

OCTOBER/NOVEMBER 2024 | ISSUE XXV

NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



Utah

Academy of
Nutrition and Dietetics

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Academy of Nutrition and Dietetics

A MESSAGE FROM THE ADVOCACY COMMITTEE

Written by Gina Ward, MS, RDN, CDCSES
Advocacy Committee Chair 2023-2025

I am pleased to announce that Senator Evan J. Vickers has agreed to sponsor legislation in Utah to adopt the Dietitian Licensure Compact in the upcoming 2025 Legislative Session! Our advocacy committee is working closely with Senator Vickers, the Academy of Nutrition and Dietetics, the Council of State Governments (CSG) and the Department of Defense (DoD) to expand access to Medical Nutrition Therapy for all Utahns (particularly those in rural areas with limited access to a dietitian).

This licensing pathway will facilitate multistate practice among member states and reduce the barriers to license portability, which will increase opportunities to expand dietitian services and grow your practice/business!

This compact or agreement requires seven (7) states to pass the compact legislation before federal regulations can proceed. Currently we have three states who have passed compact legislation (or have legislation pending). Please see the following link for the map of states:

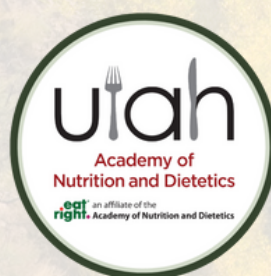
https://dietitianscompact.org/?page_id=10

What are the benefits of passing dietitian compact legislation?

- Facilitates multistate practice. For example, do you work for a hospital or clinic system that supports the region (like U of U Burn Center or Primary Children's Hospital)? You may be required to have licensure in more than one state to continue to care for individuals from out-of-state who come to speciality centers within Utah. If you live in a border community (like St. George), some of your patients likely live in Nevada or Arizona. To participate in telehealth, you may need to be licensed in in more than one state.



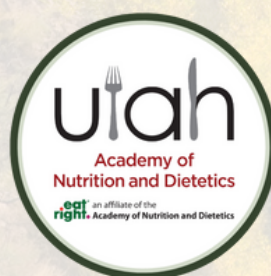
- Enhances license portability when changing state of residence. It should not take as long to obtain the proper authorization to practice in another state if you move in/out of Utah when there is an agreement in place to set standards for dietitians to provide Medical Nutrition Therapy.
- Expands employment opportunities into new markets, like in-person, virtual or hybrid businesses. Think REMOTE jobs, and there are more and more of them available post-COVID.
- Improves continuity of care when patients or providers relocate.
- Supports relocating military spouses who may be transferred to another area and have to “start over,” both professionally and personally.
- Reduces burden of maintaining multiple licenses in many states.
- Expands access to care for rural communities via telehealth, not just in Utah but in the region. This can also help keep Utah dietitians in rural communities living, working and paying taxes in Utah. For example, if a dietitian only has part-time work in their local community, they could work part-time in a remote position to supplement their in-person local employment.



- The Advocacy Committee is working diligently with stakeholders behind the scenes to secure a co-sponsor for the bill and build support for its passage. We will be advertising upcoming free CEU later this fall which we will invite you to attend to coordinate grassroots efforts and build support of the compact. I encourage you to take time to participate in educational opportunities to learn about the compact and how it can help you.

What can you do NOW to advocate for your profession and expand your opportunities as a dietitian?

- Learn about the compact.
<https://compacts.csg.org/compact-updates/the-interstate-compact-for-dietitians/>
- Click on the following link:
<https://le.utah.gov/GIS/findDistrict.jsp> You will be able to determine your elected official(s) by typing in your address and zip code, or by selecting the map. Sign up for any newsletters or information from their office.
- If there are any events your legislator is attending this fall, make the time to meet your legislators in person. It's always easier to help someone you have met in person rather than just someone who emailed you.



The personal touch is helpful! And take a picture with your legislator! (They love photo evidence with constituents!)

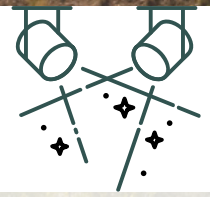
- UAND Advocacy Committee will be working on consistent messaging you can utilize to contact your legislators this fall about supporting compact legislation. We will unveil our grassroots effort plan in November. Look for that information on www.eatright.org. Many voices of support will make a BIG difference to ensure success!

For some of us, advocacy = politics. Politics aren't always kind or pretty, but the dietitian compact licensure will ensure that Utahns have access to a qualified dietitian by addressing some of the logistical issues with credentialing and licensure in various states. It's legislation that EVERYONE can support because it doesn't matter what political party you belong to, dietitians want EVERY UTAHN to have optimal health through good nutrition!

Feel free to contact me if you have questions, thoughts, or want to volunteer to help! Many hands make light work, and it's a great opportunity to make new friends as we serve one another in a great cause! Stay safe this fall!

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UAND MEMBER SPOTLIGHT



Danielle (Dani) Perez MS, RD, CHES

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

I currently work as the Farm to School Specialist at Utah State Board of Education partnering with Utah Department of Agriculture and Food. Being a Farm to School Specialist means more than just coordinating garden programs and sourcing local produce to our schools -- it's about nurturing young minds. When students plant seeds, tend to crops, and harvest their own food, they learn life skills beyond textbooks. They discover where their meals come from and develop a deep appreciation for the hard work of farmers. It's been very exciting to connect educators with local growers, organize farm visits, and facilitate workshops. These connections foster a sense of belonging and empower students and community members to become stewards of their environment. And it's even more exciting to be a part of the process where fresh, seasonal produce finds its way into school cafeterias.

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

I've been a dietitian for 3 years and a member of UAND for 4.

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

UAND membership has been a great way for me to network with other dietitians as well as coordinate policy and advocacy efforts.

What is your favorite recipe or food tradition?

My favorite food tradition is making the green bean casserole at every Friendsgiving. I love me a green bean casserole.

What is your favorite book or movie?

My favorite movie is Midsommar: a beautifully chaotic horror movie.

What advice do you have for young dietitians?

We're all into food, but food is an incredibly wide-ranging subject, so broaden your horizons and find what's meaningful to you! Every encounter or experience is an opportunity to grow.

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

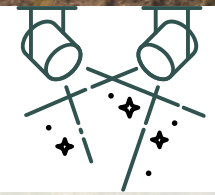
My favorite moment of my career has been going to Washington D.C. and talking with Utah legislators about school nutrition initiatives like Healthy School Meals for All.

How do you spend your free time?

I am a movie fanatic, so watching all kinds of weird movies is my jam. I also love to read, play outside, and pet all of the neighborhood cats.

What is the best advice that you have ever received?

The best advice that I have received is to enjoy the little things. I'll always be ambitious and have goals, but it's all about enjoying the journey.



WANT TO BE FEATURED?

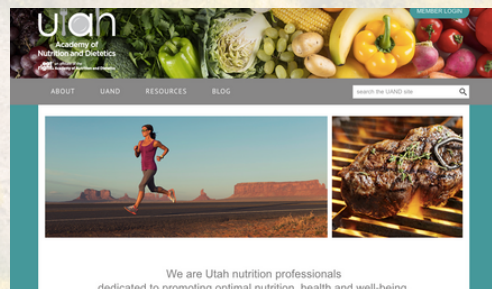
Submit your Member Spotlight Questionnaire [HERE](#)



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!

CHECK OUT
OUR WEBSITE!
eatrightutah.org



How can we make the website work for you? Let us know by e-mailing socialmedia@eatrightutah.org

FOLLOW UAND
ON SOCIAL
MEDIA!



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



ANNOUNCEMENTS AND MORE

FARMER'S MARKET ACTIVITY

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





ANNOUNCEMENTS AND MORE

SOUTHERN UTAH'S 1ST FALL CONFERENCE

REGISTER NOW!

Theme: Leading the Change

Date: Friday, November 8th, 2024

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!

Early Registration ends October 20th.

\$35 for students and \$45 for Registered Dietitians



[EVENT WEBSITE](#)



[REGISTER HERE](#)

UAND ANNUAL FOOD AND NUTRITION CONFERENCE

Save the Date!

Theme: Grounded and Growing: The Evolving Field of Nutrition

Date: Thursday, March 27th and Friday, March 28th, 2025

Location: Viridian Event Center, 8030 S 1825 W, West Jordan, UT 84088



ANNOUNCEMENTS AND MORE

CONTINUE YOUR ACADEMY BENEFITS INTO 2024-2025

Renew Your Membership Now!



Academy of Nutrition
and Dietetics

You can renew for the June 1, 2024 to May 31, 2025 membership year and renew or add dietetic practice groups, member interest groups and other Academy groups.

Two ways to renew: logging into your account on eatrightPRO.org OR calling the Member Service Center at 800-877-1600, Option 1 (weekdays from 8 a.m. to 5 p.m. Central time). International callers can dial +1-312-899-0040, Option 1.

[Click Here to Renew!](#)

ARE YOU IN THE FIRST FIVE YEARS OF MEMBERSHIP WITH THE ACADEMY?

Check out the Career Starter Dues Program!

The Career Starter Dues Program offers reduced dues rates for members in their first five years of eligibility for the Active membership category. This program was designed to support recent graduates and new professionals who are still getting established in the profession.

Learn more [here](#).



ANNOUNCEMENTS AND MORE

LICENSURE UPDATE

Utah Senator Vickers has agreed to sponsor compact legislation in Utah!
Thank you Senator Vickers!

Follow any legislation updates via the compact map linked [here](#).



LEARN ABOUT LICENSURE COMPACT

The Council of State Governments (CSG) is partnering with the Department of Defense (DoD) and The Academy of Nutrition and Dietetics (AND) to support the mobility of licensed dietitians through the development of a new interstate compact. This additional licensing pathway will facilitate multistate practice among member states and reduce the barriers to license portability.

[Learn more about licensure compact here.](#)





ANNOUNCEMENTS AND MORE

RECIPE CORNER: THE BEST APPLE CRUMBLE

Credit: Mom On Time Out



RECIPE INGREDIENTS

Crumble Topping

-
- 1 cup all purpose flour
- 3/4 cup brown sugar light or dark
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 8 tablespoons unsalted butter melted

Filling

- 2 1/2 pounds Granny Smith apples peeled, cored, and sliced or diced into bite sized pieces (about 6 to 7 cups)
- 1/2 cup granulated sugar or brown sugar
- 1 tablespoon lemon juice
- 2 tablespoons corn starch or all purpose flour
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon



[Find the whole recipe here!](#)



UPCOMING LEARNING OPPORTUNITIES

Get CEs and feed your curiosity

The academy produced a new CEU webinar, **Enhancing Bariatric Care: Addressing Malnutrition, Sarcopenic Obesity and Refeeding Syndrome in Surgery Patients**

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

View this **list of books from Skelly Skills** that provide CEUs.

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

Tune into specific podcast episodes by **Dietitian Connection** or **Sound Bites Podcast** for free CEUs.

