

Message from the President



Dear members,

I am honored to be your President for the year of 2022-23. I greatly appreciate the opportunity and would like to welcome you all through our very first monthly newsletter of 2023 with a new beginning. I hope through this newsletter we can provide you with more meaningful engagements, professional development, and outreach opportunities that will serve you even better this year and beyond. In the newsletter column, we will keep you informed with the latest on nutrition and our profession, career opportunities, leadership opportunities, along with some special committee chairs updates from committees such as Public Policy, House of Delegates (HOD), and Inclusion, Diversity, Equity and Access (IDEA) committee. We also plan on showcasing all of you and your professional achievements.

A couple quick updates on my end - we updated the Mission and Vision Statement of the CT Academy this year, and a reminder of our presidential goals and strategic plans.

New Mission Statement — Accelerate Connecticut's residents' health and well-being through food and nutrition.

New Vision Statement — A State where all people thrive through the transformative power of food and nutrition.

2022-23 Presidential Goals and Plans

Goal 1: Improve membership and empower our members

Strategic Plans: i) Membership Improvement

ii) Membership empowerment

Goal 2: Improve health and equity in the State of Connecticut

- Strategic Plans:
- i) Improve community outreach and engagement
 - ii) Community engagement and activities
 - iii) Improve diversity in the profession
 - iv) Improve cultural awareness

Goal 3: Financial Control, Sustainability, and Growth of the CT Academy

- Strategic Plans:
- i) Budget Control and Reporting
 - ii) Improve Funding
 - iii) Fundraising with a clear purpose

I also want to give a special shout-out to our Executive Office Manager, Barbara Bush, for her efforts, dedication, and support this year. I am halfway through my presidency and still riding high with all the great energy and support from the board and committee chairs. I am so proud to be able to introduce you to our board members and leaders who support this community.

Finally, I greatly appreciate everyone's ongoing commitment to being involved with the CT Academy. Please look out for our monthly newsletter in your inbox every 2nd Friday of the month for exciting news, updates, and much more. Feel free to contact me if you have any questions, concerns, comments, or suggestions.

With best wishes for a happy, healthy, and prosperous 2023,

Shraddha Chaubey, MS, RDN, CDN/LDN

President 2022-23

Email: president@eatrightct.org

Introducing the CT Academy of Nutrition Board



Linda Arpino
Pres Elect



Melissa Mitri
Past Pres



Carley Bedell
CPI Chair



Suvosree Chatterjee Jillian Wanik Tina Dugdale
Delegate Member-at-Large Secretary



Rachel Driscoll Kerry Coughlin Bridget Bennett
Treasurer Public Policy Chair Nominating Chair



Lisa Mastroianni Jennifer Zarilli Alice Sekher
Dietetic Ed Chair Fundraising Co- Chairs



Lauren Karamavros Hannah Goodman Mackenzie Gordon
Membership Co-Chairs Public Relations Co-Chair



Jodieann McIntosh Allison Kailberg Amy Plano
PR Co-Chair Public Policy-SPR Nut. Serv Payment Spec



Judy Prager Chris Scoppetta Heather Peracchio
Volunteer Coord. IDEA Chair Food Security Chair



Michelle Sagristano Sunida Infahsaeng Ilana Stolyarova
CPI Chair Elect Treasurer Elect NNM Chair



Katherine Sayre Barbara Dubois Brittany Kolitsidas

Kids Eat Right Chair Consumer Pro Coord Student Liaison



Mary Grace Webb

Nominating Chair Elect

Alison Dvorak

Nominating

Barbara Bush

Executive Office Mgr



Becca Cretella

Dietetic Tech Chair

Liz Glass

Awards Chair

Upcoming Member Events

Save the Date for the CT Academy of Nutrition and Dietetics Spring Meeting on Monday, April 3, 2023

Registration will be available soon.

Career Opportunities

Check out the new Job Posting for open positions at UConn

<https://www.eatrightct.org/jobs-postings/>

Remember you must be logged in as a member to view the job postings.

CEU Opportunities

The **Culinary Nutrition Collaborative (CNC)** will offer Academy members a discount of \$50 on registration to the [3rd Annual "A Taste of Culinary Nutrition from Around the Globe"](#), six virtual culinary workshops held weekly in February and March 2023. **Only \$99 after the discount**, this series will be worth **12 CPEUs** and will meet the requirement for the Ethics credit.. **Enter code "EATRIGHT23" at checkout after selecting a full price registration** for your discount

<https://www.culinarynutritioncollaborative.com/event-details/3rd-annual-a-taste-of-culinary-nutrition-from-around-the-globe>

CPE On-Demand - Targeting Docosahexaenoic Acid (DHA) to Impact

Preterm Birth The Academy of Nutrition and Dietetics is pleased to present a new, free self-study module offering .75 CPEUs, funded by **Reckitt/Mead Johnson Nutrition**. A portion of this sponsorship supports an unrestricted grant to our Academy Foundation as part of our Kids Eat Right public nutrition education program. [Learn more and register here](#).

Leadership Opportunities

Attention CT Academy Members who are interested in helping on the Nominating Committee !!

The CT Academy of Nutrition is seeking members to be on the Nominating Committee to join our Board of Directors. This committee will be contacting exceptional members to be on the Ballot for our election in the spring. If interested then contact info@eatrightct.org for more details!

Public Policy Updates



School Meals for All in CT

The Public Policy Committee is working on a range of initiatives at the federal and state level, including advocacy for Universal School Meals in Connecticut. The CT Academy of Nutrition and Dietetics joined the coalition led by End Hunger CT to ensure students have access to nutritious, no-cost meals. You can learn more at <https://www.endhungerct.org/schoolmeals4allct/>.

As nutrition professionals, we already know that making sure kids are fed is critical for their physical and mental health. These programs also improve attendance, promote academic achievement, and benefit the community through investment in the local economy. Equal access to school meals will help to address both health and education disparities in our state.

We will be actively advocating for this issue during the state legislative session. Stay tuned for opportunities to submit testimony in support of this bill. You can help spread the word about the importance of school nutrition, and use #SchoolMeals4AllCT in any social media posts.

Consolidated Appropriations Act of 2023: Telehealth Provisions and Medicare Payment Adjustments

Read the Academy's update on the telehealth and Medicare payment provisions in the Consolidated Appropriations Act of 2023 (the omnibus) [here](#).

November/December 2022 Issue of MNT Provider

The November/December 2022 edition of the MNT Provider newsletter includes a deep-dive on telehealth; CMS updates to telehealth; an overview of the Academy's efforts to expand access to MNT; an update on Aetna; and more! Click [here](#) to read the November/December 2022 issue and previous editions.

House of Delegates Updates



The House of Delegates (HOD) serves as a voice of Academy members and identifies and develops solutions to some of the challenges facing the profession (critical issues). Here is an overview of the steps involved with the current critical issue process. Some of these steps may happen in a different order, or may happen more than once.

First, the House Leadership Team (HLT) determines which critical issues are appropriate for the House of Delegates for that program year. They take into account whether the Academy previously addressed the issue, what is new about the issue, and whether it may be suited for another Academy Organizational Unit to handle or whether it is appropriate for a Critical Issues dialogue.

Delegates are trained to take a holistic approach towards addressing views, beliefs, values, and self-interests of fellow constituencies in meetings, to participate in a collective dialogue that collaborates with the perspectives of other constituencies. When addressing critical issues in this way, delegates can understand the entire issue so they can make decisions based on the best interests of the profession

For more information, please visit the Academy HOD homepage <https://www.eatrightpro.org/leadership/governance/house-of-delegates>

Nutrition News

Can diet combined with drugs reduce seizures?

Following a modified Atkins diet high in fat and low in carbohydrates plus taking medication may reduce seizures in people with tough-to-treat epilepsy, according to a new study.

<https://www.aan.com/PressRoom/Home/PressRelease/5039>

Variety of healthy eating patterns linked with lower risk of premature death

A variety of healthy eating patterns are linked to reduced risk of premature death, according to a new study. They found that participants who scored high on adherence to at least one of four healthy eating patterns were less likely to die during the study period from any cause and less likely to die from cardiovascular disease, cancer, or respiratory disease, compared with people with lower scores.

<https://www.hsph.harvard.edu/news/press-releases/variety-of-healthy-eating-patterns-linked-with-lower-risk-of-premature-death/>

Consumption of fast food linked to liver disease

A new study found that eating fast food is associated with nonalcoholic fatty liver disease, a potentially life-threatening condition in which fat builds up in the liver.

<https://news.keckmedicine.org/consumption-of-fast-food-linked-to-liver-disease/>

Be In the Know

Mediterranean diet ranked best diet 6 years in a row: Is it right for you?

- U.S. News & World Report ranked the best diets in 2023.
- The Mediterranean diet came in at No.1, followed by the DASH and Flexitarian diets.
- Many of the diets featured at the top of the list had similar features, including increased consumption of vegetables, fruits, and whole grains.

<https://www.medicalnewstoday.com/articles/best-diet-2023-us-news-ranking-mediterranean-dash?>

Healthcare Professionals and Sustainable Diets: Policy & Understanding

Executive summary

Globally, the food system contributes one third of all greenhouse gas emissions, with the vast majority coming from agriculture and land use.¹ In the UK, over 60% of adults are overweight or obese, and the incidence of diet-related disease costs the NHS £6.1 billion a year.²

Shifting to low-carbon diets can help reduce greenhouse gas emissions while also having positive health benefits. As a trusted, connected and influential profession, health leaders can play an important role in driving the societal and cultural dietary shift that will be required. This includes messaging on the benefits of adopting sustainable diets and how to do so, and leading by example in their own organizations. For further details go to <https://www.fph.org.uk/media/3677/full-report-health-professionals-and-sustainable-diets-policy-and-understanding.pdf>

Just a quick reminder for individual RDNs and institutions billing Medicare that the following holds true for the new calendar year of 2023.

"Medicare covers 3 hours of MNT in the beneficiary's initial calendar year. There will be no carrying over of initial hours to the next calendar year. For example, if a physician gives a referral to a beneficiary for 3 hours of MNT but a beneficiary only uses 2 hours in November, the calendar year ends in December and if the 3rd hour is not used, it cannot be carried over into the following year. The following year a beneficiary is eligible for 2 follow-up hours (with a physician referral). Every calendar year a

beneficiary must have a new referral for follow-up hours.

Payment to non-physician practitioners billing on behalf of a DSMT program (G0108 or G0109) should be made at the full fee schedule rate and should not be paid at 85 percent of the fee schedule like other non-physician practitioner services. This is because the payment is for the DSMT program and is not being made for the services of a single practitioner."

FDA releases its 2022 Food Code

The FDA has released its [2022 Food Code](#), the 10th edition of the guidance, which aims to decrease the risk of foodborne illness. The code was developed with input from regulatory, industry and academic professionals

Eat Right CT News

Check out a recent special healthy weight loss guide by Eating Well with tips from our past President Melissa Mitri, MS, RD



<https://www.eatingwell.com/article/8007584/what-happens-to-your-body-when-you-lose-weight-fast/>

Please fill out a brief survey to help one of our student members!

My name is Pavelon Vang, and I am a dietetic intern and graduate student at the University of Saint Joseph. I am conducting a research study exploring the beliefs, perspectives, and current practices related to food insecurity in pediatric Registered Dietitian Nutritionists in the acute care setting. If you are at least 18 years of age, a pediatric Registered Dietitian Nutritionist and currently work in the acute care setting, you qualify to participate in this research.

Those that choose to participate may click on the link that will direct you to a pre-test on food insecurity and a self-guided educational presentation followed by a post-test. The pre- and post-test will each take approximately 5 minutes to complete, and the self-guided educational presentation may take ~10 minutes to review. If you have any questions or concerns, please feel free to contact me at (860) 849-6338 or at pvang@usj.edu. Your participation in this survey is greatly appreciated!

<https://www.surveymonkey.com/r/DD6C7CG>



Bitter Gourd with Tofu by Linda Arpino, RDN, CDN, FAND

At a local Indian grocery store called Patel's a place which I love spending time finding new foods I never ate. I found an unfamiliar vegetable, Bitter Gourd. Before I attempted to cook it, I checked out a few YouTube videos from different cultures in India, Japan, and the Philippines. I decided to merge a suggestion from Japan with another video from India and add a little of my own to this recipe. The recipe from Japan included pork belly. I am vegetarian and chose to replace the pork with tofu.

Recipe **serves two to three, serving size 1.5-2 cups with 1 cup rice.**

Ingredients

2 Bitter Gourd, bitter white inside and seeds removed

1/2 tsp salt

1 Tbsp Sesame Seed oil
1 large onion, sliced
5 Cloves garlic, minced
8 oz Tofu, firm sprouted, pressed, break in chunks
1 Tbsp soy sauce
1 Tbsp sweet chili sauce
pinch of chili pepper flakes
1 egg beaten (optional)
2 cups basmati rice, cooked

Instructions:

After removing white flesh from the gourd, wash with cold water then place in a bowl with salt. Then place oil in a large skillet on medium-high heat and add garlic and onions until translucent and slightly browned. Remove from the skillet and put aside. Add tofu chunks and brown each side lightly, return onion mixture and remaining ingredients except egg. Sauté to lightly blend all ingredients to then add egg(optional if vegan) and cook another few minutes for the egg to completely cook.

Suggestion: I served it with rice.

In doing a little research I found a host of health benefits some evidence-based, some not. Here are a few from [Ampalaya \(Momordica charantia\) Herbal Medicine, Health Benefits, Dosage, Side Effects \(medicalhealthguide.com\)](http://medicalhealthguide.com):

Member Spotlight

Our CT Academy of Nutrition Spotlight Member for the month of January is Sunida Infahsaeng MS, RDN, CDN



Sunida is on the CT Academy Board as our Treasurer Elect and has also been the Awards Chair. She currently is the Senior Director of Food and Nutrition at Hartford Hospital. To learn more about Sunida go to <https://www.eatrightct.org/member-spotlight-sunida-infahsaeng/>

EatRight News



Academy Rings Nasdaq's Closing Bell for Wellness Week

President Ellen R. Shanley, MBA, RDN, CD, FAND, and members from the New York area represented the Academy January 3 in closing Nasdaq's trading day during Wellness Week. "The Academy and our members are strong advocates for programs that have been proven effective in improving health through research, education and advocacy," President Shanley said. "Most recently Academy members were instrumental in the development of the White House Conference on Hunger, Nutrition and Health. We look forward to continuing to serve as a resource as we shape the future of health and nutrition in America, and to accelerate improvements in global health and well-being through food and nutrition."

Election

★ ★ ★ 2023 ★ ★ ★

FEBRUARY 1-15, 2023

2023 Ballot Candidate Biographical Information is now available

Biographical information for the candidates on the 2023 national election ballot is available at <https://elections.webauthor.com/elections/candidates.cfm>. Voting takes place February 1 to 15.

Register Today for the Nutrition and Dietetics Advocacy Summit!

Connect with hundreds of food and nutrition practitioners of all skill levels to take a deep-dive into key policy issues that impact the health of the nation and dietetics profession during the **Nutrition and Dietetics Advocacy Summit**! Taking place virtually, March 28-30, attendees will also sharpen communication skills and develop new, high-level personal and professional relationships.

The summit will focus on two of the Academy's top policy and advocacy efforts: medical nutrition therapy expansion and child nutrition. Attendees will receive training on these issues during the first two days of the event to ensure they are prepared for congressional meetings on March 30, which will be conducted in small groups with a designated leader. **Click here to register.**

Student Academy Members: scholarships are available! To apply for a student scholarship, **complete this brief survey** by **Wednesday, February 8**. If you are applying for a student scholarship, please hold off on registering for the summit; scholarship recipients will be notified beginning the week of February 13. Please note, the scholarship opportunity is only available to student Academy

members.

Apply Today: Foundation Award and Grant Applications Due February 21, 2023

The Academy of Nutrition and Dietetics Foundation is accepting applications for its annual research grants and recognition, continuing education, program development, and international awards. Opportunities for funding exist for credentialed practitioners, educators, students, and more. Applications are available within the Foundation's [application portal](#) with a deadline of February 21, 2023, at 10:00 am (Central Time).

[Application Portal Link](#)

February 16 Submission Deadline: 2023 FNCE® Abstracts

The Academy is seeking abstracts to be presented during poster sessions at the 2023 Food & Nutrition Conference & Expo®. Categories include research, project or program reports and future practice. This is a great opportunity to present your research to food and nutrition experts from around the world. The submission deadline is February 16.

https://eatrightfnce.org/program/present-fnce/posters-presenters/?_zs=MhuEa&_zl=KRT03

Stay Connected

We will be looking for a heart-healthy recipe for our February newsletter. If you run a food blog or are just passionate about cooking and healthy eating, please feel free to share your recipe with Barbara Bush at info@eatrightct.org by the end of this month. Please also let us know if you would like to share any other newsworthy information about yourself, comments, suggestions, or ask any questions.

Also please like us and follow us on the social media