



Nashville Academy of Nutrition and Dietetics Newsletter

Upcoming Board
Meetings

*Tuesday,
January 26 2015,
6 PM
Location TBD*

Save the Date

*TAND Annual
Meeting*

March 21, 2016

Hill Day

March 22, 2016

Letter from the President

Dear NAND Members,

It's crazy to believe that 2015 is coming to an end! NAND has had a busy but terrific year so far. We started our year off with our first Networking/Member Kick-off event on September 15th at Jackalope Brewery. The first 10 NAND members to RSVP received a free tour of the brewery, courtesy of NAND. We held our first journal club event on September 22nd at Vanderbilt 100 Oaks Mall with Exercise Physiologist Megan Garber with the Vanderbilt Weight Loss Clinic. It was our most well attended journal club event yet and 2 CEU's were offered. Nashville hosted FNCE for the first time from October 3rd-6th. NAND joined forces with TAND, our state association, to plan a great photo booth for the FNCE exhibit hall and a reception event at the Renaissance Hotel. A big shout out to NAND board members Tracy Bruen and Amber Payne for playing a large role in planning these events! Lastly, we held our first member meeting on November 10th at Emma's Bistro. Dee Pratt, TAND President, provided updates from TAND and was followed by a panel discussion: "Nutrition Collaboration: How Key Stakeholders in the Nutrition Community Can Work with Local Dietetics Professionals." This event was sponsored by Mead Johnson and 2 CEU's were offered.

So as you can see, NAND has been off to a great start so far, but we have plenty more in the works! We are currently planning our spring member meeting, two more journal club opportunities, a farm tour, fundraising event, fitness class, and a few other great events for National Nutrition Month in March. Please be sure to stay tuned to our website and social media pages for updates. As a member, you will also receive updates via our email blasts as well.

Please be on the lookout for our membership survey to come out in the spring. We rely on your feedback to help make this group even bigger and better. A great way to also provide feedback is by joining our board! You may have seen emails/posts about our elected positions we are looking to fill, but also we will be looking to fill appointed positions in the spring. If you are interested in learning more about our positions, please check out the NAND Members section and click on Board Members to read the job descriptions. Also feel free to reach out to me personally at collette.powers@fmc-na.com with any questions and/or if you are interested in a specific position. Serving on the board is a great way to network, earn free CEU's, and build your leadership portfolio. Plus, your NAND membership is FREE!

Lastly, NAND has been receiving many requests from those in the community looking for a dietetic professional to speak at community events, provide private counseling, referrals, etc. We are asking all our wonderful members to please take a moment to fill out your professional information in the "Find a RD" section on the NAND website. We want to be able to make it easier for the community to find the Nutrition Expert that suites their needs and direct inquiries accordingly.

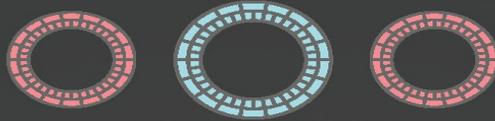
I am excited for what we have already accomplished as an organization so far this year and am looking forward to what is in the works for the spring! As always, please feel free to reach out to me anytime with any questions, concerns, or feedback to make this great organization even better. And of course a big thank you to the 2015-2016 board! I don't say it enough, but you all are truly what make this organization the best in Tennessee, in my opinion.

Happy Holidays!

Collette Powers, MA, RD, LDN, ACSM EP-C

NAND President 2015-2016

NAND FUNDRAISING EVENT!



2015

FALL FUNDRAISER

Thursday, December 10th

~ALL DAY~

Please mention the fundraiser to Desano Pizza Bakery staff to ensure that 10% percent of your proceeds go to The Nashville Academy of Nutrition and Dietetics.



Desano Pizza Bakery

115 16th Ave S
Nashville, TN



WWW.EATRIGHTNASHVILLE.ORG



Vanderbilt Food Day 2015 – Vegetables Run Wild!

Friday, October 23, 2015

Fruits and vegetables were recently spotted roaming Vanderbilt's Recreation & Wellness Center and Medical Center cafeterias. Vanderbilt University celebrated National Food Day (Oct. 24), a day that inspires Americans to change their diets for the better and to improve food policies. Food tastings were organized at three different locations across the Vanderbilt University and Medical Center campus to inspire the public to make healthy food choices.

Three Vanderbilt executive chefs, Chef Moran, Chef Carroll, and Chef Slagle, and three teams of Vanderbilt University Medical Center Dietetic Interns competed in the ultimate Food Day competition. Each chef and team of interns created a recipe to be sampled at various locations around campus. Samples included Honey Pecan Turkey Flatbread, Quinoa and Kale Stuffed Sweet Potato, and White Bean Chicken Chili. Each recipe was taken from the Sodexo Mindful recipe collection.



Visitors were given the opportunity to taste each recipe at a given location and vote for their favorite. Vanderbilt dietetic interns were available at each station to assist visitors, answer questions about Food Day and the recipes, and spread awareness of healthy, mindful eating.

The Dietetic Intern marketing team developed recipe cards and handouts that contained more information regarding Food Day and other events happening around campus. These were available at each station for participants.

Over 300 people came out to show their support and vote for their favorite dishes. The winning entrées, listed below, will be featured in the Courtyard Café at Vanderbilt University Medical Center.

Honey Pecan Turkey Flatbread
Quinoa and Kale Stuffed Sweet Potato
Ancho Chicken with Corn, Zucchini,
Tomato Salad

For more information regarding Food Day 2016 please visit: www.foodday.org.

Find an RD

Market Yourself through NAND!

You can utilize NAND to market yourself to healthcare professionals through our website! Simply go to: <http://www.eatrightnashville.org/index.php/find-a-rd-submission/> and add information about yourself for others to see. You can add your nutrition specialty areas and promote yourself to others seeking out your nutrition expertise!



“It is never too late to be what you might have been.”

Second Career RDs



This quote sits framed in my kitchen window sill. It reminds me daily about the choice I made to become a second career dietetic student. As I have found, I am not alone in this choice. Second career dietitians are becoming one of the Academy of Nutrition and Dietetics (AND) growing fields. So much, that this past year AND added a dietetic practice group called “Second Career Dietitians,” which currently has 122 members!

Any life change is a big decision. Quitting a full time job, leaving a successful corporate career and choosing to become a college student can make anyone uneasy on certain days. However, knowing that you are surrounded by others that have made the same choice solidifies your decision.

Yet, every day you have that burning desire to ensure this second college and career decision is different from your first. Here are some simple and inexpensive ways to make the most of your experience while discovering that a career as a dietitian can be anything you dream it to be!

Join AND - For \$50.00 a year (\$0.14/a day), you gain access to the largest base of knowledgeable, experienced dietitians, that were once in your shoes. Need some handouts for a class presentation? Want to pursue a particular practice area? AND has dozens of practice groups with electronic message daily emails where you can post any question and receive expert opinions to those burning questions keeping you awake at night.

Join your regional AND organization - For \$20.00 a year (\$0.05/a day) you have the chance to network with local dietitians, many of whom may be your future preceptors or coworkers one day. You also receive invitations to various meetings from a presentation on weight management and nutrition to a seminar on eating disorders to a panel discussion on local food initiatives.

Volunteer with a group that fuels your passion – Love to run? Volunteer with a school to coach young children. Crazy about the grocery store? Sign up to give cooking demonstrations or hand out coupons. Long to learn to cook? Ask your local farmers market about working with a culinary expert to provide demonstrations on weekends.

Just by doing these three things, I have opened doors during my brief college experience and created opportunities that have led me in places I never imagined. As a second career dietetic student, you truly forge the path to make this second career your chance to be great the first time.

~ Jill Monagene, Dietetics Student, Middle Tennessee State University

RDs in Diabetes Prevention

Risk factors for diabetes such as obesity and physical inactivity pose a threat to burdening Tennessee's health care system if current trends are not reversed. Nutrition is an important part of health promotion and disease prevention. The RD's knowledge and expertise are key components to multifactorial efforts to promote health and wellness in communities to decrease the prevalence of chronic disease, including obesity, hypertension, cardiovascular disease and diabetes, across all age groups. Many RDs are involved in diabetes prevention programs across the Nashville and surrounding area and are facilitating lifestyle behavior changes among participants of all ages that ultimately will positively impact the health of the community. Recently, the CDC reported that for the first time since 2008, the rates for new cases of Diabetes have decreased from 1.7 new million cases in 2008 to 1.4 million new cases in 2014 which could be attributed to increased physical activity, decreased soda consumption and leveling rates of obesity. Many of these programs are actively enrolling participants at this time, often at little to no cost to the participants thanks to grant funding from entities such as the State of Tennessee 1305 grant, the American Association of Diabetes Educators, the YMCA, the Centers for Disease Control and Prevention as well as others. The following locations are areas are great resources for diabetes prevention:

NorthCrest Medical Center, Endocrinology
100 Northcrest Dr. Suite 510
Springfield, TN 37172
615-435-5580
615-384-1603
Kim_James@northcrest.com

YMCA's of Middle Tennessee :
* Davidson County
1000 Church St. Nashville, TN 70161

2624 Gallatin Pike

Williamson Medical Center
4321 Carothers Parkway
Franklin, TN 37067
spilkinton@wmed.org

*Rutherford County:
205 N. Thompson Lane Murfreesboro, TN 37129

Vanderbilt University
1211 21st Avenue South
Suite 640 Medical Arts Bldg.
Nashville, TN 37212
615-343-9623
Lisa.r.connor@vanderbilt.edu

*Williamson County:
501 S. Royal Oaks Blvd. Franklin, TN 37064

*YMCA of Middle Tennessee's contact:
615-259-9622 Ext. 70196
cgrenier@ymcmid.org



NAND Winter Networking Event

Location: FitLab
3307 Charlotte Ave
Nashville, TN 37209

Date: Thursday, January 21st, 2016

Time: Arrive at 5:45 PM for a 6 PM class

Who: The first 15 NAND members to RSVP for event.

Class Info:
Nashville Fit Lab specializes in group training, personal training and nutrition coaching for weight loss and sports performance. Nashville Fit Lab's program is designed to help others improve in all areas of fitness; including, strength, conditioning, endurance, mobility and agility. Each day, the workout is different and may include movements, like squats, presses, deadlifts, sit-ups, lunges, push-ups, running, jumping, rowing and gymnastics. Nashville Fit Lab's group training program is for all levels and is designed to achieve good functional movement, individualized goals and improve overall health and fitness. Nashville Fit Lab's motto is, "Smarter Bodies, Stronger Minds and Better Lives!"

Nashville Fit Lab is owned by David Duff, a Registered Dietitian Nutritionist and Certified Strength and Conditioning Specialist. David graduated from MTSU and did his dietetic internship at NHC where he later worked for 5 years. Before opening Nashville Fit Lab, David worked as a consultant dietitian, personal trainer, CrossFit trainer and did nutrition coaching on the side. David's mission is to help others find greater purpose by sharing an evolving knowledge of health and fitness!

During the NAND Winter Networking Event, David will lead us through a fun and challenging team workout. The workout will be designed for all levels and you will be able to scale the intensity to your own ability! Don't worry if you haven't done anything like this before- you will learn everything you need to know during the class! Make sure that you wear your best Lulu's (or other athletic attire), some super-sweet trainers and get ready to (net) work!

What is an NPI?



NPI is a National Provider Identifier that is required on claims in place of other identifiers.

Why do I need one?

It will allow you to work where you want to work and be able to bill for services.

How do I apply?

Go to <https://nppes.cms.hhs.gov/NPPES/Welcome.do>

If you would like more information, please contact NAND.

Upcoming Events

Journal Club: Adult Weight Management
facilitator Marilyn Holmes MS RDN LDN

Vanderbilt University Recreation Center

January 13, 2016

5-6:30 PM

RSVP Caroline Pullen

carolinemcrow@gmail.com.

Share your Story!

Know an outstanding RD or group of RDs involved in the community? Please share their great work in our Member Spotlight. Contact Tracy Bruen (tlbruen@gmail.com) to be included in the next NAND newsletter.



Happy Holidays form NAND !

See you in 2016!....