

OCTOBER/NOVEMBER 2025 | ISSUE XXXI

# NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter

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Academy of  
Nutrition and Dietetics

**eat right.** an affiliate of the  
Academy of Nutrition and Dietetics

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## A MESSAGE FROM THE ADVOCACY COMMITTEE

Written by Nica Clark PhD, RDN  
Advocacy Committee Chair 2025-2026

### **Nutrition Advocacy: What Utah RDs Can Do**

As a Registered Dietitian in Utah, your voice matters in shaping public nutrition policy. Advocacy requires being informed and not being afraid to connect with decision-makers. On the following pages, see how you can get involved!

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## **Contact your legislator through the Academy of Nutrition and Dietetics Action Center.**

Visit the [Academy of Nutrition and Dietetics Action Center](#) to learn more about urgent nutrition advocacy efforts. Contacting your legislator through the AND platform takes less than 5 minutes of your time! Urgent priorities include the following:

- **Restore SNAP-Ed funding.** As of July 2025, SNAP-Ed, was repealed. You can urge your lawmaker to support funding for SNAP-Ed. Visit the AND Action Center for help composing a message to your local lawmaker.
- **Support the Treat and Reduce Obesity Act.** This law would allow RDs to independently provide intensive behavioral therapy for obesity within Medicare Part B and would also provide coverage for anti-obesity medications in Medicare Part D. [Link to the AND Action Center](#) where you can read more and message your legislator directly.

## **Support Federal Policy Initiatives:**

The following legislation supports RDs with better reimbursement rates, as well as funds nutrition services. You can read about each policy initiative on the [AND website](#).

- **Medical Nutrition Therapy Act** – Provides Medicare Part B coverage for MNT. Included conditions are prediabetes, obesity, hypertension, dyslipidemia, malnutrition, eating disorders, cancer, gastrointestinal diseases, cardiovascular disease, HIV/AIDS, any other condition causing unintentional weight loss. Also allows NPs, PAs, clinical nurse specialists, and psychologists to refer their patients directly to RDs for MNT.
- **Treat and Reduce Obesity Act** – Allows RDs to independently provide intensive behavioral therapy for obesity with Medicare Part B reimbursement.



- **Older Americans Act** – Provides healthy meals to older adults who might otherwise be at risk of malnutrition.
- **Food as Medicine Act** – Advocates for inclusion of RDs in Food as Medicine initiatives
- **Farm Bill** – Assures a safe and affordable food supply for Americans. The Academy supports increasing access to SNAP, directing federal funding to vulnerable populations, and supporting initiatives that expand access to locally grown food.
- **Front of Package Labeling and Sodium Targets** – Supports clear labeling to reduce sodium consumption

### **Contact your Legislator:**

Reach out to your legislator to discuss relevant issues. Send an email to schedule an appointment. Use the AND Action Center for help with a script for communication. Share personal stories about why each piece of legislation is relevant to you, and to Utah. Be prepared to communicate with legislative staffers, as they are often the first step to communicating with legislators.

If you are unsure who represents you, you can find your elected officials at the following websites.

- **State Legislators:** find your legislators on the [Utah State Legislature website](#). Select Legislators, then Find by Address/Map. Enter your address.
- **Federal Legislators:** Learn about your legislators on the [usa.gov](#) website.

## **Rejoice in the Passing of the Dietitian Licensure Compact in Utah!**

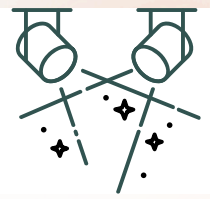
As of October 2025, Utah and 14 states (Alabama, Arkansas, Iowa, Kansas, Mississippi, Montana, Nebraska, North Dakota, Ohio, Oklahoma, Rhode Island, South Dakota, Tennessee, Wisconsin,) have adopted the Dietitian Licensure Compact. This new law allows RDs to practice across member states where they are not licensed, which is particularly important for telehealth services. Registered Dietitians in Utah can work remotely in any other state in the compact by applying for a compact privilege and paying any required fees. Of note: Dietitians must apply for compact privilege in each state they want to practice in. The compact is still a work in progress, as the Academy of Nutrition and Dietetics is still working out details. We will keep you updated on when the compact will go into effect. Read more about the [Dietitian Licensure Compact](#).

### **Final Thoughts:**

Utah RDs can participate in advocacy that supports our profession. We demonstrate our credibility as nutrition experts with concise and consistent messaging. Advocacy efforts are stronger when RDs speak with one voice.



# UAND MEMBER SPOTLIGHT



**Jenna Dyckman,  
MS, RDN**

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

6 years as a RD; 4 years as a member of UAND.

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

Even as a dietetics student I always tried to be a member of and participate in my state affiliate for the Academy of Nutrition and Dietetics, wherever I lived. I enjoy networking at events. Attending the conferences always sparks new ideas and I enjoy learning about how innovative and impactful the work is that other RDs are doing around the state.

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

At the moment I really enjoy making soups. If you've never made African Peanut Soup, it is worth making! The recipe from the blog The Modern Proper is a great one.

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

A book that I really enjoyed reading was The Giver of the Stars by Jojo Moyes.

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

I work for Utah State University Extension. I love working for USU Extension because our focus is serving the community. The motto of USU Extension is "building knowledge, improving lives". I love this motto because it reminds me that as I serve the members of my community by teaching nutrition and food related classes, I am building their knowledge, confidence, and skills. And as those three things increase, they can make better lifestyle choices that can improve their health and the quality of their life.

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

I teach diabetes education classes. And my favorite moments are when individuals who are in my classes report back to me on how the things they are learning in the class are lifting the burden that was caused by their diabetes diagnosis. And even better when they say that their A1c has decreased! :)

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

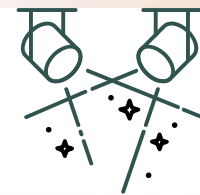
I enjoy running, reading, golfing, and going to the movies.

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

I don't know if this is necessarily advice, but what comes to mind is one of my favorite quotes. It is by Louisa May Alcott and the quote is, "I'm not afraid of storms, for I am learning how to sail my ship." It reminds me how important positivity is in life. And that the perspective you choose to have in difficult times can influence your ability to grow and overcome challenges.

# UAND MEMBER SPOTLIGHT

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## WANT TO BE FEATURED?

Submit your Member Spotlight Questionnaire [HERE](#)

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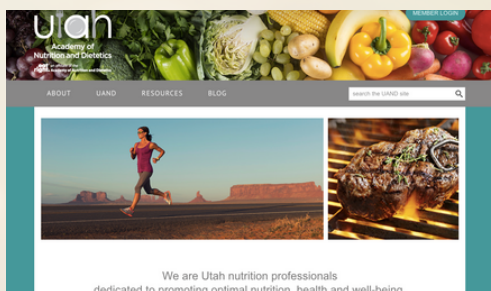


## WANT TO FEATURE A FRIEND?

Do you have a friend, teammate, or coworker who you want to celebrate? Fill out the Member Spotlight Referral Form [HERE](#) and we will reach out to them to request more information!

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



Contact us at  
[uandsocialmedia@gmail.com](mailto:uandsocialmedia@gmail.com)  
if you have something you  
would like to see featured in  
the next newsletter!

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updates and read  
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# ANNOUNCEMENTS AND MORE

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## FARMER'S MARKET ACTIVITY

Our Farmers Market activity was a success and we had fun together. Thank you to those who joined.



Please send us any feedback that you have for future networking activities!





## ANNOUNCEMENTS AND MORE

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### SOUTHERN UTAH'S 2<sup>ND</sup> ANNUAL FALL CONFERENCE

**REGISTER NOW!**

Theme: From Nourishment to Knowledge: Advancing Health for All

Date: Friday, October 24<sup>th</sup>, 2025

Location: Intermountain Cancer Center of St. George at 600 South Medical Center Drive, Building 7, St. George, UT 84790

**Earn up to 6.5 CEUs!**

**Registration limited to 80 participants.**

\$35 for students and \$70 for Registered Dietitians



**EVENT WEBSITE**



**REGISTER HERE**

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### UAND ANNUAL FOOD AND NUTRITION CONFERENCE

**Save the Date!**

Theme: Shaping the Future of Nutrition

Date: Tuesday, March 17th and Wednesday, March 18th, 2026

Location: Davis Conference Center, 1651 N 700 W, Layton, 84041

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# ANNOUNCEMENTS AND MORE

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## FOOD AS MEDICINE RESOURCE HUB



Academy of Nutrition  
and Dietetics

The Academy of Nutrition and Dietetics is continuing to take steps to ensure RDNs are recognized as essential to rigorous FAM programming capable of transforming health and improving overall well-being.

Explore what Food as Medicine (FAM) means, find resources to help you communicate effectively with consumers, and learn how practitioners can engage with FAM experts and get more involved in this growing movement at the Academy's new FAM webpage.

[Food As Medicine Webpage](#)

## AND STATEMENT ON AUTISM AND FOLATE

Earlier this week, the Trump Administration put forth a variety of causal links to ASD, including folate. The current evidence does not strongly support such a claim.

To see the Academy's full statement in response to this issue, please visit this [link](#). This is also helpful information that we can share with clients.





## ANNOUNCEMENTS AND MORE

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# Nutrition FACT CHECK

### AMPLIFYING SCIENCE-BASED NUTRITION FACTS

The Academy created an online resource available to the public & professionals explaining the science and evidence on hot topics in nutrition

including food dyes, seed oils, and ultra-processed foods.

Within each topic you'll find research and health impacts, a PDF to share with others, and a consumer-focused article.

CHECK IT OUT







## ANNOUNCEMENTS AND MORE

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### NEW SOCIAL MEDIA TOOLKIT FOR QUARTER 4

Welcome Fall with the Academy's new social media toolkit, featuring key initiatives, timely topics, Foundation information, observances and commemorative dates and sample social media posts for October, November and December.



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### CDR WORKPLACE CAPACITY & DEMAND SURVEY

The Commission on Dietetic Registration is conducting the Workforce Capacity and Demand Project to gather comprehensive data on the current and projected capacity and demand for RDs and DTRs across diverse settings which will be critical for evaluating progress and predicting trends that will shape the profession.

There are prize incentives for those who complete the survey! If you are interested in sharing your feedback, please visit this [link](#) to help shape the future of CDR.



## ANNOUNCEMENTS AND MORE

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### RECIPE CORNER: FAVORITE PUMPKIN GRANOLA

Credit: Pinch Of Yum



#### INGREDIENTS

- 6 cups rolled oats
- 1 cup sliced almonds
- 1 cup pistachios (or other nuts)
- 1 cup unsweetened flaked coconut
- 1 cup pumpkin puree
- 1 cup olive oil
- 1 cup maple syrup
- 2-3 teaspoons salt
- 1-2 teaspoons cinnamon

[See the full recipe here!](#)

1- Preheat the oven to 350 degrees. Mix the dry ingredients together. Whisk the wet ingredients and spices together. Pour wet ingredients over the dry ingredients and stir to combine.

2- Spread the granola into a large nonstick jelly roll pan or cake pan. Bake for 15 minutes; stir; bake for another 15 minutes. Remove from oven and let rest.







## UPCOMING LEARNING OPPORTUNITIES

Get CEs and feed your curiosity

**ANHI** has multiple upcoming webinars on NeuroNutrition, Hydration in the Pediatric Population, Malnutrition, IBD, Muscle Health in Older Adults, Pressure Injuries, and a variety of other clinical topics.

**The Academy** has an upcoming live online NFPE training workshop in October and November as well as free webinars for members on Food Allergy & Sensitivity Testing, Gut Microbiome Testing, and Hydration Composition and Claims.

**Orgain** has two upcoming webinars on Diet Influences through Menopause Transition and From the Kitchen to the Courtroom: Nutrition, Wounds, and the Standard of Care, as well as multiple other pre-recorded webinars.

Browse the variety of **free CEs offered by Today's Dietitian**.

