OCTOBER 2014

NASHVILLE ACADEMY OF NUTRITION AND DIETETICS NEWSLETTER

Upcoming Board Meetings
October 14, 2014
January 13, 2014

Upcoming Member Meetings
November 11, 2014, see more info on Pg 12
February 17, 2014, details TBD
LETTER FROM THE PRESIDENT

Dear Fellow-NAND Members,

The 2014-2015 year for NAND is well underway and I am very excited for what this year has in store! I am grateful and honored to be serving as the President of NAND. As well as, privileged to be working with a talented and energetic group of Board of Directors that are utilizing their time, skills, and knowledge to provide you with amazing benefits for this year. Please take the time to renew your membership online at [www.eatrightnashville.org](http://www.eatrightnashville.org) to partake in these membership benefits.

Our Board of Directors has utilized your feedback from last year’s membership survey to create a strategic plan for NAND through year 2016! We held our annual Transition Board Meeting in June to develop the future plans for NAND based on your feedback. As always, we want to provide opportunities for our members to be engaged, learn, grow, and network. Already, this year we have been busy within the local community. NAND has participated in two All About Women health fairs, where we had contact with over 100 attendees per event. The attendees were intrigued with our “Eating Healthy on a Budget” interactive posters. We celebrated the First Annual Kids Eat Right Month with several articles written by Erin Gregory, Public Relations Chair, published in our local newspapers and recognized our NAND members who were highlighted in the news as well.

NAND has kicked off the year by hosting a networking event at Corsair Distillery on September 25th. Thanks to Katherine Fowler, Past President for organizing a great event. Don’t forget to mark your calendar for our first member meeting on November 11th at Vanderbilt’s Student Recreation Center. Collette Powers, President-Elect, has organized an interactive event with our meeting sponsor FitRx, and TAND’s President, Catherine Austin.

We recognize and have heard your voice that it can be difficult to attend member meetings. Please stay tuned for exclusive online webinar opportunities. If you haven’t already, please follow us on Facebook, Twitter, and Pinterest for upcoming events and notifications.

NAND is currently accepting nominations for Awards. If you haven’t already, please take the time to nominate outstanding dietetic professionals in the Nashville area. We are accepting nominations through October 17th.

To better connect the community with nutrition experts, please take the time to fill out your professional information so that we can post it to the “Find a RD section.” Regardless, of your field of nutritional expertise, we want to be able to make it easier for the community to find the Nutrition Expert that suites their needs, and to build on our local professional network.

Lastly, I want to hear from you! I am honored to be serving as NAND’s President for this year, and I want to ensure we are serving you the best we can. Please don’t hesitate to contact me if you have any questions, comments or concerns. I look forward to seeing everyone at our next meeting.

In Good Health,

Cari Riker, RD, LDN, CHWC
NAND President 2014-2015
Around this time every year, NAND begins the search for outstanding dietitians and nutrition professionals to be recognized by our organization for their achievements. We can only do this with the help of our members. We are currently accepting nominations for the awards and scholarships. See below for the list of options.

If you have any questions or would like to submit a nomination please contact Lindsey VanDoornik at Lindsey.vandoornik@gmail.com. The nomination form can be found on the eatrightnashville.org website. Nominations will be accepted until October 17, 2014 and winners will be recognized at the spring member meeting.

### Awards and Scholarships

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<th>Awards and Scholarships</th>
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<tbody>
<tr>
<td>Outstanding Dietitian (ODY)</td>
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<td>Recognized Young Dietitian (RYDY)</td>
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<td>Emerging Dietetics Leader (EDL)</td>
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<td>Outstanding Dietetic Educator (ODE)</td>
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<td>Outstanding Dietetics Student Award (ODS)</td>
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<td>Iris Award (Honor NON-TAND member that has contributed significantly during the year to the field of nutrition/dietetics in TN)</td>
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<td>NAND Scholarship</td>
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If you are attending FNCE, please mark your calendars to attend the reception honoring Cynthia.

When: October 19th from 5-6 PM
Where: Room Maple B at the Omni Hotel at the CNN Center.
100 Andrew Young International Blvd
Atlanta, GA 30303
NAND’S BEEN ACTIVE IN THE COMMUNITY

• NAND participated in 2 AAW Fairs that saw over 100 attendees per event.

• Erin Gregory, NAND Public Relations Chair had several write ups in local papers on the First Annual KER Month.

• NAND recognized several members for their activities for KER Month.
  • Karman Meyer’s Blog: Nutrition Adventures
  • Jenny Beth Kroplin: Talk of the Town
One of the great new activities implemented this year by the Tennessee Academy of Nutrition and Dietetics (TAND) Advocacy Leadership is a monthly advocacy conference call with TAND and the local District Policy Coordinators to discuss important Nutrition Policy issues. The group met in August, and below are two of the hot topics TAND is working towards this year in terms of advocacy:

1. **Building Alliances**
   Dee Pratt, president elect of TAND, presented that one of our advocacy goals this year is to partner with groups that has similar interests to ours. One such group is the Tennessee Healthcare Campaign (THCC). They are an advocacy group involved in making a difference especially in Medicaid reform asking our governor to take federal money so Medicaid can cover more people. THCC’s president, Walter Davis, CEO, has agreed to meet to discuss how our two organizations can work and support each other.

2. **Therapeutic Diet Order Writing**
   There was an email sent from the Academy about CMS giving the RDN’s order writing privileges within the facility’s and state’s regulations. Specific challenges faced and TAND’s current strategies to address these challenges with the CMS rule are

   - **The most problematic language seems to be in the Hospital Regulations** under Rule 12008-1-06(9) (e) (1) “Therapeutic diets may be prescribed by the practitioner or practitioners responsible for the care of the patients.” Because the wording was inserted in 2007 to mirror the language from CMS at that time, we hope that we can ask that the language simply be updated to mirror the current CMS language. If the Board for Licensing Health Care Facilities agrees, they could change the rule simply by board vote. That would be very good news because it would avoid opening the costly law.

   - **The language in the dietitian bill may allow enough flexibility for RD order writing** so, TAND may not need to open our bill at this time. Outside legal counsel could evaluate our bill and, if they agree, provide a written statement on letterhead that, in their opinion, the current dietitian regulations and rules allow for RD order writing. This will be important for three reasons:
     1) To support TAND’s position that our licensure bill will allow RD order writing if we approach the hospital board to request a rules change
     2) For individual hospitals as they consider requests for RD order writing privileges, and
     3) For our licensure board if they are asked whether our law will allow RD order writing.

   - **TAND will need to build alliances with THA, TMA, and other groups** that would support our request to update language in hospital rules regarding dietitians.

Call to Action: What Can You Do?
A survey regarding challenges and needs for implementing order writing privileges in facilities was emailed to the CNM list serve. Collaborate with your CNM to ensure this survey is completed in full detail.

Please contact our local legislatures on these important Nutrition Policy issues and stay tuned for further information regarding the Annual Tennessee Hill Day to discuss these issues with our Legislators in person.
BE A LEADER OF NAND: JOIN THE BOARD OF DIRECTORS

Have you ever wondered what the members of the NAND leadership team do? Are you interested in being a board member? To answer these “burning” questions a brief overview of elected board member’s job duties and what the position has meant to the current person in that position has been highlighted on the next page.

The nominating committee this year which includes Lisa Sheehan-Smith (chair), Laura Marbury (chair-elect) and Sarah Vaughn (member) is seeking a few good men (and women) for leadership roles on next year’s ballot. If you are interested in being on the ballot or know someone who would be a good candidate, please contact Lisa at lisa.sheehan-smith@msu.edu.
<table>
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<th>Board Position</th>
<th>Brief Overview of Position’s Tasks</th>
<th>Current Board Member Experience</th>
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| President-Elect        | The President-Elect is elected by NAND members to a three year term (as President-Elect, President, and Past President). The person in this position is responsible for scheduling member meetings, obtaining speakers and sponsors for meetings, and organizing CEUs. | Being on the board has given me the opportunity to work with nutrition professionals across the state. As an RDN working in private practice, I have limited interactions with other RDNs and have thoroughly enjoyed getting to know others involved in various areas of practice. Through my time spent on the NAND BOD, I have gained invaluable leadership experience and numerous opportunities to strengthen my skills in organization, time management, plus verbal and written communication.  
  Katherine Fowler |
| Secretary               | The Secretary is elected by NAND members to a one year term. The person in this position records all minutes of the board and membership meetings, maintains NAND’s historical records, maintains the district’s bylaws, and sends quarterly email newsletters to members. | Being on the board has allowed me to meet other dietitians who work in other areas of nutrition and keep up with the events and activities that are going on in the area. As secretary, my responsibility of keeping up-to-date on all of the events allows me to be more knowledgeable of what is happening in the dietetics field in our area.  
  Fanny Sung Whelan |
| Treasurer              | The Treasurer is elected by NAND members to a two year term. The person in this position files income taxes, reports the total assets and total current liabilities as well as revenue from membership dues and fundraisers, prepares the annual budget for board approval, and handles reimbursements. | Being on the board of directors has allowed me to network with other dietitians in the area and stay up to date with emerging nutrition research and trends. In executing my role as treasurer I use my time and money management skills as well as my organizational skills to meet deadlines and manage NAND’s finances.  
  Emily Gilbert |
| Nominating Committee Chair | The Nominating Committee Chair finishes an elected two year term (that started as Nominating Committee Chair-Elect). The person in this position acquires nominations for the annual election of NAND board members, verifies their eligibility, runs the election, and reports the results. | I have served in numerous roles on various boards throughout my career. One of my favorites is the nominating committee chair. It gives me opportunities to meet and interact with numerous dietetics professionals, which I thoroughly enjoy! Serving on the board continues to keep me on my professional toes and up-to-date with the Academy.  
  Lisa Sheehan-Smith |
| Council on Professional Issues Chair | The Council on Professional Issues Chair finishes an elected two year term (that started as CPI Chair-Elect). The person in this position guides NAND in professional practice issues, identifies needs and develops strategies for marketing and public relations, assists the President-Elect in developing resources for NAND members (such as sponsors, meeting locations, meeting topics and speakers), and mentors the CPI Chair-Elect. | I have been able to see what the academy at the district, state and national level does for the dietetics profession. As a dietitian, I can now see full circle how the world of dietetics comes together. Serving on the board has improved my networking. Meeting and working with other dietitians who work in different work settings has been the most challenging, but also helps to keep me versatile in completing my duties.  
  Whitney Pinkston |
| Student Member         | The Student Member is elected by NAND members to a one year term. The person in this position acts as a liaison between the NAND board and the NAND’s student membership, helps recruit student members to NAND, and completes tasks as assigned by President-Elect and Awards/Scholarship Chair. | As the student delegate, I have the opportunity to communicate with experienced professionals in my career field through email, networking events, and NAND meetings. I am improving my written and verbal communication skills, something that will help me throughout my professional career.  
  Ashley Vairin |
Thanks to all that came out to the NAND Kickoff Networking Event at Corsair Artisan Distillery on September 25th! We had a great turnout, almost 40 people enjoyed food and drinks while networking in Nashville’s only distillery. Fourteen attendees took the distillery tour while others enjoyed networking in the tap room, distillery room, and outdoors in the courtyard. Corsair’s spirits have been praised in publications like Food and Wine, Savuer, Imbibe, Whisky Magazine, Whisky Advocate, the Atlantic, and Time Out New York. Their innovative and adventurous spirits have won 41 medals at international spirits competitions. Corsair is located in historic Marathon Village, a former factory that made Marathon Motor Cars and is now occupied by several shops, artists, photography studios, offices, and Lightning 100 radio station.

Stay tuned for details about our next networking event taking place in 2015, we hope to see you there!
Are you a nutrition student seeking a once in a lifetime opportunity for the summer of 2015? Then look no further and apply for the Summercise Internship with the Norton Sound Health Corporation of Nome, Alaska. Summericse is an award-winning diabetes prevention program that was created in order to instill good nutrition and fitness practices in to the everyday lives of Nome’s youth.

As an intern, you will be given the opportunity to create and execute your own nutrition and fitness classes for the Summercise Camp, helping the children learn how healthy foods and exercise can improve how they feel. Beyond camp, you will be given the chance to work with other programs, such as the School Lunch Program, WIC, Step-by-Step, The Boys and Girls Club and several others.

If you’re a hard worker with an enthusiasm for living a healthy lifestyle and helping others, don’t pass up this chance to grow professionally and personally. Knowledge and communication are powerful tools. Never doubt that YOU can make an impact! I am forever changed after my time spent in this program and I hope you will strongly consider applying next year. If you have any questions regarding this internship, please don’t hesitate to contact me at ashley.vairin@gmail.com.
How do you celebrate Food Day?

Email your suggestions to fannyesung@gmail.com to be featured in the next newsletter!
Upcoming Member Meetings

Tuesday November 11, 2014
At Vanderbilt Recreation Center
5:30 to 7:30 pm
For those who want a tour of the new Rec Center (and also have a tasty treat!), arrive at 5:00.

Topics:
1) Adult Weight Management via Mindful/Intuitive Eating through a Cognitive/Behavioral approach
2) Interactive activity on mindful eating and the "Alphabet workout: 26 ways to move your body without entering a gym"
3) Update from TAND

Tuesday February 17th.
Details to be released at later date.

UPCOMING EVENTS

- October 14, 2014, Board Meeting
- October 17, 2014, Deadline for NAND awards
- October 24, 2014, Food Day, Eating Disorder Coalition of TN Annual forum
- November 9, 2014, Mayor’s 5K Challenge Volunteer Booth
- November 11, 2014, Member Meeting (see details above)