

JUNE/JULY 2026 | ISSUE XXXV

NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



A MESSAGE FROM THE INCOMING UAND PRESIDENT

Written by Natalie Dalley

Welcome to the Utah Academy of Nutrition and Dietetics Newsletter!

I am honored to serve as this year's UAND President. I bring a perspective shaped by work across many settings including acute care, outpatient clinics, community food insecurity work, and now education. I've also balanced a large family while trying to stay current and connected in the profession. At different points in my career, the annual meeting was my only touchpoint with UAND, and at other times it came and went without me realizing it. Wherever you are in your journey, I've likely been in a similar place.

I am so excited about the conversations surrounding nutrition, the fun new (not so new to us) Culinary Nutrition/Food as Medicine movement, the opportunities the crazy misinformation creates, and the celebration of beautiful nourishing food. This year, our focus is intentional: strengthening connection among members, inviting dietitians who are not members to hang out with us, increasing the visibility of dietitians across Utah, securing the dietitians' place as the most reliable evidence based nutrition source, and supporting meaningful opportunities for leadership, collaboration, and professional growth. At its core, this is about ensuring dietitians are present, heard, and meaningfully included in the spaces where nutrition and health decisions are made.

A MESSAGE FROM THE PRESIDENT

We want to hear from you. June will be a listening tour across the state. Watch for invitations coming to your area and/or practice focus. These will be open conversations about what you are seeing in your work, what support you need, and where UAND can better serve dietitians in Utah. Your input will directly shape priorities.

The Academy offers valuable resources to support your practice. [The New's Center](#) shares updates and upcoming events. The Nutrition Fact Check series provides clear, evidence-based tools for addressing nutrition misinformation, including the recent [Raw Milk Fact Sheet](#). Free continuing education is also available, including a [July webinar on ARFID](#), an important and evolving area of practice. Also, the Medical Nutrition Therapy (MNT) Act of 2026 (S.3934 and H.R.6199) is currently in committee and seeks to expand Medicare Part B coverage for medical nutrition therapy services. This has direct implications for access to care and how nutrition services are recognized and reimbursed.

As this work moves forward, engagement matters. Stay informed, participate in discussions, and support one another to strengthen our collective voice and visibility. Comment on posts, share resources, and contribute to conversations. [A Seat at Every Table](#) is not only about being invited, it is about how we show up. Dietitians bring a strong, evidence-based perspective that is most powerful when it is shared, collaborative, and integrated into care. Join us and bring your friends and colleagues as we build momentum together.

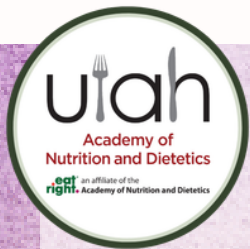
We appreciate you at whatever stage you are. We look forward to hearing from you this month. Let's go!

Natalie Dalley, MPH, RD, CD
UAND President 2026-2027



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

2026 BOARD ELECTION RESULTS



President-Elect

Lacie Peterson

Treasurer-Elect

Trista Briggs

Secretary

Elyce Gamble

Delegate

Qi Jin

Annual Meeting Chair-Elect

Alyssa Reidhead

Advocacy Chair- Elect

Laura Holtrop Kohl

Nominating Members

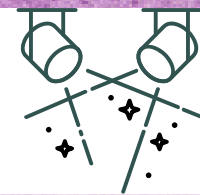
Maria Givler & Jennie Leuckler

Marketing Chair-Elect

Jadyn Thompson

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



**Maeci Hicken
Armstrong, BS**

How many years have you been a dietitian?

How long have you been a member of UAND?

I plan to take the RD exam next fall (2025) and I have been a member of UAND since April 2024.

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

Being a member of UAND provides me with a community of dietitians to network with. It also give me valuable learning opportunities, especially at the annual UAND conference.

What is your favorite recipe or food tradition?

My favorite food tradition is eating grapefruit and cinnamon/orange rolls on Christmas morning!

What is your favorite book or movie?

Book: The Unselected Journals of Emma M. Lion (the whole series)

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

I am a graduate student at USU. I am currently working on my master's program (Master of Dietetic Administration) and dietetic internship. I love learning more about nutrition and the practical application of our work to help other people!

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

My favorite moment in my rotations so far was when I connected with a sweet patient in a hospital and she expressed how grateful she was that I came and helped her!

How do you spend your free time?

I like to spend my free time with my husband Caleb playing strategy games, pickleball, or cooking a yummy meal.

What is the best advice that you have ever received?

Never suppress a generous thought!

What advice do you have for young dietitians?

Make the most of your opportunities! If you are in a learning position, you might as well learn as much as you can. Growth happens in the growth zone, not the comfort zone.

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



ANNOUNCEMENTS AND MORE

CDR UPDATES



Update your CDR Profile - Keep contact info current!

To help ensure that your credentialed practitioner contact information remains updated, CDR is asking that you take a few minutes to log in to your **MyCDR account** and review your Profile. Current information allows for best accurate knowledge about our credentialed practitioners so to provide important credentialing communications.

CDR has a new specialist certification, which is the Board Certified Specialist Digestive Health! RDs and RDNs may apply for the Enhancing Practice through CDR Certifications Fund (Open Year-Round). It's available to both Academy non-members and members. This stipend reimburses for exam costs for RDs who are pursuing an additional CDR credential. To learn more about the new Digestive Health credential, visit the following [website](#).

Dietitian Licensure Compact: New Webpage and Resources Now Available!

CDR is pleased to announce the launch of our new **Dietitian Licensure Compact webpage**, a comprehensive resource hub designed to keep credentialed practitioners informed as the compact continues to develop. The webpage features a compact development timeline, FAQ section, and other licensure-related resources.



ANNOUNCEMENTS AND MORE

ACADEMY UPDATES



Academy of Nutrition
and Dietetics

A recording of AND's discussion on payment reform practices is now available to watch! Link [here](#).

Update on Licensure Advocacy: The Georgia Academy of Nutrition & Dietetics recently passed the Dietitian Licensure Compact making GA the 18th state to pass this legislation and further support practice mobility and access. Washington and Kentucky have also passed Dietitian Licensure Compact bills this year.

A Best Practices Document for working with telehealth companies has been released by the Academy: As telehealth continues to expand, the need for clear and practical guidance is more important than ever! This resource is designed to help RDs navigate telehealth with clarity and confidence, addressing key areas including licensure compliance, telehealth laws, contracting practices, credentialing and billing and professional responsibility. View the resource [here](#)!

Read more about the incoming President of the Academy as well as other new additions to the Board of Directors!

Article on the incoming president linked [here](#).

For more information on the new Board members, click [here](#).

Take advantage of all of the great resources that AND offers!

[Career Support Resources](#)

[CPE Corner](#)



ANNOUNCEMENTS AND MORE

FOOD & NUTRITION CONFERENCE & EXPO 2026

Registration for FNCE 2026 opens on June 10th! Early registration will be open until September 2nd so be sure to save money by registering early!

This year, FNCE will be held in San Antonio, TX on October 24-27th.

Visit the following [site](#) for more info on registration, conference details, and other important attendee info.

Powerful Connections.
Infinite Possibilities.



eat right. Academy of Nutrition and Dietetics

FNCE 2026

Food & Nutrition Conference & Expo

San Antonio, TX | October 24-27

RECIPE CORNER: CALIFORNIA ROLL WRAPS

Credit: Taste of Home



Recipe ingredients:

- 1/2 cup wasabi mayonnaise
- 6 tortillas (8 inches), warmed
- 2 packages (8 ounces each) imitation crabmeat
- 1 avocado, peeled and thinly sliced
- 1-1/2 cups julienned peeled jicama
- 1 sweet red pepper, julienned
- 1 cucumber, seeded and julienned
- 3/4 cup bean sprouts

[FIND THE WHOLE RECIPE HERE](#)



ANNOUNCEMENTS AND MORE

CHECK OUT THESE UTAH DIETITIANS IN THE NEWS

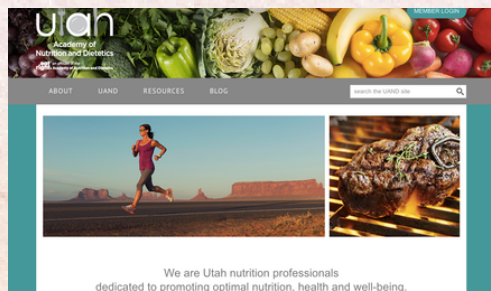


Sheila Patterson was featured on KUTV News in a cooking segment highlighting a seasonal spring salad

Tiana Barker was featured on KUTV News Check Your Health segment talking about how to find your trigger foods and tailor your diet for IBS

Intermountain Health Dietitians were highlighted talking about food allergies

**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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@eatrightutah.org

**FOLLOW UAND
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MEDIA!**



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



UPCOMING LEARNING OPPORTUNITIES

Get CEs and feed your curiosity

ANHI has upcoming **free webinars** on obesity care, wound healing, dialysis, and pediatric hydration throughout June and July.

The Academy has a webinar in July on **Nutritional Risk in ARFID**.

ASPEN has an interprofessional case study webinar on **metabolism during severe burns** in June.

Avocados Love One Today has free CE opportunities on a variety of health and wellness topics.

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



MASTER OF PUBLIC HEALTH (MPH) IN PUBLIC HEALTH NUTRITION

2026 VIRTUAL OPEN HOUSE

**Learn about the program and meet
the program faculty.**

Our 100% online program provides interdisciplinary training in nutrition-related sciences and prepares students for leadership and administrative positions in public health nutrition. Students learn about designing, implementing, and evaluating nutrition-related programs and policies to improve the health and well-being of local, national, and global populations.

**View Anytime
Online!**

**Watch a recording of our Virtual Open
House whenever is convenient for you!**

**Questions? Contact Dr.
Mateja Savoie-Roskos at
mateja.savoie@usu.edu**



S.J. & Jessie E. Quinney
College of Agriculture & Natural Resources
UtahStateUniversity
Master of Public Health