KENTUCKY ACADEMY
of Nutrition and Dietetics

June 2024

President's Message

Hello fellow KAND members,

As we kick off the summer season (and the next fiscal year), I wanted to take a moment to introduce myself. I am Lauren Roberson and I will be your President for the 2024-2025 year. I am a Kentucky native and have a fond place in my heart for the Bluegrass state, although job opportunities have taken me elsewhere recently. I now live in Lancaster, Ohio (southeast of Columbus) and will start a new position with the Human Nutrition Program and Cooperative Extension Service at The Ohio State University this August. My practice as a registered dietitian has spanned the clinical and community domains. But I find my home working on malnutrition screening and nutrition education interventions among community-dwelling older adults. I'm a Kentucky wildcat alumni and bleed blue through and through (sorry Louisville fans!). In previous roles I ran a small nutrition program at Murray State University. This past year I worked as a Visiting Assistant Professor at Indiana University Indianapolis (formerly IUPUI) where I taught undergraduate and graduate nutrition courses and focused on community-based research. Those leadership experiences, combined with 10+ years of teaching and interdisciplinary research, have helped to prepare me to lead you.

In support of KAND's mission to empower members to be the food and nutrition leaders, this year I am committed to empowering nutrition and dietetics students, interns, and early-career registered dietitians. The landscape of our profession is changing drastically. Dietitians have a plethora of knowledge and skills to offer patients across the diagnosis spectrum. It is my goal to develop a mentorship program, pairing students, interns, and early-career dietitians (3 years or less) with more seasoned dietetics professionals to start building the network and support system around dietitians in Kentucky. This work will help KAND members advocate for our profession and serve the public by optimizing

health through food and nutrition. We need to support one another so that we can impact change!

In addition to this commitment, I will strive to work with the Public Policy team to get the Licensure Compact passed. As a tri-state dietitian holding licenses in three states (Kentucky, Indiana, and Ohio), the import of this compact hits close to home. In addition, I will work alongside the Annual Conference and Expo (ANCE) committee to plan a conference that meets your needs. Quick plug that ANCE is scheduled for Wednesday, March 5th and Thursday, March 6th, 2025 at the Holiday Inn University Plaza & Sloan Convention Center in Bowling Green.

Although we may not be geographically close, my virtual door is always open. I value your commitment to the dietetics profession, to KAND, and welcome any and all comments and suggestions to make this year the best yet!

I look forward to serving you!
Lauren
Lauren Roberson, PhD, RD, LD

It is never too early to start planning to attend ANCE 2025! This year, the conference will be held in Bowling Green, KY on March 5-6, 2025. Save the date, and plan to join us!

Membership Profile Request

The KAND board and IDEA committee wants to get to know our members better with the help of our favorite topic, FOOD!
If you have any great recipes that are culturally special to you we would love for you to share them with us!

If you are willing to share a favorite recipe please provide the following information and share with Jordan Ellis (IDEA Liaison) at jordanellisky@gmail.com.

- Member Name:
- Where you live:
- What you do:
- Name of recipe:
- Country/region of origin for recipe:
- Recipe (including instructions for preparation and cooking):
- Brief description of why this recipe is special to you (i.e. family recipe, part of a special tradition, traditional food to were you grew up, etc).

- Photo of recipe (optional):

These recipes will be featured in our monthly updates when we receive them.

Kentucky Academy of Nutrition and Dietetics
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