In response to suggestions of the member satisfaction survey which included more transparency the KAND Board of Directors would like to share some of the hard work and exciting things to come for 2019-2020.

As some of you all may have noticed, we are operating without an executive director for the first time in many years. This will allow us to redirect our expenses to such items as leadership training, the annual conference, and updating the website.

The Annual Nutrition Conference and Exhibitions will be held in northern Kentucky this year at Hotel Covington and the neighboring conference center April 16 and 17, 2020. Conference Chair Becky Shroeder, her committee, and the board of directors are working on securing vendors and speakers for the conference. This is the first time we are opening our conference to the Cincinnati chapter.

Secretary Maggie Murphy assures we operating in good financial standing. We have received $21,393 for the AND rebate and one sponsorship so far. We have submitted 2018 taxes and a new PO box was created. As a whole, we are in the green with $19,434. An internal financial audit of the past three years was completed by Maggie Murphy, MJ White, and Jenny Nixon. All spending and line items were accounted for. Contact information was updated with the state and our letter of good standing was received.

FNCE is in Indianapolis (close proximity to KY) in 2020. It was suggested KAND host a Meet and Greet for our organization’s members. This could be a good opportunity for interaction, networking, showing support for our members, and a good way to communicate to non-members what our organization is all about. Be looking for a survey from KAND president Susan Wilson to see who is attending FNCE 2020 and help plan an event for everyone to get together.

Kira Galloway and Lois Hill attended the Nutrition and Dietetics Advocacy Summit July 11-12 in Washington, DC; they discussed TROA and DSMT with different representatives. Whitney Sanders attended the Kentucky Licensure meeting on 10/27/19.

The Kentucky Academy of Nutrition and Dietetics has Facebook, Instagram, and Twitter accounts. Plans are in the works to create a LinkedIn account as well. Please like/follow our social media pages. Mudita Arora has requested she be contacted if you appear on a media outlet so it can be added to our social media accounts.
Greetings from your Delegate,

It was a pleasure to represent KAND at the House of Delegates meeting in October. Thank you to everyone who participated in the surveys regarding Big Data and Total Diet Approach. I have attached the Academy's Meeting Recap document regarding Big Data, additional information will be coming out as this is a strategic focus area for the Academy. Action plans will be presented to the HOD at our spring meeting to determine final recommendations regarding the role of our profession in Big Data.

Additionally, the majority of Delegates discussed that "The Total Diet Approach" is outdated and the scope was re-worded by each delegate table on Saturday morning. A new stance with a different title will be shared with the Academy Board of Directors in February. Please do not hesitate to reach out if you have questions.

Sincerely,
Maggie Murphy, PhD, RD, LD, FAND
KAND Delegate
Email: maggie.murphy@uky.edu

News from Your KAND Annual Planning Committee

KAND Annual Conference 2020 – Future Vision of Food
We will be hosting at Hotel Covington in Covington, KY and have a variety of speakers this year! The conference planning committee is excited to host a variety of speakers covering topics such as CBD, RED-S, Fatty Liver Disease, Innovated Farming Practices, and more.

Early Bird registration is open and available on our website.

If you or your business would like to be a part of the Conference Exhibit Hall, please reach out to Carrie Kirkland at carrie.kirkland30@gmail.com or Becky Schroeder at becky@gocards.com for more information.

We will be hosting a Poster Session on Thursday April 16th at 2:45 pm. If any students or interns would like to take part, please email Afsheen at umaima.syeda@uky.edu

Looking forward to seeing everyone at the conference in April!
NPI Numbers: What is it and why should I have one?

- What is a National Provider Identification (NPI) number?

An NPI number is a unique 10-digit identification number assigned to providers to improve the efficiency and effectiveness of electronic transfer of health information. All covered health care providers must use an NPI number in administrative and financial transactions. It is also a HIPPA standard that an NPI number be used.

- Will my NPI number ever change?
No! Even if you move or change your name, your NPI number stays the same.

- What are the benefits of an NPI number?

An NPI number simplifies the transmission of electronic information for HIPPA standard transactions. It ensures efficient coordination of benefit transactions.

- Why is it important for dietitians to have NPI numbers? Do I need one even if I don’t bill for my services or don’t work in an outpatient setting?

Even if you don’t bill for your services or work in an outpatient setting, you should still have an NPI number. This demonstrates that there is a strong workforce of dietitians to the government and private payers, which is vital for expanding coverage for nutrition services. Additionally, NPI numbers are used in data analytics that examine cost-effectiveness of nutrition interventions. This helps support the allocation of payment for nutrition services and secure the future of the profession.

- How do I apply for an NPI number?

Visit the following website to apply for an NPI number. There is no fee to obtain an NPI number. https://nppes.cms.hhs.gov/#/

For more information on NPI numbers, visit the following website: https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/Downloads/NPI-What-You-Need-To-Know.pdf

For information about a new set of NPI specialist taxonomy codes for RDNs and to learn what the new emphasis of making care available in the community setting can mean to payment for RDN services, read the latest issue of the MNT Provider: https://www.eatrightstore.org/product-subject/mnt-references/mnt-provider-newsletter-august-2019
News from Your KAND Public Policy Committee

The KAND Public Policy Panel (PPP) is composed of various positions held by members that are passionate about grassroots advocacy and serve as a unified front to address nutrition and public policy topics at the local, state, and federal level. The PPP continues to meet regularly and has been hard at work to plan the annual Legislative Day. Mark your calendars for Legislative Day 2020 which will be held at the Kentucky State Capitol Building Wednesday, February 19th 2020. More details to come in future communications. In the meantime, please see updates from some members of the PPP.

Whitney Duddey, your Consumer Protection Coordinator, has attended the last two Kentucky Board of Licensure and Certification for Dietitians and Nutritionists meetings. She has developed a working relationship with board members, serving as a liaison between the licensure board and KAND’s PPP. The licensure board is in the early stages of considering a change to the Kentucky Revised Statutes that relate to the licensure as a dietitian.

Additionally, the Consumer Protection and Licensure Subcommittee of the Academy is asking that Consumer Protection Coordinators in each state to reach out to their Licensure Board to gather information that will provide critical details for the Academy to proceed toward a Licensure Compact. Some examples of Licensure Compacts that already exist and that the Academy hopes to replicate for Registered Dietitian Nutritionists:

- Nursing has a Nurse Licensure Compact (NLC) that increases access to care while maintaining protection at the state level. Under the NLC, nurses can practice in other NLC states without having to obtain additional licenses. Kentucky is part of the NLC.
- Physicians have the Interstate Medical Licensure Compact (IMLC) to increase access to health care for patients while making it easier for physicians to obtain licenses to practice in multiple states. The Compact strengthens public protection by enhancing the ability of states to share investigative and disciplinary information. The IMLC has passed in Kentucky and is in the process of being implemented.
- The Federation of State Boards of Physical Therapy has developed an interstate licensure compact for physical therapy in order to increase consumer access to physical therapy services by reducing the regulatory barriers to interstate mobility and cross-state practice. Kentucky has enacted the Physical Therapy Licensure Compact.

KAND will keep their members updated as more information develops on these activities. If you’d like to get more involved, contact our Public Policy Coordinator, Kira Galloway at KiraLGalloway@gmail.com.

KAND members, Lois Hill, Nancy Kuppersmith and Whitney Duddey met with the Kentucky Medicaid Commissioner on October 24, 2019 to provide a formal introduction to the Kentucky Academy of Nutrition and Dietetics. Members reviewed the positive benefits of using Registered Dietitian Nutritionists on the health of Kentuckians. The Commissioner was very receptive to the meeting and the group plans to meet with the Commissioner again soon.
Outstanding Dietetic Educator Award
Member of the Academy of Nutrition and Dietetics
Faculty in ACEND-accredited dietetics education programs:
  - Coordinated Program in Dietetics (CP)
  - Dietetic Internship (DI)
  - Didactic Program in Dietetics (DPD)
  - Dietetic Technician Program (DT)
Demonstrated innovative teaching skills and techniques
Demonstrated mentoring of students
Demonstrated leadership; e.g., national, state, or district dietetic associated activities, community service, honors received, scientific and professional presentations, publications, etc.

Outstanding Dietetic Student
Member of the Academy of Nutrition and Dietetics by January 1, 2020
Student enrolled in ACEND-accredited dietetics education program (CP, DPD) in Kentucky; Must also be eligible for and planning to apply to an accredited dietetic internship, graduate program or a student in a coordinated program (senior year) leading to CDR registration
Demonstrated academic achievement (GPA of 3.0 or higher) as documented by an official transcript
Demonstrated leadership and professional potential as documented by two letters of reference; e.g., honors, Student Dietetic Association activities, community service activities, etc.
Preferably a resident of Kentucky

Emerging Dietetic Leader
Employed in dietetics for at least 5 years, but not exceeding 10 years
Participation in the Academy at the district, affiliate, or national level
Demonstrated concern for the promotion of optimal health and nutritional status of the general population.
Demonstrated leadership role in the Dietetics association or employment; e.g., involvement with legislation, research, education, clinical dietetics, food service management, public relations, career guidance, etc.
Outstanding Dietitian of the Year
Participation in the academy at the district, affiliate or national levels
Demonstrated concern for the promotion of optimal health and nutritional status of the general population
Demonstrated leadership role in the Dietetics association or employment; e.g., involvement with legislation, research, education, clinical dietetics, food service management, public relations, career guidance, etc.

Recognized Dietetic Technician of the Year
Participation in the Academy at the district, affiliate or national levels
Demonstrated concern for the promotion of optimal health and nutritional status of the general population
Demonstrated leadership role in the Dietetics association or employment; e.g., involvement with legislation, research, education, clinical dietetics, food service management, public relations, career guidance, etc.

Recognized Young Dietitian of the Year
Participation in the Academy at the district, affiliate or national levels
Demonstrated concern for the promotion of optimal health and nutritional status of the general population
Demonstrated leadership role in the Dietetics association or employment; e.g., involvement with legislation, research, education, clinical dietetics, food service management, public relations, career guidance, etc.
Must be 35 years of age or younger
Board Member Spotlight:
Becky Lindberg Schroeder

Becky Lindberg Schroeder joined the Cardinal Athletic department in May 2016. As Louisville Sports Dietitian, she currently works as lead dietitian for Men’s and Women’s Swimming and Diving, Women’s Soccer, Men’s Tennis, Women’s Tennis, and Lacrosse. With her culinary background, she also works closely with chefs and staff at the student athlete only dining center to create menus and recipes. As of July 2017, she became certified specialist in sports dietetics (CSSD). Becky completed her undergraduate degree at Johnson & Wales University in Denver, Colorado and her dietetic internship at Andrews University in June of 2014. Becky joined the Virginia Tech Sports Nutrition staff as a graduate assistant and completed her Masters in Education in 2016.

Becky joined KAND in 2019 and is serving as Conference Planning Chair for the 2019-2020 year. She has enjoyed working with so many dietitians and vendors as the conference committee plans the 2020 Future Vision of Food Conference. Becky is a native of Grand Rapids, Michigan and grew up on a blueberry farm that her family has owned and operated for over 100 years. Fun Fact: She wants to travel to all 50 states and currently only needs to visit 6 more!
Academy Foundation Awards and Grants

The Academy's Foundation is accepting applications for the 2020 Awards and Research Grants. With 27 awards and 7 research grants available, a wide range of opportunities exist for credentialed food and nutrition practitioners at all levels of practice and students at all levels of study.

Available applications include continuing education, recognition, program development, and international awards as well as grants for research in foodservice management, breastfeeding and infant feeding practices, diabetes medical nutrition therapy, and more.

Applications can be accessed within the Foundation's application portal or by clicking on individual award links above. All applications have a deadline of February 1, 2020, at 11:59 pm (Central Time), unless otherwise indicated.

Any questions should be directed to Elisha Reichling, MS, RDN, LDN, FoundationProgram Coordinator, at ereichling@eatright.org.

Jaeana Gates Tooson is a senior studying Dietetics at the University of Kentucky. Tooson currently serves as President of the UK Student of Dietetic and Nutrition Association. She is also a member of the Sustainable Solutions To Overcome Poverty (SSTOP Hunger) and Human Nutrition Mentoring and Leadership Program among other things. Tooson has co-presented research under Amanda Hege, MPH, RDN, LD, at the 2018 FNCE on Food and Housing Security: A Prerequisite for Student Success at a Large Public University. Looking forward Jaeana has earned placement in the University of Kentucky School of Human Environmental Sciences Dietetics and Human Nutrition Internship, which she will begin in January of 2020. Upon completion of her internship, Tooson desires to earn her credentials as a Registered Dietitian-Nutritionist. She then aspires to obtain the Board of Lactation Consultant Examiners credential and to improve the experience of eating from birth and beyond.

Student Spotlight:
Jaeana Gates Tooson
Kentucky Sweet Potatoes

**SEASON:** The peak season is October through March, however sweet potatoes are available all year in Kentucky.

**NUTRITION FACTS:** Sweet potatoes are a good source of fiber, complex carbohydrates and vitamins A and C.

**SELECTION:** Two varieties of sweet potatoes are grown in Kentucky. The pale sweet potato has a light yellow skin and pale yellow flesh that is dry and crumbly. The darker variety has a dark skin and orange sweet flesh that cooks up moist. Choose small to medium-size sweet potatoes with smooth, unbruised skin.

**STORAGE:** Store unwrapped in a cool (50 degrees F), dry, dark place with good ventilation for up to 2 months or at room temperature for 2 weeks.

**PREPARATION:** Scrub well. Leave whole or peel, then slice, dice or shred.

**Baking:** Pierce skin in several places and rub with margarine, if desired. Arrange on a baking sheet in a single layer and bake uncovered in a 375 degree F oven until soft when squeezed (45-60 minutes).

**Boiling:** In a 3-quart pan, boil four whole medium-size potatoes, covered in 2 inches water, until tender when pierced with a fork or knife. Drain.

**Microwaving:** Pierce skin, place on a paper towel in microwave. If cooking more than two at a time, arrange like spokes of a wheel. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

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**KENTUCKY SWEET POTATOES**

**Kentucky Proud Project**

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition Students

**September 2017**

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. http://getkentup.ca.uky.edu

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status, and will not discriminate on the basis of race, color, ethnic origin, national origin, age, veteran status, physical or mental disability, or citizenship or U.S. legal resident status.

University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service

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**Yummy Sweet Potato Casserole**

<table>
<thead>
<tr>
<th>6 medium sweet potatoes</th>
<th>¼ cup low-fat vanilla Greek yogurt</th>
<th>3 tablespoons melted butter</th>
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</thead>
<tbody>
<tr>
<td>¼ cup maple syrup</td>
<td>¼ teaspoon vanilla extract</td>
<td>½ teaspoon salt</td>
</tr>
<tr>
<td>2 tablespoons brown sugar</td>
<td>1 tablespoon cinnamon</td>
<td>½ teaspoon cinnamon</td>
</tr>
<tr>
<td>2 eggs</td>
<td></td>
<td>½ cup chopped pecans</td>
</tr>
</tbody>
</table>

**Preheat** oven to 325 degrees F. **Peel** sweet potatoes and cut into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. **Topping:** In a medium bowl, **mix** the brown sugar and oats. **Add** in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

**Yield:** 12, ¼ cup servings

**Nutritional Analysis:** 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.
We want to highlight you!

We would love if KAND members could send us photos and/or links to various events in KY that you attend. We know that KY RDs are creating and participating in various events that we can highlight on our website and social media accounts.

Please consider sending your pictures to kentuckyand@gmail.com so we can continuously highlight the RDs in our state—thank you!!

News from Members

Job Opening at Exception Senior Living facility in Vanceburg Kentucky. It is a contract position 16 hrs a week in LTC. Anyone interested can contact Deborah Williamson RD, LD at 520-432-3026.


Free webinar for continuing education! The intersection of nutrition and sustainability is a newer science with much remaining to be discovered. Over the past year, National Dairy Council’s (NDC’s) Dairy Nourishes Life webinar series has addressed several pressing topics and more questions have been raised than could be addressed in an hour. On December 12, NDC’s last webinar of 2019 will address the top questions received from webinar participants. Key topics will include different types of cow’s milk in the dairy case, cow care, lactose intolerance vs. milk allergy, hormones and the dairy community’s commitment to sustainability. Register here https://bit.ly/2NDT5wH.

Questions or comments about the newsletter? Please contact the KAND Newsletter Editor, Liz Combs, at elmars2@uky.edu