Dear KAND Members,

As you all have been made aware, the executive committee and myself made the difficult decision to postpone our spring conference due to COVID-19. KAND, Hotel Covington, and The Madison Event hall has agreed on the new dates of August 27th and 28th with a pre-conference planned for August 26th. We will still also be touring Jungle Jim's international Market on the evening of the 27th should any of you be interested.

If you had already submitted exhibitor payment for the conference, it will be honored at the later date(s). Registrations will be maintained as originally purchased UNLESS members make changes. Your registration can be reviewed at http://kyeatright.org/events-2/my-bookings/

Please do not hesitate to reach out to our conference planning committee or to me should you have any questions or concerns.

Sincerely,

Susan Wilson,
President of the Kentucky Academy of Nutrition and Dietetics

For Registration issues or for help with a booking please contact
Andrea Doughty RDN CN CDCES LDE
Health Program Administrator
Kentucky Diabetes Prevention and Control Program
Andrea.doughty@ky.gov
502-564-7996 ex. 4457
(859) 250-8928

Greetings from your Delegate!

During January, the House of Delegates met for a virtual meeting on the hot topic “Evidence-Based Practice.” This issue is very timely for our profession and I have enclosed our meeting recap as well as a link to the background information

https://www.eatrightpro.org/leadership/governance/house-of-delegates/virtual-meeting-materials?_zs=sX8Fa&_zl=IUuw1.

Please don't hesitate to reach out if you have questions or concerns.

Kindly,

Maggie Murphy Delegate for KAND.
A BIG Thank You to KAND's Sponsors

Gerber®

Kentucky Soybean Board

THE DAIRY ALLIANCE

College of Agriculture, Food and Environment
Dietetics and Human Nutrition

functional formulas®
LET FOOD BE THY MEDICINE
It’s Time to Recognize Greatness

KAND AWARDS AND HONORS NOMINATIONS NOW OPEN ON WEBSITE

**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., leadership/committee/other, research, dietetic food service, etc.
It’s Time to Recognize Greatness

**KAND AWARDS AND HONORS NOMINATIONS NOW OPEN ON WEBSITE**

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
New this year KAND t-shirts!

Available for sale during ANCE and on website.

Two designs. $15 each. Please help support our organization.
Graduate students will learn how food systems impact diet and wellness, while discovering evidence-based strategies to improve the health of individuals and communities. In addition to core course work, students plan a focused program of study to design, implement, analyze and complete their research.

**REQUIRED COURSE WORK (17 HOURS TOTAL)**
- DHN 600: Research Methods in Nutrition and Food Systems
- DHN 603: Advanced Community Program Development
- DHN 605: Food Systems and Society
- DHN 608: Chronic Disease Management and Process*
- DHN 774: Seminar in Nutrition and Food Systems
- STA 671: Regression & Correlation*

*Prerequisite may be required

**SUGGESTED ELECTIVE AREAS (9-15 HOURS TOTAL)**
- Anthropology
- College Teaching & Learning
- Communications, Journalism and Telecommunications
- Community and Leadership Development
- Food Science
- Kinesiology and Health Promotion
- Public Health
- Sociology
- Sustainable Agriculture

**ACTING DIRECTOR OF GRADUATE STUDIES**
Department of Dietetics and Human Nutrition
Dr. Robin Shoemaker
robin.shoemaker@uky.edu

*The College of Agriculture, Food and Environment is an Equal Opportunity Organization.*
Make Food Choices Based on Facts, Not Fear

There’s a lot of information about food available. Unfortunately, consumers aren’t getting the real story about American agriculture and all that family farmers put into growing and raising food. Some of the most popular misconceptions center around Genetically Modified Organisms, or GMOs.

What are GMO foods?
The World Health Organization (WHO) defines genetically modified organisms (GMOs) as organisms in which the genetic material (DNA) has been altered in a way that does not occur naturally. It allows selected individual genes to be transferred from one organism into another, including between non-related species. Such methods are used to create GMO plants and these result in GMO food crops. This technology is called biotechnology. Farmers and gardeners have been creating plant hybrids for as long as they’ve been growing plants. Biotechnology simply serves as a more technologically advanced method.

What do we know about GMO food safety?
Every plant improved through the use of food biotechnology is examined by the Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) for potential health risks. Tests are done on plants before they are used in the food and animal feed supply. WHO reports that current foods containing biotech ingredients have passed human health risk assessments. In addition, the WHO asserts that no effects on human health have been shown as a result of the consumption of biotech foods.

What are the benefits of food biotechnology to agriculture?
Growing food with GMOs can result in better-tasting fruits and vegetables that can stay fresh longer and are naturally resistant to insects. Plant breeding also results in crops better able to withstand the environmental challenges of drought, disease and insect infestations. By developing special traits in plants, biotechnology allows for more safe, nutritious food to be grown more economically, in more places, using fewer chemicals and fewer natural resources.

Where can I find out more?
Get your information on food and farming from reputable, science-based sources. We suggest:
www.BestFoodFacts.org
www.FindOurCommonGround.com
www.GMOAnswers.com
www.FoodDialogues.com
www.biofortified.com
On March 17 at 11 am CT, The American Academy of Pediatrics (AAP), with support from National Dairy Council, is hosting a webinar on the importance of school meals. Join us for a discussion on the vital role school meals play in child growth and development as well as helping children learn about and practice healthy eating. Robert Murray, MD, FAAP will share opportunities to help pediatricians work effectively with schools on practical approaches to address nutrition during the office visit. Donna Martin, EdS, RD, LD, School Nutrition Director for Burke County Schools in Georgia will share a case study about practical implementation approaches of the school meal program.

Register now at: https://bit.ly/2TrZv3q

**Upcoming Events**

**BGAND May Meeting:**
Thursday, May 21st at 6:30 PM at Good Barn on UK’s campus in Lexington
Topic: Lifestyle Interventions Following Bariatric Surgery

More info:
https://www.bluegrasseatright.org/

**WDKAND Spring Meeting:**
The first WDKAND meeting of 2020 will be held March 25th in Madisonville, KY. Lori Spraggs has worked really hard to put together a great program for us. Please wear comfortable clothing as we will have the opportunity to try out some relaxation yoga techniques at our chair. Lunch will be on your own from the hospital cafeteria selections, but we will be receiving a presentation while we eat so we will actually be eating in the conference room.

Please e-mail Lori if you plan to attend: lori.spraggs@bhsi.com

Questions or comments about the newsletter? Please contact the KAND Newsletter Editor, Liz Combs, at elmars2@uky.edu
HA DPG 2020 Virtual Conference: End of Life Care - Nutrition Implication

This virtual conference includes two 2.0 hour sessions.

Session 1: May 6 Noon – 2 PM ET (11 AM - 1PM CT, 10 AM – 12 PM MT, 9 AM – 11 AM PT)

Session 2: May 13 Noon – 2 PM ET (11 AM - 1PM CT, 10 AM – 12 PM MT, 9 AM – 11 AM PT)

May 6th topics: end of life legal and ethical challenges, the role of hospice and palliative intervention, nutrition and stages of the dying process, Q&A session

May 13th topics: aging gracefully at home, end of life nutrition is more than nutrients, how to make uncomfortable conversations comfortable, Q&A session

Cost: Part 1 OR for Part 2 2020 Virtual Conference.
Healthy Aging member fee - $20.00  Healthy Aging student member fee - $10.00  Other - $40.00