NASHVILLE ACADEMY OF NUTRITION AND DIETETICS
NEWSLETTER: MARCH 2017

Board meeting:
Tuesday, April 4th, 5pm
Location TBD

Updates:
March is National Nutrition Month!
March 8th is National Registered Dietitians Day!
Dear NAND members,

Happy National Nutrition Month! NAND is spreading the theme, “Put Your Best Fork Forward” with excellent volunteer opportunities this month for our members with two events: Saturday, March 18th NAND will be sorting canned goods with Second Harvest Food Bank of Middle Tennessee from 9:00am-12:00pm and Saturday, March 25th we will be gardening with the Nashville Food Project from 9:00am to 11:00am. These events are open to both NAND and non-NAND members, so make sure to spread the news! You can sign up for these events through our NAND website. I hope to see you as we celebrate National Nutrition Month.

We also have big news to share! I would like to say congratulations to our 2017-2018 NAND Board Members:

President-Elect: Kara Andrew
Secretary: Beth Dunlap
Treasurer: Jamie Flick
Council on Professional Issues Chair Elect: Leah Drake
Nominating Committee Member & Chair Elect: Amanda Erickson

We are excited to recruit excellent leadership for our Board and continue to provide our members with high quality educational opportunities and networking events. If you are interested in serving on the NAND 2017-2018 Board, please contact Sarah Martin at Sarah.L.Vaughn@gmail.com. Serving on the Board has been a rewarding experience, and I look forward to meeting more of our NAND members in the upcoming year.

This past month, NAND partnered with MTSPEN to provide an excellent member educational meeting on February 28th at Maggiano's with the topic “Parenteral Nutrition Safety” with speaker Dr. Carol Ireton-Jones. Thank you to Fresenius for sponsoring. NAND honored our members and dietetic intern with awards and recognition. A big thank you to Emily Hogan (NAND President-Elect) and Kristen Xiong (Awards Chair) for all of your work to honor our members and dietetic interns in Nashville.

We are more than half way through our membership year, and we are not done with providing events for our members! Be on the lookout for more announcements through our newsletter and member emails on upcoming events. Also, check out our website and Facebook page for announcements and great information. Lastly, thank you for your membership and participation in NAND. We look forward to seeing you at our upcoming events.

Happy National Nutrition Month,
Sarah Martin
NAND President 2016-2017
NATIONAL NUTRITION MONTH ACTIVITIES

Event #1: Sorting Canned Goods with Second Harvest
Saturday March 18th from 9am-12pm

Event #2: Gardening with the Nashville Food Project
Saturday March 25th from 9am-11am

These events are currently closed for registration but please message Collette Powers, NAND Past President, cnpowers9@gmail.com for possible last minute openings.
Nutrition and what it means to be 'healthy' were the topics of conversation at Station Camp Middle School this past Monday when Amber Payne, RD, LDN spoke to an after-school group of about 25 kids. A presentation was requested by the organizer that covered overall health and positive body image, so the group discussed how everyone has a different definition of 'healthy' and everyone has a different path to health, so it is important not to judge others or compare yourself to others and instead try your best to get enough exercise and make nutritious choices most of the time. They talked about how our bodies take apart the foods that we eat and use the pieces to make other things, just like Lego blocks, so it is important to provide our bodies with a variety of 'blocks' to use. After breaking into 5 groups, each group learned about and presented information to the rest of the students about one of the 5 food groups. The students enjoyed a snack sponsored by NAND that included food from all 5 food groups, and they wrapped up their time together with students working on individual art projects to create a picture of what 'healthy' means to each of them.
Our NAND Dietitians continue reaching out to the community and sharing articles, insights and nutrition-related news!

Collette Powers represented NAND and local dietitians in an article for the Tennessean on eating well-balanced meals.


Amanda Jacob Erickson, RD, LDN had an article published in the AntiochTenn.com online newspaper, this time on Valentine’s Day treats. Check it out here:

http://www.antiochtnn.com/2017/02/10/spread-valentines-love-healthy-way/

If you are interested in being featured in our next newsletter, please email Amanda Erickson, RD, LDN at Amanda.erickson2@hcahealthcare.com.
Get Involved with NAND!

Are you interested in getting involved with NAND in 2017-2018? If you would like to help plan events, participate in projects, and improve NAND, consider assisting our board members! Please contact Sarah Martin, President at Sarah.L.Vaughn@gmail.com.

If you have done any community outreach, are interested, or know of someone in need of dietitians to speak at a local school or facility, please visit our website’s ‘Find an RD’ section at http://www.eatrightnashville.org/index.php/find-a-rd/ or email Collette Powers at cnpowers9@gmail.com.
TAND Annual Meeting will be held Monday, March 20, 2017 at the Airport Marriott Hotel, Nashville. See below for the complete schedule. Slides are available on TAND’s website under the Members Only Section. Please print and bring with you.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Presenter</th>
<th>Topic</th>
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<tbody>
<tr>
<td>6:30 - 7:15am</td>
<td>Exhibitor and Poster Set Up</td>
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<tr>
<td>7:00 - 7:30am</td>
<td>Attendee Registration, Visit Exhibits, Poster Session, Silent Auction</td>
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<td>7:15 - 8:00am</td>
<td>Breakfast</td>
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<td>7:15-7:40am</td>
<td>Food Demo</td>
<td>Culinary Partnership</td>
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<td>8:00 - 8:15am</td>
<td>Call Meeting to Order and General Announcements</td>
<td>CPI Chair, Dr. Heidi J. Silver</td>
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<td>8:15 - 8:30am</td>
<td>Introduce Board and TAND Update</td>
<td>TAND President, Mary Catherine Schallert</td>
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<td>8:30 - 9:30am</td>
<td>Speaker 1</td>
<td>Amy Richards</td>
<td>Fact or Fiction: Is There Evidence for Vegetarian and Vegan Diets?</td>
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<td>9:30 - 10:30am</td>
<td>Speaker 2</td>
<td>Kathleen Zelman</td>
<td>From Manual Typewriters to Mommy Blogs: The Changing Landscape of Nutrition Communications</td>
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<td>10:30 - 11:00am</td>
<td>Break: View Posters, Exhibits, Silent Auction</td>
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<td>11:00 - 12:00pm</td>
<td>Speaker 3</td>
<td>Jacqueline Marcus</td>
<td>What's New About Getting Old? - Savoring the Seasoned Years</td>
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<td>12:00 - 1:00pm</td>
<td>Lunch</td>
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<td>12:15 - 12:45pm</td>
<td>Food Demo</td>
<td>SUDIA</td>
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<td>12:45 - 12:55pm</td>
<td>STAND Update</td>
<td>STAND President, Elizabeth Alexander</td>
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<td>12:55 - 1:05pm</td>
<td>Hill Day Update</td>
<td>Advocacy Chair, Brian Carroll</td>
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<td>1:05 - 1:30pm</td>
<td>TAND Awards</td>
<td>TAND Awards Chair, Emily Maddux</td>
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<td>1:30 - 3:30pm</td>
<td>Speaker Panel (4 speakers)</td>
<td>Jaime Pope, Regina Tyree, Kevin Niswender, Brandon Williams</td>
<td>Contrasting the Evidence on Treatment Options for Obesity and Type 2 Diabetes: Diet, Exercise, Pharmaceuticals and Surgery</td>
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<td>3:30 - 4:00pm</td>
<td>Break: View Posters, Exhibits, Silent Auction</td>
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<td>4:00 - 4:15pm</td>
<td>Poster Awards and Silent Auction Winners</td>
<td>CPI Chair Elect, Becky Mehr and State Fundraising Chair, Eddie Han</td>
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<td>4:15 - 4:30pm</td>
<td>Closing Remarks</td>
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<td>4:30pm</td>
<td>Exhibit and Poster Take Down</td>
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Hill Day will be held Tuesday, March 21, 2017 at Citizens Plaza Building, Nashville, TN.

9:00am-12:30pm (includes box lunch)
- Introduction and welcome from TAND lobbyist (Jill Talbert)
- Legislator address
- Keynote – TBD
- Visits to representatives
- 12:30 Lunch and debriefing
- 10:30-10:45 Walk to the Legislative Plaza
- 10:45-12:15 Visits with legislators at the Legislative Plaza
- 12:15 - 1:00pm Return to Meeting Room for Lunch and Visit Recap

Please consider attending this important event!
Immigration to America: How Environmental Change Impacts Dietary Intake and Body Mass Index Status

Speaker: Chery F. Smith, Ph.D., M.P.H., R.D.

Monday, April 3
6:00–7:30 p.m.
McWherter Learning Resources Center, Auditorium (Room 221)

• Open to all MTSU students and community members
• Registered Dietitians will receive 1 CEU for attendance
• University of Minnesota professor Chery Smith will address the association between food insecurity, pre-immigration, and increased Body Mass Index post-migration. She also will discuss the process of dietary acculturation among immigrants. Smith is a published researcher in the areas of food anthropology, food deserts, and how food insecurity influences the nutritional status, dietary behavior, and health of selected populations (e.g. Native Americans, Hmong, African-Americans, homeless individuals, veterans, and Sherpas). A registered dietitian, she teaches Socio-Cultural Aspects of Food, Nutrition, and Health, as well as Advanced Nutritional Anthropology.

• Sponsorships: The Distinguished Lecturer Series, in conjunction with the Nutrition and Food Science, Health and Human Performance and Anthropology programs.
THANKS TO ALL WHO ATTENDED OUR MEMBER MEETING!

Spring Member Meeting with Middle Tennessee Parental and Enteral Nutrition (MTSPEN) was held Tuesday, February 28th.

Dinner and Speaker were sponsored by Fresenius-Kabi at Maggianos. Speaker Carol Ireton-Jones presented a wonderful speech on Parenteral Nutrition Safety.
SPRING MEMBER MEETING!

• Awards were presented to our Internship Students as well as some of our outstanding members!

Collette Powers was recognized for her excellence in leadership as Past President.
SPRING MEMBER MEETING!

Outstanding Dietitian of the Year: Emily Hogan

Outstanding Dietetics Educator: Michelle Michael
SPRING MEMBER MEETING!

Emerging Dietetics Leader: Amanda Erickson

Recognized Young Dietitian of the Year: Stephanie Chelton
SPRING MEMBER MEETING!

Outstanding Dietetics Student: Jill Mongene

NAND Student Award: Kathleen Pittman
CONGRATULATIONS
INTERNS!
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CONGRATULATIONS INTERNS!
Have a great Spring from NAND!

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 Amanda Erickson (amanda.erickson2@hcahealthcare.com) to be included in the next NAND newsletter.

Follow NAND on social media!
Twitter: @EatRightNash
Facebook: Nashville Academy of Nutrition & Dietetics-NAND, @EatRightNash

Have something you would like shared on social media? Send it to Heather Bumbalough, Public Relations Chair, at hbumbalough@gmail.com.