The Power of Low Ego, High Drive Leadership

How do you spend your free time?

Enjoying the outdoors with trips to national parks, hikes, golfing, and mountain biking with my husband. Spending time with my family, friends and cuddles with my dogs (Avi and Augie). Taking fitness classes especially dance and balancing that with binge watching TV shows for relaxation.

What is the best advice that you have ever received?

"Everything happens for a reason." Your journey will be turns, bumps, smooth roads and hills but it is all worth it and what's meant for you won't pass you by.

What advice do you have for young dietitians?

Explore different areas of medical nutrition therapy (inpatient, outpatient, food services...) and be willing to learn from others in all areas of health and wellness. Engage with patients, ask questions and remember they don't need to hear everything from a text book. Always remember to LISTEN and BREATHE.

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



ANNOUNCEMENTS AND MORE

CONTINUE YOUR ACADEMY BENEFITS INTO 2023-2024

Renew Your Membership Now!



Academy of Nutrition
and Dietetics

You can renew for the June 1 to May 31, 2024, 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!](#)

NEW KIDS EAT RIGHT TOOLKIT

A new Kids Eat Right toolkit, "Healthy Drinks, Healthy Kids," contains free CPEU webinars and educational resources on what children 5 and under should be drinking as part of a healthful diet.

The toolkit was developed from a consensus statement and technical report by an expert panel of representatives of key national health and nutrition organizations including the Academy. It was developed and supported by Healthy Eating Research, a national program of the Robert Wood Johnson Foundation.



[Learn more here.](#)



ANNOUNCEMENTS AND MORE

UPDATED LICENSURE MAP

In response to members' input, the Academy has updated the online licensure map to ensure members have the necessary information to practice lawfully.

[Click here to read more.](#)

Do you have questions about licensure?

Join the Academy's member-exclusive Licensure Office Hours on Wednesdays, 1-2 p.m. (Central): [Join Live Zoom Call](#) – where experts address your specific questions or comments regarding licensure, telehealth and other topics related to consumer protection.

LEARN ABOUT LICENSURE COMPACT

The Council of State Governments (CSG) is partnering with the Department of Defense (DoD) and The Academy of Nutrition and Dietetics (AND) to support the mobility of licensed dietitians through the development of a new interstate compact. This additional licensing pathway will facilitate multistate practice among member states and reduce the barriers to license portability.

[Learn more about licensure compact here.](#)





ANNOUNCEMENTS AND MORE

FOOD & NUTRITION CONFERENCE & EXPO 2023

FNCE 2023 is being held in Denver, Colorado on October 7-10, 2023.

Registration opens Tuesday June 13th!

[Get more details here.](#)



RECIPE CORNER:

BALSAMIC BERRY MOZZARELLA SKEWERS

Check out this perfect summer recipe by [Heather, RDN, CD of Harmons!](#)



Looking for a summer appetizer? Berries, balsamic, mozzarella, and basil elegantly skewered are the perfect make ahead bites for your next gathering.

[FIND THE RECIPE HERE](#)



ANNOUNCEMENTS AND MORE

CHECK OUT THESE UTAH DIETITIANS IN THE NEWS



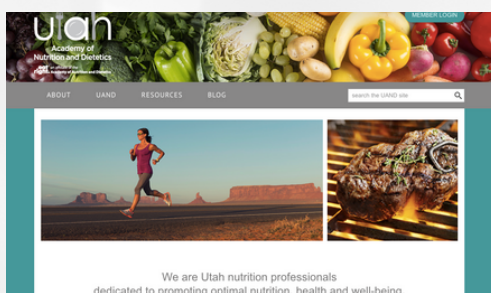
Jennifer Wilke spoke with ABC4 Utah about eating disorders and nutrition support

Carly Alba discussed vitamin D and nutrition considerations

Trish Brimhall joined Good Things Utah to chat smart and simple ways to maintain a nutritious diet when life keeps you on the move

Jenna Dyckman spoke with KSL about why your nutritional needs change as you age

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



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your UAND
newsletter!



UPCOMING LEARNING OPPORTUNITIES

Get CEs and feed your curiosity

June 28-29: Live, Virtual Nutrition-Focused Physical Exam Hands-On Training Workshop

The Academy's live, virtual NFPE training provides skills, techniques and expert guidance an RDN needs to accurately provide a nutrition diagnosis of malnutrition. Attendees benefit from receiving real-time feedback on their techniques, which increases their confidence and skill level. A live, virtual adult NFPE workshop will be held June 28 and 29. Ten CPEUs are available.

[Learn More](#)

Free Journal Article Collection: Nutrition for LGBTQIA+ Individuals

Through inclusive care practices, RDNs can help LGBTQIA+ individuals make informed food choices and help manage a condition or disease with nutrition. During Pride Month in June, the Council on Research has curated a collection of free-access Journal articles on nutrition for LGBTQIA+ individuals.

[Learn More](#)

