KENTUCKY ACADEMY

of Nutrition and Dietetics

President's Message

Hello from FNCE in Nashville! It has been wonderful to run into so many familiar faces here in Music City. Thanks to all who attended our affiliate joint reception!

We have a lot in the works, including 2026 ANCE and Legislative Day. Thank you to Katie Landon, Leah Schaefer, Anne Phillips, and all the others that are putting in the work to make those events impactful.

If you know of any businesses or programs that would be interested in sponsoring one of those events, please connect them with kentuckyand@gmail.com.

As always, reach out if you have any questions, comments, or are interested in getting involved!

t's that time of the year! Are you doing amazing work and would you like to share that accomplishment with fellow KAND members? Do you know any fantastic

dietitians that should be recognized? We know that you do. Please take a few moments to nominate one or more of your colleagues for an award this year.

The following is a list of available awards:

- Outstanding Dietetic Student
- Emerging Dietetic Leader
- Outstanding Dietitian of the Year
- Recognized Dietetic Technician of the Year
- Recognized Young Dietitian of the Year
- Outstanding Dietetic Educator

Packets for each of these awards need to include the corresponding data sheet and the following supporting documentation:

1. Resume or Curriculum Vitae
2. Reference Letter (minimum of one; maximum of three letters)
3. Identify your participation in the academy at the district, affiliate, or national levels.
4. A short statement that reflects your vision of the future of dietetics and the influence it has on everyday lives.
5. List your leadership roles in the Dietetics association or employment. Such as involvement with legislation, research, education, clinical dietetics, food service management, public relations, career guidance, etc.

(Please note that the exception to items listed above is for the Outstanding Dietetic Student Award which has specific required documentation listed on the data sheet.)

All nomination packets are due to us by December 31, 2025.

Awards Webpage

KAND 2025-2026 Scholarship Announcement

KENTUCKY ACADEMY of Nutrition and Dietetics

Deadline to apply: December 31, 2025

KAND offers up to two $500 scholarships to assist with educational costs for each of the scholarships noted below:
Iva Alexander Scholarship
Lyn Fleming Scholarship
These scholarships are meant to recognize dietetics students/interns who demonstrate outstanding scholastic ability and professional potential.
Deadline to apply: December 31, 2025
To Apply for a Scholarship for 2025-2026, please complete this form.

Scholarship Webpage

Public Policy Updates

Elevating Our Voice: Small Steps to Big Impact in Kentucky Nutrition Policy

Becoming policy-minded and advocating for the dietetics profession might seem daunting, often dismissed due to perceived "red tape." However, realizing that advocacy starts with small, efficient actions is key to unlocking the collective power of nutrition professionals in Kentucky. Everyday dietitians and nutrition experts possess invaluable, science-based expertise that is crucial for shaping local and state policies on food and health.

To start, simply subscribe to communications from the Academy of Nutrition and Dietetics (AND) and learn about current legislative issues impacting your clients and practice. Your professional voice is powerful, and taking manageable steps —from signing a quick petition to sharing your professional insights on a local initiative—can create significant momentum for change, ensuring sound nutrition science guides decision-making.

One inspiring recent example from KAND member, Kaitlyn Thomas, MS, RDN, CSP, LD, shows exactly how easy and empowering this can be. Kaitlyn hadn't been interested in advocacy before, viewing it as too complex and bogged down by bureaucracy. Everything changed when she decided to request a governor's proclamation for Malnutrition Awareness Week, inspired by the American Society for Parenteral and Enteral Nutrition (ASPEN). She was genuinely surprised: ASPEN provided a simple email template, allowing her to send the request with just a few clicks. The process, which she previously thought required knowing "how to reach out" and navigating complicated official channels, was quick and straightforward. This success immediately peaked her interest and left her feeling more empowered to have a voice in local government. This experience underscores that modern advocacy is often efficient and accessible, demonstrating that the biggest barrier is often not the "red tape," but the initial step of trying.

📣 Amplify Your Voice: Check Your Subscription Settings
The easiest way to stay policy-minded and participate in high-impact advocacy is by ensuring you receive the Academy of Nutrition and Dietetics' (AND) official communications and Action Alerts. Action Alerts are critical, allowing us to bring the Academy's policy issues directly to Congress and raise awareness for priority issues, lending legitimacy and impact to our profession's stance. It literally only takes a minute to support specific bills or topics and share your view with your elected officials when prompted.

Here is how you can check and update your subscription status today:
1. Log in to your member account at eatrightpro.org.
2. Select "My Academy" to manage your account details.
3. Scroll down until you reach the "Email Preferences" section.
4. Ensure you are subscribed to all core newsletters:
○ Eat Right Weekly
○ President's Monthly Message
○ Public Policy Newsletter

5. Crucially, verify that you are subscribed to "Action Alerts."
Action Alerts are announced via Eat Right Weekly and Latest News, posted to social media, and may be emailed directly to members based on location or specialty. By ensuring you are subscribed, you ensure you never miss the opportunity to join the collective voice advocating for better food, nutrition, and health policies.

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

Without passage of a funding bill, there have and will continue to be ripple effects on patients' and the public's access to nutrition and dietetics services. For example, telehealth waivers for Medicare beneficiaries expired at midnight on September 30. Community Health Centers and Special Diabetes Programs that are vital to public health face funding lapses.

Take a moment to contact Governor Beshear's office to request swift action so that WIC clinics and services are not disrupted for women, babies, and young children.

Finally, your public policy committee is gearing up to garner support for the Licensure Compact bill in the 2026 session. Stay tuned for how you can contribute!

Join the 2026-2027 Board of Directors

The Nominating Committee is looking for volunteers to serve on the Board of Directors during the 2026-2027 year! Open positions include President Elect, Treasurer, Nominating Committee (2), and Membership Chair. You may nominate yourself or a colleague through this nomination form.

Academy of Nutrition and Dietetics House of Delegates FY 2026 Priorities

Karina Christopher, PhD, RDN, LD

After hearing presentations in the June 2025 Real Time Dialogue from the Council on Future Practice and engaging in robust discussion with each other, the House of Delegates voted on which topics are most impactful for the profession, identifying four priority areas that will guide our work in FY 2026. These priorities reflect the rapidly evolving environment in which nutrition and dietetics professionals practice and highlight the Academy's responsibility to lead with clarity, credibility, and foresight.

The four prioritized drivers are: **Declining Trust, Artificial Intelligence and Learning, Changing Science, and Healthcare Disruption**. Together, they underscore both the challenges and opportunities facing the profession. *Declining trust* in institutions and credentialed experts requires the Academy to reinforce RDNs and NDTRs as credible, science-based voices in nutrition and health. Advances in *artificial intelligence* and new *learning* technologies demand thoughtful integration that balances innovation with ethics, equity, and accuracy. The pace of *changing science* calls for strong skills in evaluating evidence, translating emerging knowledge, and communicating effectively to the public. Meanwhile, *disruption across healthcare systems* creates both urgency and opportunity for RDNs to demonstrate their value in improving outcomes and lowering costs. These drivers serve as the foundation for the House of Delegates' work and will guide generative discussions with the Board of Directors in FY 2026.

These issues strike at the very core of the Academy's mission and the 2025–2030 Strategic Plan. By engaging in generative discussions with trust, technology, science, and healthcare disruption, the Academy is advancing its commitment to improve health and well-being through food and nutrition, while preparing members to thrive in a complex, rapidly changing environment. Aligning HOD's work with the Strategic Plan ensures that these challenges are not only recognized but actively transformed into opportunities for leadership, advocacy, and impact.

These priorities guide the work of the House at the October 2025 Real Time Dialogue and beyond with the intent that our discussions will guide generative discussions at the board of directors in FY 2026 and inform our constituents and board members of the pulse of the members to help elevate our profession and advance our strategic plan.

The August 2025 Real Time Dialogue proved insightful and very timely as we met and heard presentations from the Academy's Research and Policy and Advocacy teams regarding their current efforts and to solicit feedback from delegates on current efforts as well as ideas for future improvements. Great discussions ensued with six small group discussions where delegates broke out into their respective Connection Group led by their assigned House Leadership Team (HLT) group leader.

Research Discussion Summary

The Academy's Evidence Analysis Center (EAC) engaged Delegates to discuss priorities ranging from clinical topics like malnutrition, GLP-1s, and women's health to broader issues including planetary health, food insecurity, and the value of medical nutrition therapy. Delegates provided feedback regarding how to navigate existing resources and considering more concise, accessible formats. Discussions recognized the need for frequent updates, stronger dissemination, and public-facing efforts to counter misinformation.

Policy and Advocacy Discussion Summary

Delegates noted that while the Academy offers many advocacy and practice tools, members often find them hard to access or are seen as less impactful than resources from peer organizations. They called for more practical, outward-facing formats such as podcasts, social media toolkits, CEU workshops, and easy-to-share infographics to make policy engagement simpler and more effective. Delegates affirmed current policy priorities but stressed the need to address fast-moving issues.

SAVE THE DATE

Annual Nutrition Conference & Expo

The Campbell House Lexington

1375 S Broadway
Lexington, KY 40504

Networking event:
Tuesday March 3

Conference:
Wednesday, March 4

ANCE 2025 Input

We are working diligently on planning for KAND's Annual Nutrition Conference and Expo (ANCE) 2026 Meeting, March 3rd and 4th in Lexington, KY! We want YOUR input to help shape the event! Whether you're a student, intern, educator,

or practicing RD, your voice matters. Please take a few minutes to share your insights.

Provide Your Input Here

Call for ANCE 2025 Speakers and Sponsors

ANCE Kentucky call for speakers and sponsorship information is live on the website ANCE 2026 | Kentucky Academy of Nutrition and Dietetics

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Kentucky Academy of Nutrition and Dietetics
kentuckyand@gmail.com

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