KENTUCKY ACADEMY

of Nutrition and Dietetics

President's Message

Dear Fellow KAND Members,

Happy New Year! I raise my glass to wish each of you productivity, success, and, most importantly - health and happiness for the year ahead! In this season of reflection, I wanted to capture all your colleagues have accomplished in 2024. On **August** 22, our Dietitian Licensure Compact Legislation Lead, Whitney Duddey, and members of our Public Policy Committee (Chair Courtney Luecking and State Regulatory Specialist Anne Crecelius) presented the Compact Legislation to representatives of the Interim Joint Commission meeting of the Licensing & Occupations Senate Standing Committee.

In Minneapolis, Minnesota, **October** 6-8 @ FNCE, 10 Kentucky-affiliated registered dietitians and students presented posters or oral sessions! Not to mention, our Joint Affiliate Reception had the best turnout yet. Dr. Mary Roseman, one of our very own, received the Academy's prestigious Medallion award.

On **November** 19, Whitney Duddey, Consumer Protection Coordinator, presented on a panel in Washington, D.C. She discussed licensure challenges among dietitians in Kentucky, how the Dietitian Licensure Compact would benefit them, challenges in getting this legislation passed last session, and advice for state affiliates or registered dietitians who want to advocate for the compact. Additionally, our New Member Liaison, Monica Fowler, mailed cards and letters inviting non-members or past KAND members to join. This campaign was followed by an electronic message to spread the word about the benefits of becoming a KAND member.

To close out the year, in **December**, our Annual Nutrition Conference & Expo (ANCE) planning committee has finalized the agenda for the in-person conference on March 5-6, 2025, in Bowling Green. Stay tuned for registration to open. Our Honors & Awards Co-Chairs have been working to encourage supervisors, faculty, and staff to nominate folks for an award. We encourage you to visit the website and nominate a colleague or student today. We all deserve recognition for our innovative work, so please carve some time out of your busy schedules to recognize those most deserving!

I admire each and every member for their achievements and the countless hours and efforts they put into advancing our profession.

Remember to make space for yourself in the New Year ahead!

“Rest is a productive activity!” - Sophia Joan

Sincerely yours,
Lauren Roberson, PhD, RD, LD
KAND President, 2024-2025

IDEA Updates

The IDEA Committee is honoring a few culturally significant holidays this month.
- **January 20th is Martin Luther King Jr. Da**y, a day to celebrate the legacy of Martin Luther King Jr. who fought for a more equal and inclusive society.
- **January 27th is International Holocaust Remembrance Day**, an international day of commemoration in memory of the victims of the Holocaust.
- **January 29th is Lunar New Year**, a celebration of the start of a new year on the lunisolar calendar and the arrival of spring.

Stay Tuned! First IDEA Podcast to Launch!

The IDEA Committee had the pleasure of sitting down with Dr. Julie Plasencia. This episode explores her experiences as a registered dietitian, researcher, and assistant professor at the University of Kentucky. We discuss how her background shaped her perspectives in nutrition and dietetics, how the dietetics profession can increase diversity, and the impactful work she has done over the years. Tune in to hear more of our insightful conversation.

Public Policy Updates

Every job in nutrition and dietetics is impacted by food and nutrition policy. Here are ways you can be part of change!

New sessions of the Kentucky General Assembly and the U.S. Congress recently kicked off. Now is the perfect time to identify who your (new) legislators are. Click here to find your state legislators. Find your federal legislators here.

Now is a great time to introduce yourself and begin to build a relationship with your state legislators. Download this template to personalize and send an introductory email, or schedule a short visit to explain the role of credentialed nutrition professionals (RDN, DTR) and offer to serve as an ongoing resource. Fortunately, nutrition-related legislation is often supported by both parties (bipartisan). So even if you did not vote for someone, please reach out.

Dietitian Licensure Compact Update - **We have a bill!**

We are thrilled to share that the Dietitian Licensure Compact has been introduced in the Kentucky General Assembly as HB70, marking an opportunity for significant advancement in our profession! For more details and a comprehensive understanding of the compact's implications, please visit: https://dietitianscompact.org/.

Stay tuned for updates and detailed guidance on engaging in this advocacy effort from the Kentucky Academy of Nutrition and Dietetics!

If you would like tips on connecting with a legislator or to get more involved in policy and advocacy efforts, contact Courtney Luecking, the Public Policy Coordinator, at ctiemann@gmail.com.

Save the date for the upcoming virtual, CEU opportunity!

What: Time-sensitive policy updates and action items for Kentucky and beyond
When: Tuesday, February 18, 2025 @ 12:30 - 2:00 pm EST
Speakers: Anne Crecelius, RDN, State Regulatory Specialist;
Whitney Duddey, MHA, RD, LD, FAND, Consumer Protection Coordinator;
Courtney Luecking, PhD, MPH, RDN, Public Policy Coordinator;
Heather Shrum, RD, LD
Register Here: https://eatright-org.zoom.us/meeting/register/n41OS2XbSHi4HkYlfWoqow

Every job in nutrition and dietetics is impacted by food and nutrition policy. Now is the time to learn about legislation in Kentucky and beyond that can impact your practice and small steps for getting your voice heard. Our panel of speakers will cover Academy policy priorities, the Dietitian Licensure Compact effort in Kentucky, tips for engaging with local and national policy makers, and how the KAND public policy panel can support you.

🌟 Now Accepting Nominations for the Kentucky Academy of Nutrition and Dietetics Board 2025-2026! 🌟

Are you passionate about advancing the field of nutrition and dietetics? Do you want to make a positive impact in your community and help shape the future of our profession? Here's your chance! The Kentucky Academy of Nutrition and Dietetics is now accepting nominations for our 2025-2026 Board! We're looking for dedicated, enthusiastic members who are ready to take on leadership roles and contribute to the growth and success of our organization.
🌐 Open Roles: President Elect, Membership Chair, Nominating Committee 🌐
Submit Your Nomination Here:

Nomination Form

Spotlight on FNCE 2024: Exploring Dietitian Recruitment and Retention

At the 2024 Food & Nutrition Conference & Expo, Baptist Health proudly showcased a collaborative research poster titled "**Outlooks and Expectations Among Dietetic Students, Interns, and New Graduates Entering the Workforce, and Implications for Recruitment and Retention of Dietitians in the Workplace**." The project brought together insights from Anna Hartman, RDN, LDN, who studied the outlooks and expectations of dietetic students as they enter the workforce, and Anne Phillips, MS, RDN, LDN, and Caitlin Tennyson, RDN, LDN, who analyzed local turnover trends and the return on investment that dietitians bring to healthcare systems.

This research was selected out of hundreds of posters to be presented at the Academy of Nutrition and Dietetics House of Delegates on January 16, 2025.

Stay tuned for a full summary of the presentation!

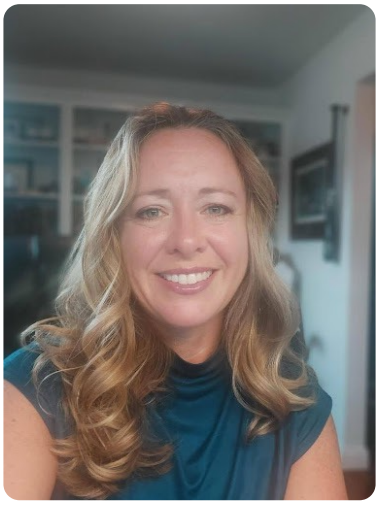
Member Showcase

Mary Plowman, Bluegrass District President

Mary Plowman received her bachelor's degree in General Dietetics from Eastern Kentucky University in 2018, and

Lydia Rose, WKU Student Liaison

Lydia Rose is a junior at Western Kentucky University, where she is pursuing a major in Hospitality Management/Dietetics-Preparation with a concentration in nutrition and dietetics. A future Registered Dietitian,



Kathryn Tucker, MS RDN LD FAND, Awards/Scholarship Co-Chair

Kathryn Tucker, MS, RDN, LD, FAND, is a Senior Nutrition Consultant for the Senior Nutrition Program at the

went on to complete her dietetic internship via the University of Kentucky Hospital/Lexington VA Healthcare System Dietetic Internship in 2019. Mary has worked in a variety of clinical roles, and is currently the inpatient abdominal transplant dietitian at UK Hospital. Alongside her clinical duties, Mary is also the chair of the department's Employee Engagement and Advancement committee, as well as a preceptor for the UK Hospital Dietetic Internship. Mary is the president of the Bluegrass Academy of Nutrition and Dietetics and has served intermittently on the KAND Board of Directors since 2019; completing one term as State Policy Representative, one term as a member of the Nominating Committee, and now in conjunction with her role as president of BGAND. Mary is also the nutrition coach at a local CrossFit affiliate, where she conducts both individual and group nutrition education. Outside of work, Mary enjoys traveling, spending time with her husband and their pets, reading, and enjoying all the outdoor activities that living in KY offers.

Lydia is passionate about helping individuals, particularly those struggling with eating disorders, and aims to provide professional support and advocacy for this community.

If Lydia were a dish, she'd be a GOAT sandwich—named after her favorite wrap at a campus restaurant featuring hummus, chicken, and goat cheese. Not only is the sandwich a symbol of good times shared with friends, but Lydia also claims to be the "greatest of all time" (in good humor, of course!). With a fun and personable spirit, Lydia is dedicated to making a meaningful impact in the world of dietetics.

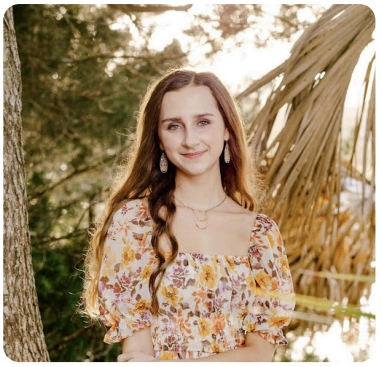
Administration for Community Living, a role she has held since 2021. With a diverse career spanning healthcare, long-term care, and school food service, Kathryn has worked in various sectors, from overseeing Kentucky's State Senior Nutrition Program to managing school food services during the COVID-19 pandemic. A Registered Dietitian since 2000, she has long been dedicated to fighting hunger and malnutrition, which she first became passionate about during her college years.

Kathryn has played a key role in developing malnutrition protocols in hospitals, launching a community kitchen, and leading state and national initiatives to raise awareness. She currently serves on the Federal Sarcopenia Workgroup and has delivered webinars on senior nutrition. With a down-to-earth, "canned vegetable" approach, Kathryn is known for being reliable, consistent, and a bit salty when needed in her mission to improve senior nutrition nationwide. Outside of work, she stays busy with her three

athletic boys, keeping her family on the go.

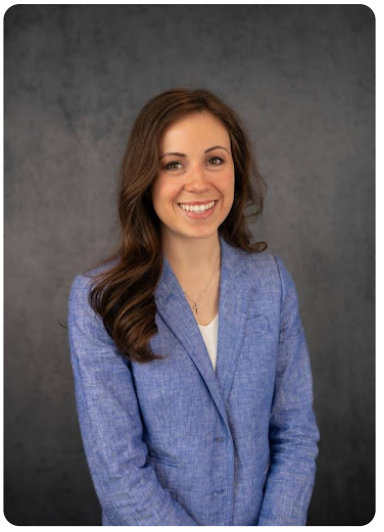
Beth Cecil, Treasurer

Meet Beth Cecil, an experienced dietitian with 30 years of expertise. She currently serves as the Associate Director of Owensboro Health Medical Group, where she oversees outpatient nutrition and diabetes services, community education and wellness programs, and the Employee Assistance Program. Beth has been with Owensboro Health for more than 18 years, following a career as a consultant dietitian for long-term care facilities. A proud graduate of the University of Kentucky, she's a dedicated Wildcats fan. Outside of work, Beth enjoys reading, cooking, exercising, and spending



Mackenzie Starnes, Social Media Coordinator

Meet Mackenzie Starnes, a Dietetics major at the University of Kentucky, Class of 2025, and a member of the ACP Class of 2026. Mackenzie describes herself as a chickpea—small but packed with plenty of good things. She believes chickpeas, like herself, can be the star of the show -- versatile and full of potential, they're a perfect metaphor for her approach to life and nutrition. Mackenzie has a deep passion for working with children and hopes to pursue a career in that area, though she's keeping an open mind about whether her future role will be clinical or community-focused. In the meantime, you can find her in the kitchen, enjoying her favorite snack: chickpeas, of



Kelly Easterling, Annual Meeting Chair

Meet Kelly Easterling, RD, LD, MS, a Consultant Dietitian in Long Term Care with Nutrition Plus. Kelly has been a dietitian since 2019 and has spent the past two years in her current role. Before joining Nutrition Plus, she worked with the University of Kentucky Cooperative Extension Service. Kelly describes herself as a smoothie—just like a smoothie blends a variety of ingredients, her interests are diverse, from cooking and knitting to fishing and gardening. She loves spending time outdoors and finds peace in the simple joy of a sunrise on the beach, a feeling she hopes to bring to her relationships.

time outdoors. She's also the proud mother of two grown children, both of whom got married in 2024.

course—so much so that her mom even calls her "Chickpea" as a nickname!

Kelly is passionate about helping others understand that good nutrition is not only attainable but can also be enjoyable. As a dietitian, she believes in the power of food to prevent chronic conditions and improve quality of life, and she values the opportunity to connect with people through nutrition, something everyone shares.

2025 Scholarships

KAND offers up to two $750 scholarships to assist with educational costs recognizing dietetics students/interns who demonstrate outstanding scholastic ability and professional potential.

Iva Alexander Scholarship
Lyn Fleming Scholarship

These scholarships are meant to recognize dietetics students/interns who demonstrate outstanding scholastic ability and professional potential. Don't wait, apply today. Deadline is January 31, 2025. https://kyeatright.org/scholarships/

2025 Awards

It's that time of year! Are you an innovative dietitian who works independently, but doesn't want to nominate yourself? Working alone should not mean never being recognized. It is difficult to be seen when you work alone. Nominating yourself is welcomed and encouraged. Not every RDN or DTR works with a team. Now's your chance to take the next step to tell others about your work.

Do you know any amazing dietitians that should be recognized? There is no better gift than lifting colleagues up for recognition. Show them how important they are to our field. Now's your chance.

Outstanding Dietitian of the Year

Outstanding Dietetic Educator Award

Emerging Dietetic Leader Award

Recognized Dietetic Technician of the Year Award

Outstanding Dietetic Student Award

Recognized Young Dietitian of the Year Award

ANCE 2025

ANCE is getting closer by the day, and the planning committee is so excited to bring you this year's conference in Bowling Green!

A fun and educational networking event is in the works for Wednesday evening, March 5th at White Squirrel Brewery. For the conference on March 6th, we have a great lineup of speakers including topics of sports nutrition, eating disorders, and foodservice.

There will also be an opportunity to take a professional headshot, included in your registration.

Please keep an eye on your email for our registration link, which will be live soon!

Can't wait to see you in Bowling Green!

Call for Posters!

Hopefully you have already marked your calendar for KAND's Annual Nutrition Conference and Expo (ANCE) to take place in Bowling Green, Kentucky on March 5-6, 2025. With that comes the opportunity for poster displays! Please follow the link below for additional details and the submission form. Deadline to submit is Friday, January 17th, 2025. We can't wait to see your work!

Poster Sessions

Kentucky Academy of Nutrition and Dietetics

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