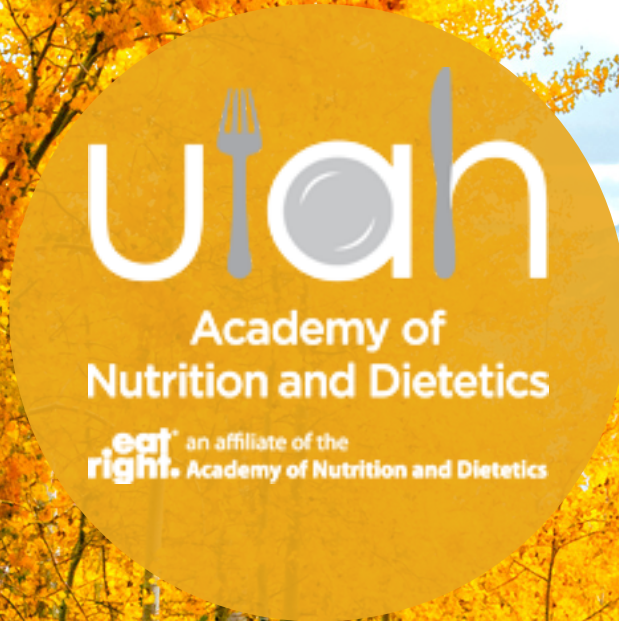


# NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



## A MESSAGE FROM THE ADVOCACY PILLAR

By Gina Ward, Advocacy Chair

I have the pleasure and opportunity to serve this year as the Advocacy Pillar for the Utah Affiliate of the Academy of Nutrition and Dietetics (UAND). I just returned from FNCE 2023 in Denver, CO where I participated in Leadership Institute. I spent three days with others in leadership from all over the country, and many of us are working on advocacy efforts. If our profession is to survive, it is more crucial than ever that we rally as a group to impact policies that affect our practice.

I'd like to introduce you to "Bob." He lives in rural central Utah, and about seven years ago he had a heart attack while visiting his grandchildren in northern Utah. He received education on a diabetic/cardiac diet and on discharge home I told him, "Just because you get discharged doesn't mean I don't care. If you need anything, call me."



# A MESSAGE FROM THE ADVOCACY PILLAR (cont.)

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Five years later, he called. Bob had not been checking his glucose routinely. Not feeling well, he dug out his glucometer and checked his glucose. It was 456 mg/dL. He tried to call and make an appointment with his provider. His doctor had retired. Bob didn't know what to do.

Bob needed access to a dietitian or diabetes educator, but there isn't one in his rural area. I'm four hours away. Thankfully, his wife was up north visiting grandkids. She met me at the clinic. I sent her home with a continuous glucose monitor (CGM) for Bob, requested a referral from the new doctor (whom Bob had not seen yet) and coached him through the next two weeks until he could see his new doctor. He did make one trip up north to see me in person, but the rest of our time was spent over the phone with remote glucose monitoring.

Bob needs access to a competent RDN/provider in his area.

Meet "Nicole." Nicole has type 1 diabetes. She is in her mid-30s, slightly obese, and was admitted to the hospital three times in July 2022 for diabetic ketoacidosis (DKA). She had seen a nutrition coach online who recommended Nicole be on a ketogenic diet. Nicole also has gastroparesis and her A1c is 14%. I met her in the ICU. After convincing her to adopt a low fat, low fiber diet, as well as recommending some over-the-counter digestive enzymes with a probiotic, Nicole reported she "had hunger pains for the first time in five years." She was seen in the outpatient clinic over the next month and set up with an insulin pump and continuous glucose monitor (CGM). Six months later, Nicole texted me to tell me her A1c was 6% and she has not felt this good or been in this great of control "ever."

Nicole needed a competent RDN/provider.

These stories illustrate the value a Registered Dietitian Nutritionist (RDN) provides to consumers. Standardizing state licensure for RDNs will benefit Utahns by expanding access to nutrition professionals they can trust. State standards will help consumers find RDNs, and licensure protects consumers from incompetent individuals.

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# A MESSAGE FROM THE ADVOCACY PILLAR (cont.)

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Meet “Katherine.” Katherine recently moved to Utah. She wants to work as a travel dietitian, and she is set up with a company to do that, but she is waiting on the Utah Department of Public Licensing before she can start working. Money is tight, and this delay is not helpful for her financial situation. Meanwhile, I want to hire Katherine. One of my employees is on FMLA leave for a medical situation, and as I wait for Katherine’s paperwork to process I struggle to cover a 225-bed hospital by myself for nearly a month. If Utah had standard licensure agreements with other states, the processing of this paperwork would be greatly expedited, helping us both.

Standardizing RDN licensure benefits dietitians by assuring the public, health insurance payers, and government entities of RDN competence. RDNs must comply with licensure laws to receive reimbursement for Medical Nutrition Therapy (MNT) services. Many insurance companies require a National Provider Identification (NPI) to reimburse for services. Licensure can open up many professional opportunities, particularly in the area of telehealth and private practice where services cross state lines.

This past June, the Academy released a Model Practice Agreement. This document is intended to be a framework with standardized language that can be modified slightly to the needs of each state. We are working with legislators and policymakers on this document which we hope will be sponsored in this coming legislative session. UAND does not have the funds to spend on an expensive lobbyist. It will take a concerted grassroots effort with our members contacting their representatives to build support for this legislation. Your voice is needed to help people like me, “Katherine, Bob and Nicole!”

How can you help?

**1. Type up your success stories where you have positively impacted someone’s health journey.** Think of anyone who needed an RDN but didn’t see one, or someone who had no access to a RDN, or someone who received incompetent care elsewhere. You need examples when you speak to your legislators about “WHY” they should vote for RDN licensure.

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# A MESSAGE FROM THE ADVOCACY PILLAR (cont.)

**2. In the next 2-3 months, the Utah Affiliate will offer virtual education sessions with free CEU regarding our state's licensure efforts.** Please attend to learn how you can help. We will provide consistent messaging/tips for getting involved and making this happen!

**3. Find out who your legislators are at <https://house.utleg.gov/house-members/> and <https://senate.utah.gov/senate-roster/>.** You can sort by district/zip code. Sign up for notifications/alerts. We would like UAND members in each district to reach out to their legislators to build support for licensure. If your legislators have any events, try to attend in person and meet them. Most really do listen to their constituent concerns!

**4. Save the date! UAND legislative day is January 31, 2024 (Wednesday) from 7-9 AM in the Utah Capitol Rotunda.**

We will sponsor a breakfast for legislators. During that time, we need many voices to speak about how licensure will benefit Utah consumers and dietitians! If the "squeaky wheel gets the grease," this is a great opportunity to "squeak!"

UAND Advocacy Pillar promotes access to dietitians in Utah, which directly affects you and your ability to practice dietetics. Investing time in advocacy of our profession is also an investment in yourself and your ability to use your expertise to make a difference in your community. Please consider how you can get involved. You can volunteer, email your stories, or questions or concerns, to [ginaward9819@msn.com](mailto:ginaward9819@msn.com).

Get involved with advocacy, where we network as dietitians and friends to promote better nutrition and health for all Utahns! We can do this!

**Gina R. Ward, MS, RDN, CDCES**  
(801) 726-0082



## CHARTING THE COURSE: A PANEL DISCUSSION ON NAVIGATING DIETITIAN LICENSURE ADVOCACY ACROSS STATES

**OCT. 23RD  
12-1:15 PM CST**

This free virtual webinar will discuss perspectives and brainstorm best practices related to dietetics licensure advocacy across Iowa, North Carolina, Missouri, and Idaho.

### REGISTER



**TINYURL.COM/  
DIETITIAN  
LICENSURE  
WEBINAR**



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NUTRITION & DIETETICS  
an affiliate of the  
Academy of Nutrition and Dietetics



### MEET THE SPEAKERS

IA



**Tina Bauermeister,**  
MS, RDN, LD,  
CDCES

MI



**Connie Diekman,**  
M.Ed, RD, LD,  
FADA, FAND

ID



**Kyli Gough,**  
RDN, LD



**Manju Karkare,**  
MS, RDN, LDN, CLT,  
FAND  
NC



**Lisa Eaton Wright,**  
MS, RDN, LDN



**Charla Burill,**  
JD, RDN



**Cat Rudolph,**  
MS, RD  
IA

**Academy of Nutrition and  
Dietetics Staff**



# 2023 RECOGNIZED YOUNG DIETITIAN OF THE YEAR



*Amy Loverin*

Amy has made substantial contributions to the field of nutrition, most notably within classroom and community spaces. As a professor, she creates an active, experiential learning environment by utilizing team-based projects and hands-on culinary labs. As Director of Global Nutrition, she's recently designed the Department's first study abroad program, where students will explore nutrition and olive orchards alike in Spain and Italy this spring.

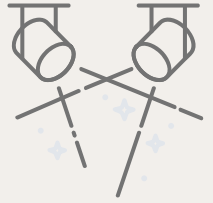
Her passion for diversifying the field of nutrition and training students in cultural humility drives her efforts integrating equity, diversity, and inclusion into the Coordinated Master's Program in Nutrition and Dietetics. Amy has helped champion a holistic admissions process that instead of looking at GRE scores, asks how an applicant's unique lived experience could make them Utah's next outstanding dietitian. Additionally, she leads recruitment initiatives that present nutrition as a career choice for young people living in underserved communities.

Amy's work in the community is just as impressive as her work in the classroom. As a program manager for the University of Utah Center for Community Nutrition, she's designed and implemented numerous community-based programs statewide.

In 2021, she received the Academy's "Anita Owen Award of Recognition for Innovative Nutrition Education" for her work digitalizing Team Thrive, the high school diabetes prevention curriculum now taught in over 200 schools across Utah, Arizona, California, Montana, and Nevada, reaching over 65,000 students.

Amy has had significant impacts on student success and community engagement in her career thus far, and there is no doubt she will accomplish great things in the future.

# UAND MEMBER SPOTLIGHT



Meet  
Robin Aufdenkampe

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

26 years as a dietitian and a member of UAND.

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

UAND keeps me informed of dietetic and professional activities in the state and provides an entire network of fun, engaged, and passionate colleagues and friends.

**What is your favorite recipe or food tradition?**

I love all things food and sharing with others.

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

I work at Intermountain Health and love working with so many inspiring and fabulous caregivers to deliver high-quality nutrition care and promote the dietetics profession.

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

I have too many favorites, but I'll never forget presenting at my first National conference.

**How do you spend your free time?**

Cooking, baking, reading, running, skiing, and entertaining friends and family.

**What is your favorite book or movie?**

Cookbooks.

**What is the best advice that you have ever received?**

Always be kind!

**What advice do you have for young dietitians?**

Never stop learning!



# ANNOUNCEMENTS AND MORE

## 2024 UAND ANNUAL CONFERENCE

“FOSTERING CONNECTION, FUELING INNOVATION”

Save  
The  
Date



APRIL  
FRI | 19-20 | SAT  
2024

**SALT LAKE CITY MARRIOTT UNIVERSITY PARK**

We are excited for this opportunity to grow the dietetic profession in the state of Utah and look forward to seeing you there!

If you are interested in participating in the event as an exhibitor, speaker, sponsor, or in any other way, email Hiram at [hiramwigant@gmail.com](mailto:hiramwigant@gmail.com).

**MORE DETAILS TO COME!**





# ANNOUNCEMENTS AND MORE

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## FALL NETWORKING EVENT

Come and enjoy a cozy fall networking brunch with your fellow UAND members!

**Saturday November 11th @ 11:00am**

**Rooster's Brewing Co. in Layton**

**748 Heritage Park Blvd, Layton, UT 84041**

**FINAL RSVP here**

**RSVP by November 3rd!**



Please feel free to dress casually, bring business cards, and be prepared for a fun speed-networking session!

**\*\*Special dietary needs from the survey have been noted!**

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## ACTION ALERT

Urge Congress to Act!

While the government is operating at current funding levels, essential health and nutrition programs and services that our communities rely on are at risk as lawmakers negotiate final bills. Take action today and urge your members of Congress to pass legislation that includes adequate funding for programs and services that improve nutrition security, ensure a safe food supply, and improve health.

**Send a letter to your senator!**





# ANNOUNCEMENTS AND MORE

## ASPEN CONFERENCE

The ASPEN 2024 Nutrition Science & Practice Conference—held from Saturday, March 2 to Tuesday, March 5, 2024—provides you access to cutting-edge research and the latest evidence-based knowledge and skills to incorporate optimal nutrition into your patient treatment plan. Join in-person at the Tampa Convention Center in Tampa, Florida, or virtually.



See [program info here](#).

## FNCE 2024 PROPOSALS

Are you interested in presenting at FNCE 2024?

The call for session and workshop proposals is currently open until November 15th at 5pm Central Time. The Academy is looking for original ideas that are evidence-based and address current challenges faced by nutrition & dietetics professionals. FNCE 2024 will be held in Minneapolis from October 5th-8th.

[Submit your proposal here!](#)



Academy of Nutrition  
and Dietetics



# RECIPE CORNER

## TURKEY PUMPKIN CHILI

By Utah Dietitian, Rebecca Clyde of Nourish Nutrition

This 30-minute recipe is the perfect fall dinner!



### Ingredients:

- 1 teaspoon extra virgin olive oil
- ¼ cup chopped onion yellow or white
- ½ whole garlic clove minced
- ¼ pound ground turkey
- ½ tablespoon chili powder
- ½ teaspoon cumin
- ¼ teaspoon salt
- cayenne pepper to taste
- ¼ whole green bell pepper chopped
- ¼ cup corn
- ½ cans red kidney beans drained and rinsed
- ¼ can (14.5oz) black beans drained and rinsed
- ½ cans (14.5oz) diced tomatoes including liquid
- ¼ can (14.5oz) pumpkin puree
- water to desired thickness
- cheddar cheese for topping

[Click here to view the recipe instructions](#)





# UPCOMING LEARNING OPPORTUNITIES



## Get CEs and feed your curiosity

### **Diet & Lifestyle for Cancer Prevention and Survivorship - Evidence over Opinion**

Free Live Webinar Oct 17, 2023 12:00 PM MT

Eligible for 1 CPEU

Learn more and register [HERE](#)

### **Digestive Diseases Nutrition Series**

November 12 to 15, 2023 from 4 p.m. to 6 p.m MT.

The Digestive Disease Nutrition Series will consist of eight webinar presentations covering IBD, SBS, functional bowel, pancreas and liver diseases.

[Learn more and register here](#)

### **Nutrition and Mental Health: Integrative Approaches for Anxiety and Depression**

Free recorded webinar if watched by Oct 31, 2023

Eligible for 1 CPEU

Learn more [HERE](#)



# ANNOUNCEMENTS AND MORE

## UTAH DIETITIANS IN THE NEWS



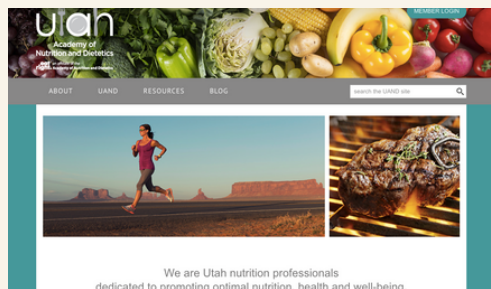
**Miranda Reynolds** discussed the science behind vitamin infusion centers with The Salt Lake Tribune.

**Katie McDonald** discussed gut health and children with Newsweek.

**Ben Hermansen** discussed childhood obesity with PR Underground.

**Brittany Poulson** talked healthy baking tips for people with diabetes with Everyday Health.

**CHECK OUT OUR  
WEBSITE!**  
[eatrightutah.org](http://eatrightutah.org)



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