



News from the **New York State** *Academy of Nutrition and Dietetics*

The NYSAND e-newsletter serves to inform members of current news related to food & nutrition, and NYSAND activities.

A Message from NYS AND President

Dear NYSAND Members,

Happy New Year! It continues to be a great honor to serve as your president, and I am consistently inspired by the dedication, perseverance, and hard work demonstrated by you and your fellow members in advancing our profession.

I am thrilled to share some exciting updates with you:

Leadership Opportunities: Nominations are now open for the 2024-2025 President Elect, Treasurer, and Delegate positions. I encourage each of you to consider taking up these leadership roles to further contribute to the growth and success of NYSAND. Additionally, we have an important open position: Public Policy Coordinator. If you are passionate about making a positive difference, please email nysand@caphill.com.

Recognition: At NYSAND, we believe in celebrating excellence and dedication within our profession. These awards are designed to honor those who have not only advanced the nutrition and dietetics field but have also demonstrated exemplary leadership, devotion to serving others, and a true passion for fostering healthy communities. NYSAND is eager to recognize outstanding food and nutrition practitioners who stand out among their peers. I encourage you to nominate yourself or a colleague to highlight accomplishments. Learn more about NYSAND's annual awards [HERE](#).

AME 2024 Update: Our AME Committee has been hard at work preparing for the Annual Meeting and Expo (AME), just a few months away! Registration is now open, and I invite you to take advantage of the early bird pricing by clicking [HERE](#). Your participation will be crucial in making AME 2024 a resounding success.

As we step into this new year, I encourage each of you to take a moment to recognize the impact you make as volunteers, dietitians, dietetic professionals, and/or students. The unique gifts and expertise you bring to our profession contribute significantly to our collective success.

Thank you for being an integral part of our mission to strengthen dietetics, support our peers, and make a lasting impact. Together, let's make 2024 a year filled with meaningful achievements.

Warm regards,

Mariana Serback, MS, RD, CDN
NYSAND President 2023-2024



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SEEKING NOMINATIONS

We are seeking nominations for the following 2024-2025 Board of Directors positions: President Elect, Treasurer, Delegate to the Academy (2 spots open). Please fill out the following [form](#) to submit your nomination by February 2nd, 2024.



We will be holding our 2024 Annual Meeting and Expo for the profession of dietetics and nutrition in Syracuse, NY on Thursday, April 18 to Friday April 19, 2024.

Registration is [OPEN](#)! Get your tickets today.

Are you interested in becoming an Exhibitor/Sponsor?

View the Sponsorship Prospectus [here](#). Please fill out the following [survey](#) if you or someone you know is interested in sponsoring.

CALL FOR VOLUNTEERS

We're looking to fill an important position, [Public Policy Coordinator](#).

Click the position title to review the position descriptions.

If you or anyone is interested, please email NYSAND@caphill.com

NYSAND ANNUAL AWARDS

SUBMIT YOUR NOMINATION TODAY

NYSAND honors individuals who have advanced the nutrition and dietetics profession, have exhibited leadership by standing out among their peers, have shown devotion to serving others in both nutrition and dietetics as well as allied fields, and have demonstrated a true passion to fostering a healthy community, state, nation, and/or world.

These awards recognize those who are outstanding food and nutrition practitioners. Look at the awards and nominate a worthy colleague, you can also nominate yourself! For full award details and to submit your nomination(s) online, please go to our [Awards Page!](#) Applications for all awards must be submitted by 11:59 p.m. EST on March 1st. No late entries will be accepted.

All award nominations are to be submitted [online](#).

IMPORTANT ANNOUNCEMENT!

NYSAND has secured enrollable provider status for NYS RDN/CDNs!

Important Change to Qualified Nutrition Service Access in New York State

Time Sensitive – **If You Provide ANY MNT/nutrition services to Managed Medicaid Patients**, it is mandatory to become an enrolled provider as soon as possible to avoid contract cancellation.

Learn more about this important change to Qualified Nutrition Service Access in New York State

For more details and next steps, click [HERE](#).

Student Spotlight



Stephanie Hua

I currently serve as the NYSAND AME co-chair. My primary responsibilities with NYSAND include managing the timeline for AME, holding regular committee meetings to ensure progress, collaborating with the committee to select speakers, and maintaining open communication between coordinating cabinets. I am a rising junior at Syracuse University, majoring in Nutrition Science. I am dedicated to assisting people in achieving their health goals through nutrition counseling and research. Currently, one of my research focuses is on caregivers' challenges and barriers associated with preschool children's sugary food behaviors, while another focuses on examining the relationship between omega-3 supplements and intergenerational health. Beyond my studies at SU, I plan to pursue a Ph.D. program with the ultimate goal of becoming a clinical researcher and a registered dietitian. Outside of work and academic pursuits, I enjoy rock climbing, working out, watching K-dramas, reading, and engaging in cooking and baking. Life is short, and I embrace challenges to continually push myself to thrive in every moment.

Continuing Education

[Sugar vs. Sugar Alternatives: Impacts on Brain Health, Obesity, and Addiction](#)

Date: February 8th at 2:00 PM

Speaker: Dr. Nicole Avena

Hosted by: Orgain Healthcare

[New Science, Practice Guidelines & Trends in Improving Gut Health](#)

Date: February 13th at 5:00 PM

Speakers: Dr Joanna McMillan, Elissa Robins, Dr Kim Faulkner-Hogg, Dr Hannah Holscher, Dr Rachelle Opie

Hosted by: Dietitian Connection

[Managing Complications of Parenteral Nutrition](#)

Date: February 22nd at 7:00 PM

Speaker: Federika Garcia, MS, RDN, LDN, CNSC

Hosted by: Dietitians on Demand

[Kidneys and Kale: Preventative Kidney Care With Plants](#)

Date: March 7th at 2:00 PM

Speaker: AnnaMarie Rodriguez, RDN, LD, FAND

Hosted by: Orgain Healthcare

[Pediatric and NICU Nutrition Workshop](#)

Date: March 27th at 12:00-4:30 PM

Speaker: Carrie Finch, MS, RDN, CSP

Hosted by: Orgain Healthcare

[Protein Deep Dive for Athletes, Active Individuals and the Aging Population](#)

Date: April 18th at 2:00 PM

Speaker: Kelly Jones, MS, RD, CSSD, LDN

Hosted by: Orgain Healthcare

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District Affiliate News



Great Lakes Region: February Webinar



Join us for a speaker event!

Speaker: Elizabeth Keirstead, RDN, LD, CDCES

Topic: Rx: 50mg of a Vegan Diet and the Challenges of Implementing a Heart Healthy Lifestyle

Date: Wednesday, February 7, 2024

Time: 4:00-5:00 PM

Location: Zoom/Virtual

****Register Here: Click the link to register**



Free for Great Lakes Region Academy members
\$10 for non-Academy members

1 CEU FOR ATTENDING!



Rx: 50mg of a Vegan Diet and the Challenges of Implementing a Heart Healthy Lifestyle

Wednesday, February 7, 2024 from 4-5 p.m. ET via Zoom with Elizabeth Keirstead, RDN, LD, CDCES

Members + Students: Free

Non-Members*: \$10

*Non-members are individuals not a part of the Great Lakes Region or members of the Academy of Nutrition and Dietetics.

[Register here!](#)

LIAND and GNYDA are in the merge process, so our systems have been on hold. However, we are seeking feedback from members on the merging process, as well as speaker ideas. If you are within the region, please fill out this [survey](#) to provide feedback.



ATTENTION ALL NUTRITION STUDENTS AND INTERNS!

ARE YOU LOOKING FOR WAYS TO...



PARTICIPATE IN PROFESSIONAL DIETETICS ORGANIZATIONS



BOOST YOUR SOCIAL MEDIA PRESENCE AND ADD EXPERIENCE ON YOUR RESUME



BROADEN YOUR PROFESSIONAL NETWORK



SHARE YOUR KNOWLEDGE AND EXPERTISE ON TOPICS OF INTEREST



ENHANCE YOUR PROFESSIONAL WRITING SKILLS



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Public Relations Updates

Recent Press Releases:

- [Academy of Nutrition & Dietetics Offers Healthful Ideas, Food Safety Tips to Celebrate National Cookie Day On December 4](#)
- [Academy of Nutrition and Dietetics Offers Tips for Healthful Eating as Consumer Food Spending Increases](#)
- [From Field to Feast: Academy of Nutrition and Dietetics Promotes Safe Consumption of Wild Game for Optimal Nutrition](#)
- [Compassion, Collaboration Key in Treating Patients with Overweight, Obesity: Updated Position Paper of Academy of Nutrition and Dietetics](#)

There's Still Time to Join the Academy of Nutrition & Dietetics and the NYSAND!

Don't miss out on these fantastic benefits!!!

- Evidence Analysis Library View the complete list of EAL evidence-based nutrition practice guidelines and systematic reviews at-a-glance. Includes information on project updates and new releases. [EAL](#)
- Continuing Professional Education: Staying up to date on developments in Food and Nutrition Science to build your knowledge, enhance your skill and advance your career [Continuing Professional Education](#) CPEs include Face to Face Learning, Webinar Opportunities, Online Certificates of Training, and Self-Study Opportunities
- Career Development – stay up to date on latest career opportunities and salary surveys. Also learn about Mentor Programs, Job Opportunities and review the salary calculator (including Career Coaching and Resume Writing) [Career Resources](#)
- Don't miss the NYSAND AME 2024 Meeting in April 2024! 9 of CPEs available

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, eholdorfd@gmail.com for more info.

Find social media tips in the latest Social Media Toolkit



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