KENTUCKY ACADEMY
of Nutrition and Dietetics

2025-2026 Awards Applications

It'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
6. 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**. Please go to the site for further information (Awards | Kentucky Academy of Nutrition and Dietetics (https://kyeatright.org/awards/)

2025-2026 Scholarship Applications

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.

Public Policy Committee December Updates

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

Protect Financial Aid for Graduate Nutrition and Dietetics Students
Recent changes to federal student loan programs have already made graduate education more expensive and less accessible, and early signals from the Department of Education's rulemaking process suggest that nutrition and dietetics programs may be left out of the "professional degree" category entirely. If that happens, many qualified students will be priced out of our profession before they even start, worsening workforce shortages and limiting access to high-quality nutrition care.

Please take a moment to complete the Protect Financial Aid action alert and urge your Members of Congress to ensure nutrition and dietetics graduate programs are fully recognized and supported.

Urge Your Member of Congress to Co-Sponsor the Medical Nutrition Therapy Act

The recently reintroduced Medical Nutrition Therapy Act is an effective solution to address the costly and continued rise of diet-related chronic diseases in America – many of which can be remedied with MNT delivered by an RDN. If passed, the MNT Act would:
Increase access to nutrition care for seniors with chronic diseases
Authorize health care professionals to refer patients for MNT.

Contact your representative today!

Food Insecurity & Nutrition Equity Among Older Adults in Kentucky
As Kentucky's older adult population grows, ensuring equitable access to nutritious food is vital. While many people don't know, older adults experience food insecurity at unprecedented levels for a number of different reasons. Many are living in single person households on a fixed income, managing multiple conditions, experience mobility issues and transportation challenges, and are socially isolated with limited access to community resources. They must decide between paying rent, a mortgage, prescriptions, or groceries. To give some context, in 2023 Kentucky ranked the fourth highest for food insecurity among adults aged 50–59 at **14.6%,** or 79,800 individuals.[1] For those 60 and older, about **12%**, approximately 131,400 older adults, faced food insecurity, significantly higher than the national average.[2]

These numbers confirm a troubling reality: **many older adults in Kentucky struggle to access enough nutritious food.**

What Can Be Done

Nutrition professionals across the Commonwealth can support impactful solutions:

Policy & Program Enhancements

- Expand and strengthen Supplemental Nutrition Assistance Program (**SNAP) enrollment**, particularly for older adults not currently accessing benefits.
- Increase funding and statewide reach for **congregate and home-delivered meals,** especially in rural communities.
- Advocate for **Medicare/Medicaid coverage** of nutrition counseling, Medical Nutrition Therapy (MNT), and Registered Dietitian Nutritionist (RDN) services for older adults.

Community Collaboration

- Support federal efforts like Kentucky's **Senior Hunger Summit**, bringing stakeholders together to share best practices (e.g., the state's Nutrition Program for the Elderly offers meals and nutrition education).[3]
- Encourage **local partnerships** between aging services, health providers, and food banks to streamline access and reduce stigma.

Nutrition Equity & Advocacy

- Center initiatives on **equity**, considering the pronounced disparities among older adults residing in rural vs urban regions.
- Ground advocacy in due to inaccessible food or complex program requirements.[4]

Call to Action

Kentucky must do better to ensure our older residents don't face hunger or poor nutrition. By combining **data-driven policy**, **targeted outreach**, and **collaboration**, RDNs and allied professionals can reinforce nutrition equity. Your expertise, advocacy, and community presence are vital to transforming these statistics into positive change. Let's work collaboratively to empower older Kentuckians with the food and resources they deserve.

How YOU Can Join the Movement for Nutrition Equity

- **Advocate**: Contact your legislators to support policies that expand SNAP, congregate, and home-delivered meal programs.
- **Educate**: Share resources with older adults about nutrition assistance programs.
- **Engage**: Participate in the Kentucky Academy of Nutrition and Dietetics' advocacy initiatives.

Together, we can ensure that aging in Kentucky does not mean facing hunger or poor nutrition. Every voice matters, let's make ours heard.

References:

1. https://feedingamericaky.org/2023-state-of-senior-hunger/
2. https://map.feedingamerica.org/county/2023/senior-60-plus/kentucky
3. https://www.chfs.ky.gov/agencies/dail/Pages/nutrition.aspx
4. https://nkytribune.com/2025/11/humana-foundation-report-senior-food-insecurity-is-a-growing-ky-public-health-challenge/

2026-2027 Board of Directors Nominations

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.

Registration is Open for ANCE 2026!

Annual Nutrition Conference & Expo

Join us for ANCE 2026 to celebrate the evolving role of Dietitians in Kentucky. Network with your peers, explore trends in the field, and elevate your personal impact on the dietetics profession. Our agenda is live on the KAND website and registration is now open.

Register Today!

Free Webinars

The Academy is hosting a webinar on the reintroduction of the MNT Act on 12/18 at 2 PM EST. Learn more and register here: https://eatright-org.zoom.us/webinar/register/WN_mhAG9puLQKaqIroPyAKd6Q#/registration

DCMAND is hosting a free webinar and inviting other affiliates to join.
January 21, 2026 | 12:00 PM – 1:00 PM
Join Abriana Cain, MS, RD, LD, outpatient pediatric dietitian at Children's National Hospital specializing in gastroenterology, for an engaging session exploring the science and practical applications of probiotics, prebiotics, and postbiotics in human health. Abriana will highlight natural dietary sources—particularly fermented dairy products like yogurt—and share evidence-based recommendations for incorporating these foods into daily practice. Yakult, a global leader in probiotic-fermented dairy beverages, is proud to support this educational session highlighting the role of beneficial bacteria in health. Attendees will receive one CEU (pending CDR approval). Register at the link

below!https://eatright-org.zoom.us/meeting/register/GMkl8-YHS3KSL4hrpe4QLQ

Kentucky Academy of Nutrition and Dietetics

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