

**LETTER FROM OUR PRESIDENT**

Happy National Nutrition Month! As daylight lengthens, I am reminded that despite the chilly temps, warmer weather and springtime are just around the corner.... and so is the 2020-2021 MAND Board year! Our MAND President-Elect, Kristine Kittridge, traveled to Chicago in February for a weekend of training from the Academy. I have no doubt that Kristine will be a thoughtful, effective leader of our Maine affiliate come June 1, 2020. As we move into the new board year,



board vacancies will need to be filled– have you always wanted to get more involved in the dietetic profession here in Maine but just haven’t taken the plunge? Start off this new decade by getting involved and helping Kristine and our MAND Board meet its mission. MAND’s mission is to “serve the public through the promotion of optimal nutrition, health and well-being while empowering our members to be leaders in food and nutrition.” MAND meets that mission every year by advocating for legislation important to our members and Mainers (Legislative Lunch, March 12– see page 2), providing educational opportunities for our membership (Spring Conference May 1, page 2), collaborating with organizations with like goals, recognizing dietetic professionals who go above and beyond in our State (Affiliate Awards, page 3) and much more. Become an integral part of meeting our mission and join the MAND Board. Please see page 3 for Open Positions for the 2020-2021 Board Year.

MAND members are welcome to listen in to Board meetings on the 3<sup>rd</sup> Thursday of each month at 7:30pm. Please don’t hesitate to reach out to the board at [eatrightmaine@gmail.com](mailto:eatrightmaine@gmail.com) for meeting call-in information. This year, we’ll also have a face-to-face Board meeting on Thursday April 30<sup>th</sup> at the Hilton Garden Inn as part of Pre-conference activities and festivities, please join us from 3:15-4:15pm.

I wish you all a Happy RDN Day and a healthy National Nutrition Month!

*Heather*

HeatherHealy,RDN  
2019-2020President  
Maine Academy of Nutrition and Dietetics

**UPCOMING EVENTS:**

**Legislative Breakfast–**  
11:30 AM– 1:50 PM, Thursday  
March 12, 2020– Legislative  
Council Chamber

**MAND Spring Conference:**  
Friday May 1st 2020– Hilton  
Garden Inn, Freeport Maine

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# MAND HAPPENINGS

## **MAND LEGISLATIVE LUNCH - Thursday MARCH 12th**

The Maine Academy of Nutrition and Dietetics (MAND) invites you to attend the annual MAND Legislative Event being held in the Legislative Council Chamber from 11:30am-1:50pm on Thursday, March 12th, 2020.

Attending the lunch provides you with an excellent opportunity to meet with Maine legislators. We'll be providing an overview of MAND's role in Maine, sharing the role of MAND's Public Policy Panel, and presenting our annual Public Policy Leadership Award to Senator Geoffrey Gratwick.

**Date:** Thursday, March 12, 2020

**Time:** 11:30am - 1:50pm

**Location:** Legislative Council Chamber

[Click here](#) to register!

## **MAND SPRING CONFERENCE 2020: NUTRITION PROFESSION POWER UP!**

The Maine Academy of Nutrition and Dietetics Spring Conference is scheduled for Friday, May 1st The Hilton Garden Inn, Freeport Maine. Registration is open– [click here](#) to register. Come gather with other dietetics professionals from our state and beyond to sharpen your knowledge and skills, network and refresh your nutrition focus.

Join us for a fantastic line up of speakers and topics. A pre-conference social is planned for the evening before to get an early start on visiting, networking, and exploring Freeport.

### **Engaging and timely topics include:**

- Microbiome-Based Strategies for Managing GI Conditions
- Fetal Origins of Adult Chronic Disease
- Plant Power! An Educational and Culinary Dive into Plant-Based Eating
- The Diet Climate Connection
- From Illness to Wellness: Career Change and Finding What You Love to Do
- Cannabis: Weeding Fact from Fiction
- FoodMASTER: Reach to Teach
- And more!

# MAND NOMINATIONS & AWARDS

The Maine Academy of Nutrition and Dietetics (MAND) is looking to recognize our amazing members through our annual awards. Do you know someone you want to recognize for their outstanding work in the dietetics profession this year? Then why not nominate them for one of MAND's annual awards! Remember to submit nominations by **March 15th!**

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

[Click here](#) to see all the qualifications and submit your nominees today!

## Interested in Getting Involved with MAND?

Applications are being accepted for the new board year beginning in June 2020. Positions include:

- ***Conference Committee Chair***
- ***Nomination and Awards Committee***
- ***President-Elect and more!***

**Potential benefits of being involved with MAND include the following:**

- Show employers dedication and commitment to the advancement of the role of dietetics
- Have the ability to learn and grow as a nutrition professional by working with your peers on a shared mission
- Network and make connections
- Obtain 3 CPE per year

For a comprehensive list of open positions and their descriptions please reach out to the Nominating Committee- **[MaineANDNominatingAwards@gmail.com](mailto:MaineANDNominatingAwards@gmail.com)**.

# MARCH IS NATIONAL NUTRITION MONTH

## **Maine’s Nutrition Professionals Promote “Eating Right Bite by Bite”**

Making nutritious food choices and being physically active can have a substantial impact on your health and well-being. As part of this year’s National Nutrition Month®, the Academy of Nutrition and Dietetics (AND) and the Maine Academy of Nutrition and Dietetics (MAND) encourage individuals and families to “make informed food choices and develop sound eating and physical activity habits.”

The theme for this year’s National Nutrition Month®, Eat Right, Bite by Bite, is designed to help people choose a variety of nutritious foods each day, plan healthful meals for the week, and understand the benefits of consulting a registered dietitian nutritionist (RDN). “Eat Right, Bite by Bite” is about making small goals and taking small steps to achieving your health goals, which can make a big difference in your overall health and lead to lifelong habits.

### **National Nutrition Month®**

National Nutrition Month® started nearly 40 years ago in 1980. It originally began as National Nutrition Week in 1973 and later transitioned to taking place over the entire month due to an increased interest in nutrition. The second Wednesday in March marks the annual celebration of Registered Dietitian Nutritionist Day. This year, it will take place on Wednesday, March 11 and is held to “commemorate the dedication of registered dietitian nutritionists as the leading advocates for advancing the nutritional status of Americans and people around the world.”

Get involved in National Nutrition Month® by visiting the Academy’s website ([www.eatright.org](http://www.eatright.org)), where a variety of resources will be available, including handouts, recipes and more. You can also follow along with the Academy’s National Nutrition Month® on social media, including [Facebook](#) and [Twitter](#) with the hashtag #NationalNutritionMonth.

Follow along with the Maine Academy of Nutrition and Dietetics and National Nutrition Month® on Facebook and Twitter at @eatrightmaine and with the hashtag #NationalNutritionMonth.



# HOUSE OF DELEGATES UPDATE

Hello MAND members,

On January 25th, 2020, I participated in the House of Delegates Winter virtual meeting. The discussion topic was "Evidence Based Practice." Included is a summary of the meeting and further meeting materials are available [here](#). If you have any questions or feedback, feel free to reach out to me at [maineanddelegate@gmail.com](mailto:maineanddelegate@gmail.com).

- Rachael Hall, MAND Delegate

## Winter 2020 House of Delegates Meeting Recap: Evidence-Based Practice

The Academy of Nutrition and Dietetics House of Delegates (HOD) held its winter 2020 Virtual Meeting on Saturday, January 25, 2020 where delegates discussed the topic Evidence-Based Practice (EBP).

<p><b>What is Evidence-Based Practice?</b>  <i>Evidence-based practice is an approach to health care wherein credentialed nutrition and dietetics practitioners use the best available evidence to make decisions for patients/clients, customers, individuals, groups, or populations.</i>                  The full definition of Evidence-Based Practice and Evidence-Based Dietetics Practice are available in the <a href="#">September 2019 Academy of Nutrition and Dietetics Definition of Terms List</a> on pages 19-20.</p>	<p><b>Why Discuss Evidence-Based Practice?</b>                  We have an urgent need to educate and align credentialed food and nutrition practitioners around the foundational values of evidence-based practice. Practitioners need to be equipped with the knowledge, skills, and competencies to protect our relevance, credibility, and integrity as a science and evidence-based profession. Additionally, we need to speak in one voice utilizing the Academy's three-pronged approach to evidence-based practice: best available evidence, a practitioner's clinical experience and the client's needs/wants.</p> <div style="display: flex; align-items: center;"> <div style="border: 1px solid black; padding: 5px; margin-right: 10px;">                     Evidence-Based Practice: Three Prongs                 </div> <div style="font-size: 2em; margin-right: 10px;">}</div> <div style="border: 1px solid black; padding: 5px;">                     Professional Expertise                      Best Available Evidence                      Client Preferences                 </div> </div>
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**Professional Issue Question:**  
 During the January virtual meeting Delegates and auditors engaged in dialogue designed to answer the following question:  
*What more needs to be done to support and communicate evidence-based practice within the nutrition and dietetics profession?*

From the Meeting Dialogues, the Top Items Reported by Tables are:	
Top Barriers	Additional Actions or Tools Needed to Promote EBP
<ul style="list-style-type: none"> <li>• Adequate Time to Research, Utilize Evidence, and Communicate it Effectively</li> <li>• Lack of Critical Thinking Skills</li> <li>• Personal or Professional Bias</li> <li>• Education and Competency</li> </ul>	<ul style="list-style-type: none"> <li>• Collaboration and Communication                             <ul style="list-style-type: none"> <li>• Internally with Academy members and organizational units</li> <li>• Externally (other professionals and healthcare organizations/associations)</li> </ul> </li> <li>• Upgrade the Evidence Analysis Library</li> <li>• Add an EBP CPE Requirement from CDR</li> <li>• Academics/Professors/ ACEND                             <ul style="list-style-type: none"> <li>• Training tools for students</li> <li>• Toolkits for educators and practitioners</li> </ul> </li> </ul>



## WHAT'S NEW: THE ACADEMY



### **Student Opportunity - Build Your Leadership Skills, Boost Your Career and Enhance Your Résumé!**

Apply to represent your dietetics program by signing up as an Academy Student Liaison for the 2019–2020 membership year. Only Student members of the Academy are eligible, and just two Student Liaisons will be chosen to represent each program. As a Student Liaison, you'll participate in the recruitment and retention of Student members and offer invaluable feedback to the Academy. You'll also:

- Build and develop your leadership skills
- Gain experience to include on your resume
- Earn recognition and enter to win prizes via the Student Liaison Fall Award, National Nutrition Month® Student Program and other opportunities
- Communicate with dietetic students nationwide
- [Click here](#) to learn more!

### **Certificate of Training Programs**

Satisfy 8-12.5 hours of CPE credit for your CDR portfolio and add value to your professional brand. Here are just a few of the many programs available:

- **Sustainable Food Systems-** Advance competency with this new program developed to establish and cultivate your knowledge on emerging trends toward sustainability.
- **Food Allergy Management – Revised-** Includes the latest research and recommendations on preventing peanut allergies as well as additional information on managing food allergens in schools and foodservice.
- **Informatics in Nutrition-** Every facet of informatics is discussed, including Electronic Health Records, security and ethics, and utilizing data.