

## Message from the President



### **Hello Fellow CT AND Members!**

It is time to renew your membership and get involved to support what you believe in! I am please to say we have a very active Board and we are still seeking more members to fill some very important positions! In addition, there are committees you can part-take in as well.

Our Board has been very active in updating policies and documents for the upcoming year. To capture these activities here is a brief summary of some of the activities:

- Updated Job Descriptions of Each Chair Positions
- Updated Election Policy and Procedures
- New Accountant
- New AND Management for our organization effective 8/1/2023
- New Location for our Spring meeting in April

Our newly approved Mission, Vision and Principles are as follows:

**Mission:** The Connecticut Academy of Nutrition and Dietetics will accelerate Connecticut residents' health and well-being through food and nutrition

**Vision:** Connecticut is a State where sustainable food systems help all people and the environment to thrive through the transformative power of quality, nutritious food, accessible to everyone.

**Principles:** The Academy of Connecticut Nutrition and Dietetics, through its members, works to:

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- Amplify the contribution and value of diverse nutrition and dietetics practitioners to the public of Connecticut through media outreach, advocacy and legislative efforts.
- Position registered dietitian nutritionists as the experts in food and nutrition in the State of Connecticut with evidence-based criteria.
- Expand the nutrition workforce demand and capacity in the State of Connecticut.
- Incorporate research, professional development, technology, and practice to foster innovation that respect culturally diverse food systems.
- Collaborate with key stakeholders to solve the greatest food and nutrition challenges, now and in the future with sustainable food systems.
- Have an impact in the State of Connecticut by eliminating all forms of malnutrition.

As our board builds on advocacy in legislation, addresses hunger and school meals for all, we are entering a new era in improving food systems to be more sustainable. I hope you will join in supporting these efforts. A heartfelt thanks to Barbara Bush for all the years you have provided direction and management to our organization.

Respectfully,

Linda Arpino, MA, RDN, CDN, FAND

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## Career Opportunities



**Check out the new job postings for a**

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## Registered Dietitian Nutritionist in the Greater Danbury area at Ability Beyond and a Supervisor- Site Nutritionist WIC position in Willimantic

at <https://www.eatrightct.org/>

Remember you must be logged into our website to view the job posting.

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## Upcoming Events



**Academy of Nutrition and Dietetics**  
**FNC 2023**  
Food & Nutrition Conference & Expo  
Denver, CO | October 7-10

### JOINT AFFILIATE FNC RECEPTION

**AFFILIATES ATTENDING:**

- Arizona
- Connecticut
- DC
- Kentucky
- Louisiana
- Maine
- Maryland
- Missouri
- New Hampshire
- Tennessee

**Sunday, October 8 - 4:30-6:30 pm**  
Convention Center - Room 108, 110, 112  
[Click here to register](#)

### Reception Details

Sunday, October 8, 2023

4:30 – 6:30pm local time

Colorado Convention Center (Denver, CO)

Rooms 108, 110, 112

**Registration Link:** <https://forms.gle/pV8sm1R8ATp9YXqF7>

There will be light appetizers served with a cash bar available.

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## Leadership Opportunities

### **WE NEED YOUR EXPERTISE!**

The following board positions are available to those who maybe interested in joining our terrific Board and to expand our diverse network:

Nutrition Services Payment Specialist

Diet Technician Chair

Nominating

If interested please contact Linda at [linda.arpino@gmail.com](mailto:linda.arpino@gmail.com)

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## Public Policy Updates

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## Seeking a volunteer to serve as the Nutrition Services Payment Specialist for CT

Are you interested in increasing reimbursement for Medical Nutrition Therapy? Would you like to connect with other RDNs? We are actively seeking a member to serve as the Nutrition Services Payment Specialist (NSPS). This position serves as coordinator of state-level efforts to expand nutrition coverage policies. This role is the local resource for affiliate members who have questions about coding, coverage and payment issues. The NSPS will receive training and support from both the state affiliate and national Academy.

Contact [info@eatrightct.org](mailto:info@eatrightct.org) if you would like to learn more!

## Academy Members: Join the Advocacy Affinity Groups!

- ✓ Use your voice
- ✓ Connect with fellow members
- ✓ Advance top policy issues
- ✓ Make a difference in the future of our profession



## Join the Academy's Affinity Groups!

Get involved and connect with fellow Academy members to advocate for

top policy priorities impacting our profession. The advocacy affinity groups meet once a month and are a forum-based event where staff, policy leaders and members discuss Academy advocacy priorities and strategies, share their experience and determine how they can become involved in advocating. Learn more and register [here](#).

**Kerry Coughlin, Public Policy Panel Chair**

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## HOD Update



**The House of Delegates (HOD) discusses Critical Issues, which:**

- have strategic importance to the Academy and dietetics practice
- can cut across multiple discipline areas or relate to a specialized practice area
- have immediate or intermediate impact on the profession (3 or more years)
- reveal novel threats and opportunities in a VUCA (volatility, uncertainty, complexity and ambiguity) environment, and often require a systems approach or solution.

**Here in CT we are setting up a Think Tank Committee to discuss issues in CT which will be submitted to the National HOD. If you are interested in being on this think tank committee then contact Suvosree Chatterjee at [suvosree.chatterjee@gmail.com](mailto:suvosree.chatterjee@gmail.com)**

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## Nutrition News



**Global diet study challenges advice to limit high-fat dairy foods**

Unprocessed red meat and whole grains can be included or left out of a healthy diet, according to a study conducted in 80 countries across all inhabited continents. Diets

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emphasizing fruit, vegetables, dairy (mainly whole-fat), nuts, legumes and fish were linked with a lower risk of cardiovascular disease (CVD) and premature death in all world regions. The addition of unprocessed red meat or whole grains had little impact on outcomes.

<https://www.escardio.org/The-ESC/Press-Office/Press-releases/Global-diet-study-challenges-advice-to-limit-high-fat-dairy-foods>



## **Fewer meals may prevent Type 2 diabetes, obesity**

### **Reducing meals, cutting out midnight snacks may optimize gut health**

When intermittent fasting became all the rage among Hollywood celebrities, skeptics balked at the idea of skipping meals. But new research suggests the celebs might not have been that far off. The review found that a specific type of restricted eating may reduce the chances of developing Type 2 diabetes and improve your overall health. Known as time-restricted eating, this type of fasting means having regular but fewer meals, cutting out late-night snacks and not eating for 12 to 14 hours (often overnight).

<https://news.uga.edu/fewer-meals-may-prevent-diabetes/>



## **For type 2 diabetics who exercise, some approaches are better than others**

### **Rutgers researchers conclude that the timing and type of workout is critical for optimal**

#### **effects**

An analysis on the positive effects of exercise on blood sugar levels in people with Type 2 diabetes shows that while all exercise helps, certain activities -- and their timing -- are extremely good for people's health.

<https://www.rutgers.edu/news/type-2-diabetics-who-exercise-some-approaches-are-better-others>

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## Be In the Know



### **BMI alone may not be a sufficient indicator of metabolic health**

Body mass index (BMI) is not a complete measure of metabolic health, and a high proportion of U.S. adults with normal BMI still have obesity.

<https://www.endocrine.org/news-and-advocacy/news-room/2023/endo-2023-press-visaria>

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### **Artificial sweeteners: Why health officials may declare aspartame a possible carcinogen**

A common artificial sweetener that appears in everything from diet sodas to chewing gum could be declared a possible carcinogen in the next few days by one of the world's leading health bodies.

<https://www.medicalnewstoday.com/articles/artificial-sweeteners-why-health-officials-may-declare-aspartame-possible-carcinogen?>

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### **Public Health Emergency Ends but Not Tele-Health Services:**

The ending of the public health emergency in May 2023 has continued to raise questions for many hospital-employed providers, including RDNs who are delivering care via telehealth from the Hospital Outpatient Department.

<https://www.eatrightpro.org/news-center/member-updates/phe-ending-updates-for-practice>

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### **Investigating a Potential Link Between Diet and Acne**

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Causes of acne may include genetic factors, including a family history, certain medications and other factors that can influence hormone production.

<https://www.eatrightpro.org/news-center/practice-trends/diet-and-acne>

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## EatRightCT News



**Congratulations to CT Academy of Nutrition Member Heather Peracchio MS, RDN, CDN for being nominated and chosen as a Fairfield County 40 under 40 winner. The award ceremony for the 40 winners was held June 15 in Norwalk, CT**

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## CT Academy Member Spotlight

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**Congratulations to Don Stankus who is our CT Academy Spotlight Member for the month of June.**

Don is a new member on the CT Academy of Nutrition Board as Co-Chair of the Education Dietetics Committee. He is also the Chair of the Department of Rehabilitation Sciences and Wellness as well as the Director of the bachelor's and master's degrees in Nutrition Sciences at The University of New Haven. To learn more about Don go to <https://www.eatrightct.org/member-spotlight-don-stankus/>

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## EatRight News



**The Food & Nutrition Conference & Expo<sup>®</sup>** is in a class by itself. Join us in

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October at the Denver Convention Center in beautiful Colorado. *No other conference* offers such high-quality professional development for food and nutrition professionals. With 100+ educational sessions across 11 tracks, experts will examine the intersection between nutrition, culture, technology, mental and physical health, and modern practice. Attendees will be able to learn about products and services from exhibiting companies showcasing the latest and greatest trends and offerings in food, nutrition and health.

<https://eatrightfnce.org/attendee-info/registration-details/>

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## **Food Tips for Summer Travel with Kids**

Family vacations are fun but can include nutritional challenges, especially with young children in the mix. Follow these tips for a healthy and happy summer vacation with kids. [Read Article](#)

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## **Nominations for 2024 Election**

The call for nominations for the 2024 national Academy ballot is open. Nominations for president-elect, speaker-elect and treasurer-elect close September 5, 2023. Nominations for all other positions are due by October 23, 2023. The Nominating Committee is looking for leaders with proven skills and vision to further the profession. Self-nomination is encouraged! Visit [www.eatrightPRO.org/elections](http://www.eatrightPRO.org/elections) to view the positions available on the 2024 ballot and download the nominations form.

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## **Practice, Advocate, Lead...with Academy Membership**

Academy membership provides the savings, tools and resources to help us make a positive difference in the lives of our patients, clients and communities. The Academy is made up of each one of us, and I encourage you to join us as we work

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to strengthen, diversify and promote our profession. Together we can continue to expand our reach, grow our expertise and improve the well-being of all people through practice, advocacy and leadership.

Take advantage of the many [benefits, savings and the support](#) provided through Academy membership. You can [renew your Academy membership online](#) or by calling the Academy's Member Service Center at 800/877-1600, Option 1. International callers can reach us at +1-312/899-0040, Option 1.



## Get Ready for Kids Eat Right Month®

August 2023 is the 9<sup>th</sup> annual Kids Eat Right Month® celebration, which was established by the Academy Foundation and focuses on the importance of healthful eating and active lifestyles for children and families. Click [here](#) to learn more, get involved and access helpful resources for parents, caregivers, school staff, RDNs and NDTRs and more.

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## CEU Opportunities

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MSU Denver - POHA  
3rd Annual Virtual

# Nutrition Diversity Conference

September 8, 2023 | 8 AM - 5 PM MST

**GET YOUR TICKETS!**

[accelevents.com/e/ndc2023](https://www.accelevents.com/e/ndc2023)

EarlyBird pricing thru 8/21:  
Tickets: \$65 | Students: \$15



**3<sup>rd</sup> Annual **Virtual** Nutrition Diversity Conference on September 8<sup>th</sup>, 2023.** This conference provides diversity focused educational sessions with an emphasis on cultural humility, eating disorders in the BIPOC community, weight-inclusive curriculum initiative, and social determinants of health.

**Event specifics and speaker information**

(<https://www.accelevents.com/e/ndc2023>).

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## **Optimal Nutrition for All Ages, Culinary Nutrition for the Early Years and Beyond**

Northeast Beef Promotion Initiative (NEBPI) has teamed up with chef registered dietitians **Abbie Gellman, MS, RDN, CDN**, and **Julie Lopez, RD** to host the live webinar plus cooking demo, "Optimal Nutrition for All Ages, Culinary Nutrition for the Early Years and Beyond," that's been approved for (1.5) CPEU credits.

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This webinar will shed light on the Dietary Guidelines' emphasis on nutrition across the life span, identifying key nutrients that are needed through every stage of life and how to incorporate top food sources into a healthy eating pattern. Abbie and Julie will edu-tain participants with recipe ideas, tips, and tricks to incorporate more nutrient-dense food choices in your kitchen with practical application strategies for clients/patients/caregivers.

**Aug 9, 2023 01:00 PM**

Check out more details and register [here](#):

Questions? Contact Beth Stark, RDN, LDN, NEBPI Director of Nutrition Outreach at [bstark@pabeef.org](mailto:bstark@pabeef.org).

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## Monthly Recipe

### Chopped Salad with Chickpeas, Olives & Feta Eating

Well September 15, 2021



- 2 tablespoons extra-virgin olive oil
  - 2 tablespoons red-wine vinegar
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- ¼ teaspoon garlic powder
  - ¼ teaspoon salt
  - ¼ teaspoon ground pepper
  - 1 (15 ounce) can no-salt-added chickpeas, rinsed
  - 1 cup diced cucumber
  - 1 cup quartered cherry tomatoes
  - ⅓ cup chopped parsley
  - ¼ cup finely chopped red onion
  - ¼ cup halved Kalamata olives
  - ¼ cup crumbled feta
- Whisk oil, vinegar, garlic powder, salt and pepper in a large bowl. Add chickpeas, cucumber, tomatoes, parsley, onion, olives and feta; toss to coat.

**Nutrition Facts**

**Servings Per Recipe 4**

**Serving Size about 1 cup**

**Calories 256**

% Daily Value \*

Total Carbohydrate	24g	9%
Dietary Fiber	5g	18%
Total Sugars	3g	
Protein	9g	18%
Total Fat	14g	18%
Saturated Fat	3g	15%
Cholesterol	8mg	3%
Vitamin A	808IU	16%
Sodium	495mg	22%
Potassium	372mg	8%

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## Stay Connected

We will be looking for a recipe for our August newsletter. If you run a food blog or are just passionate about cooking and healthy eating, please feel free to share your recipe with [info@eatrightct.org](mailto: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**



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