

A MESSAGE FROM NYSAND IMMEDIATE-PAST PRESIDENT

Dearest NYSAND Member,

As my term as president comes to a close, I want to take a moment to express my heartfelt gratitude for the hard work and dedication each of you has shown. Our collective efforts have yielded significant successes over the past year, and I am proud to highlight some of our key accomplishments.



This year saw greater student involvement, making NYSAND more accessible and inclusive for the next generation of nutrition professionals. The transition from districts to regions was streamlined, ensuring a smoother organizational structure. Position descriptions were modernized to reflect the evolving roles and responsibilities within NYSAND. In public policy advocacy, an impactful letter was composed to the governor, promoting policies that support our profession and community health.

The awards submission process was updated to ensure we are recognizing outstanding contributions to dietetics. A dedicated sponsorship committee was established to strengthen financial stability and expand NYSAND's connections. The continued partnership with Multiview enriched our community through the sponsored weekly Lunch Bunch emails.

Some NYSAND members celebrated National Nutrition Month by ringing the NASDAQ Bell, showcasing our profession on a national stage, and the meet-ups at FNCE fostered networking and collaboration, bringing together members from across the state.

It has been nothing short of an honor serving you. Although the end of my term is bittersweet, I am beyond grateful for the experiences and connections made along the way. I am confident that NYSAND is in excellent hands with Katie Brown at the helm.

Thank you for being a part of something greater. We all come from different walks of life, but our incredible, life-changing profession is what unites us. Never forget the impact you make each and every day.

With deepest gratitude,

Mariana Serback, M.S., R.D., C.P.N.

NYSAND Immediate-Past President

A MESSAGE FROM NYSAND PRESIDENT

Dear NYSAND Members,

I am honored to be your 2024-2025 president. NYSAND is made up of over 70 volunteers all working to make NY a great place to work and live. 2023-2024 was a great year for NYSAND and I hope to continue this momentum into 2024-2025!



2023-2024 was an exciting year with many accomplishments.

- Largest Annual Meeting attendance since 2018 with 198 attendees.
- We raised over \$23,000 in sponsorships and exhibitors which helped us offset declining membership.
- NY Medicaid began to enroll dietitians with the highest coverage of any Medicaid plan.
- The Licensure Bill achieved bipartisan support, but sadly did not make it to a vote. We are optimistic that it will be brought to a vote in 2025.

We have an exciting year ahead of us!

- Three districts have been approved for dissolution by the attorney general. This year we will focus on building regional boards with the goal of offering local events and networking.
- I hope to offer several free CEU webinars this year including one to meet our ethics requirement. If there are any topics that excite you, please share them with me.
- We are excited to offer AME near NYC this year (Westchester). This is the first time since 2016 that AME has been down state. I look forward to getting to know our NYC dietetic professionals better.
- Unfortunately, as AND membership has declined so has NYSAND membership. We are looking for creative ways to increase revenue. This will include a fundraising and grant committee. If you're interested in joining either of these, please reach out!
- Our strategic plan is due for renewal this year. We will use feedback from our member surveys and volunteer insight to create our next strategic plan.

I am excited for the year ahead. I hope you will support NYSAND's great work by renewing your AND membership. New members can use code NY25 to help increase NYSAND revenue. Feel free to reach out to me with anything. I am here for YOU!

Sincerely,

Katie Catherine Brown, MS, RDN, CDE

NYSAND 2024-2025 President
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A NOTE FROM THE COMMISSION ON DIETETIC REGISTRATION

CDR has transitioned to a Universal Professional Development Portfolio (PDP) Guide.

- Review the [Universal PDP Guide](#).
- The Universal PDP Guide is a simplified way for practitioners to obtain information about recertification requirements. The Guide includes instructions for completing the PDP process, and descriptions of activities* that can be claimed for continuing professional education units (CPEUs).

Practitioners may now claim credit for two NEW activity types.

1. Activity Type 191: Expert Work — RDs may claim up to 15 CPEUs per five-year recertification cycle and DTRs may claim up to 10 CPEUs per five-year recertification cycle for participation in [dietetics-related](#) activities where the practitioner acts as an expert to advance their knowledge, skills, and abilities.
2. Activity Type 192: Topic-Specific CPE Required for Licensure — RDs may claim credit for activities required by state licensing boards that do not otherwise conform to a CDR activity type definition.

Additional information on the two new activity types can be found on [CDR's website](#).

The CPEU limit for Activity Type 200: Professional Reading has been increased.

- The CPEU limit for Activity Type 200: Professional Reading has been increased to 35 CPEUs for RDs per five-year recertification cycle and 30 CPEUs for DTRs per five-year recertification cycle. The authorship expansion feature has been retired. Authorship may be eligible for CPEUs under the new Activity Type 191: Expert Work.

ACADEMY FOUNDATION ANYTIME 5K T-SHIRT DESIGN CONTEST

Calling all RDNs with a flair for art! Enter the AND Foundation's [Anytime 5k T-Shirt Design Contest](#) for a chance to have your artwork featured on the official 5k T-shirt, given to every participant.

Submit designs that celebrate themes of movement, food, health, the dietetics community, or the vibrant Twin Cities and the great state of Minnesota.

Find the requirements and timeline [here](#).



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PUBLIC POLICY NEWS

Hello fellow NYSAND members,

We are excited to be moving into this role at an exciting time in our field. As announced by the Academy President in the July newsletter, our national organization will be “an advocacy and public policy POWERHOUSE.” We are prepared for this challenge and hope to work cooperatively with all NYSAND members to move our profession “forward and upward.” We are both new to this position and have a steep learning curve. However, we are both committed, with your help, to doing the best job possible. The following are our goals for the upcoming year.

- Help revise the NYSAND Public Policy position description and organizational chart.
- Prioritize work to be done.
 - Advocating for licensure
 - Advocating for Dietitian involvement in the DOH 1115 waiver.
 - Advocating for complete and lawful insurance reimbursement for dietetics services rendered.
 - Investigate the possibility of advocating for dietetic tuition reimbursement as part of the Rebuilding NYS Health Force initiative.
- Monitor national and state policy movements.
- Provide timely updates to NYSAND members.

We look forward to working with you.

Sincerely,

April Ho & Terri Provost

Public Policy Committee Co-chairs

KNOW SOMEONE INTERESTED IN JOINING THE ACADEMY OF NUTRITION & DIETETICS?

Help boost NYSAND's membership!

Share the code: NY25 to increase NYSAND's revenue
from AND.



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CONTINUING EDUCATION OPPORTUNITIES

WORKSHOP: HOW YOU CAN TRANSFORM THE HEALTH OF THE NEXT GENERATION WITH PRENATAL DIETETICS

Date: July 31st at 7:00 PM

The Early Life Nutrition Alliance is excited to be launching 'How You Can Transform the Health of the Next Generation with Prenatal Dietetics' a FREE 2 hour workshop which will help you deep dive into the critical role of prenatal nutrition in shaping lifelong health outcomes for both mother and child.

[Register Now](#)

LIVE WEBINAR: STRATEGIES FOR CLINICIANS AND PARENTS TO ADDRESS PICKY EATING & FOOD ANXIETY: IS IT PICKY EATING OR ANXIOUS EATING?

Date: August 15th at 2:00 PM

Professionals need a keen understanding of how anxiety influences a child's willingness to interact with new foods. Parents of anxious eaters may struggle with their own anxiety around their child's nutritional intake, creating a family dynamic that further impacts progress for the entire family. Learn the subtle signs of anxiety in children and their parents and strategies for both.

[Register Now](#)

NUTRITION DIVERSITY CONFERENCE

Date: Sept 6th from 8:00 AM - 4:00 PM MST

The POHA-Denver Nutrition Diversity Conference provides a day filled with presentations, cooking demonstrations, and an interactive workshop on nutritional care.

Educational sessions will include managing care for specific cultures and individuals while providing tips for students to be successful in our field.

[Register Now](#)



MSU Denver - POHA
4th Annual Virtual

Nutrition Diversity Conference

September 6, 2024 | 8 AM - 4 PM MST

TICKETS ON SALE!

EARLY BIRD THRU 7/31
PROFESSIONALS...\$65
STUDENTS...\$15

GENERAL ADMISSION
PROFESSIONALS...\$90-\$125*
STUDENTS...\$25

accelevents.com/e/ndc2024

*THREE TICKET PRICES TO CHOOSE BASED ON ABILITY. ALL PROCEEDS FUND STUDENT SCHOLARSHIPS



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CONTINUING EDUCATION OPPORTUNITIES CONT...

CONFERENCE: 4TH ANNUAL FOOD AS MEDICINE SYMPOSIUM

Date: October 18th & 19th

Buffalo Niagara Medical Campus is thrilled to announce the upcoming 4th Annual Food as Medicine Symposium will be held this October 18th and 19th 2024 at the University at Buffalo Jacobs School of Medicine and Biomedical Sciences. This hybrid gathering has become a cornerstone event in the Buffalo community and beyond, attracting a diverse audience of clinicians, practitioners, and health-conscious members of the public.

This year's title, "Culture. Cuisine. Community: Savoring a Healthy You" is based on themes in the areas of: culturally responsive approaches, nutrition and mental health, entrepreneurial strategies for health-related food-innovation, and best practices in culinary medicine. Each topic has a powerful lineup of national and regional experts to showcase and advance this work, along with an engaging breakout session, cooking demonstration, poster presentations, vendors, and networking opportunities.

To get involved or for more information, please contact Beth Machnica MPH MS RDN CDN emachnica@bnmc.org

Get Early Bird Tickets Now



BNMC
HEALTH & WELL-BEING

LIVE **FOOD AS MEDICINE**
Symposium

4th Annual BNMC Food as Medicine Symposium
University at Buffalo Jacobs School of Medicine

SCAN ME

11AM-4PM Friday, October 18th, 2024
8AM-5PM Saturday, October 19th, 2024

WWW.BNMCFAMSYP0SIUM2024.EVENTBRITE.COM

Cost: \$50-75
In Person And Virtual Options
Register at www.BNMC.org

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FREE GRANT TRAININGS

ON-DEMAND WEBINAR: SHOWCASING IMPACT: A GUIDE TO DATA COLLECTION AND REPORTING TO GRANT FUNDERS

ON-DEMAND WEBINAR: ANATOMY LESSONS FOR GRANTS – ELEVATING YOUR GRANTWRITING

LIVE WEBINAR: INTRODUCTION TO FINDING GRANTS

Date: August 20th at 2:00 PM

ON-DEMAND WEBINAR: INTRODUCTION TO GRANT WRITING

TEMPLATES: VARIOUS GRANT RESOURCES

LIVE WEBINAR: INTRODUCTION TO PROPOSAL WRITING

Date: September 19th at 2:00 PM



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A LOOK AT THE 2024 ANNUAL MEETING & EXPO

BY THE NUMBERS



PEOPLE. PURPOSE. POSSIBILITY.
NYSAND AME 2024
APRIL 18-19 • SYRACUSE, NY



Syracuse, NY



196 attendees



2 keynote presentations



8 award presentations



18 sponsors & exhibitors



15 breakout presentations



20 speakers



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A LOOK AT THE 2024 ANNUAL MEETING & EXPO CONT...



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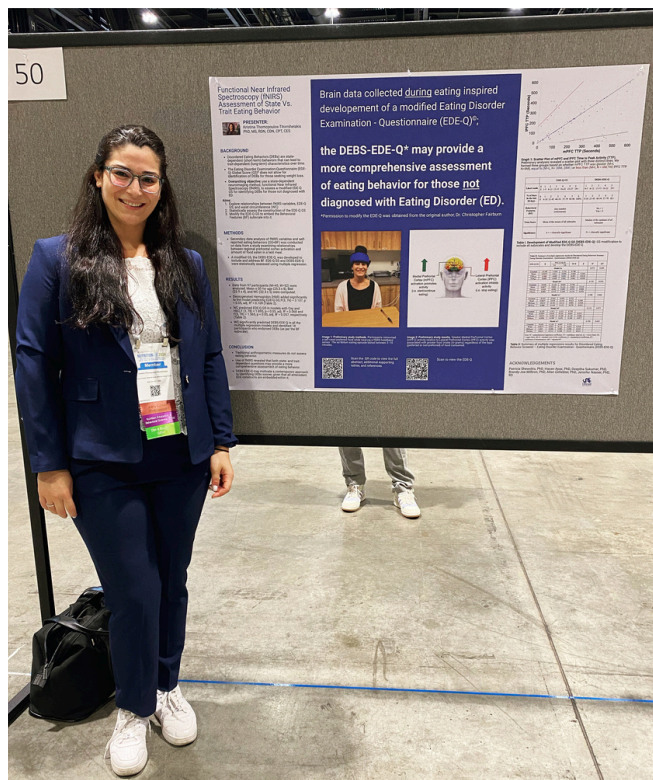
DISTRICT/REGION UPDATES

DOWNSTATE REGION MEMBER, KRISTINA THOMOPOULOS- TITOMIHELAKIS, PRESENTED DOCTORAL RESEARCH AT ASN NUTRITION 2024 CONFERENCE

Current NYSAND Delegate and Downstate Region member, Kristina Thomopoulos-Titomihelakis, PhD, MS, RDN, CSO, CDN, CPT, CES, presented a poster on her PhD research titled, "functional Near Infrared Spectroscopy (fNIRS) Assessment of State Vs. Trait Eating Behavior." Eating disorders (EDs) are brain-based conditions.

Repeated short-term behaviors, like Disordered Eating Behaviors (DEBs) can lead to long-term neurological alterations and development of EDs over time. Kristina used brain data measured via functional Near Infrared Spectroscopy (fNIRS (aka the stylish headband she's wearing in the photo on the poster)) to develop a modified Eating Disorder Examination-Questionnaire (EDE-Q). Similar to the Malnutrition Screening Tool (MST) for malnutrition, if/when someone is found to have a clinically significant Disordered Eating Behavior Screener score, a provider can refer them to a dietitian and healthcare provider who specialize in EDs. The goal of the DEBS-EDE-Q that Kristina developed is earlier intervention to offset potential development of a clinically significant ED. Her long-term goal is to apply this (or a screener and questionnaire like this) in the oncology/cancer care setting.

Please note that the EDE-Q is a copyright measure. All modifications were done so with the consent of its original author, Dr. Christopher Fairburn.



[View Kristina's Research Poster](#)



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DISTRICT/REGION UPDATES CONT...

NYSAND DISTRICT/REGION GRANT APPLICATIONS ARE NOW OPEN!

This is a great opportunity to bring additional funds to your district/region to support your strategic plan. In the past it has been used for upcoming activities, new promotional materials, or to support career fairs. Please keep in mind, the transition from districts to regions is still in progress. You are welcome to apply to use the grant as you have in the past or we encourage you to get creative with how it may assist our new regions. The choice is up to you. Please review and submit applications by COB on September 3, 2024.

[APPLY ONLINE HERE](#)

[How to Submit a winning grant proposal](#)

Any questions? Please contact NYSAND Immediate-Past President, Mariana Serback at moserback@outlook.com or NYSAND Executive Director Sarah Sheehan at nysand@caphill.com



PUBLIC RELATIONS UPDATES

[ACADEMY PRESIDENT'S MESSAGE — JULY 2024](#)

[MODIFIED OBESITY BILL PASSES OUT OF COMMITTEE, OPENS DOOR FOR ACCESS TO TREATMENT](#)

[MNT AS PART OF MEDICALLY TAILORED HOME-DELIVERED MEALS DEMONSTRATION PILOT ADVANCES IN HOUSE](#)

[PRESS RELEASE: NEW REPORT FROM ACADEMY OF NUTRITION AND DIETETICS DETAILS HOW TO INCREASE EFFICACY OF OBESITY MEDICATIONS](#)

SAVE THE DATE

[DIETARY GUIDELINES FOR AMERICANS ADVISORY COMMITTEE MEETINGS](#)

Date: September 25th and 26th

Registration will open at least 15 days prior to the meeting.



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If you have questions regarding this e-newsletter's content, please contact eholdorfd@gmail.com

CONTRIBUTE TO THE NEXT NEWSLETTER

NYSAND is looking for Contributors for the next newsletter. It's an excellent opportunity to keep up with our profession and collaborate with other leadership volunteers!

Interested in contributing to NYSAND newsletters? Members should contact Sarah, nysand@caphill.com or Emily, eholdorfRD@gmail.com for more info.



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