



DC Metro Academy of Nutrition and Dietetics

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Academy of Nutrition and Dietetics

November 2024

### DCMAND Member Spotlight



### DCMAND Member Spotlight: Darlena Birch, MBA, RDN

This month, we are celebrating Darlena! Here is a message from her:

I consider myself incredibly fortunate to have built my career in public health field particularly on the advocacy and policy level. Focused on WIC, my career began at the grassroots level managing a rural local agency with a county population of 8,600 residents along the Arizona-New Mexico border. Progressing from the agency's WIC director and Registered Dietitian, I then ventured to the Arizona WIC state office in Phoenix before serving as the Training Center Nutritionist with the Maryland WIC state office. Currently, I am the Senior Manager of Public Health Nutrition at the National WIC Association where I oversee the organization's nutrition and breastfeeding initiatives, contributing to advocacy efforts, crafting public comments, managing grants, and lending my expertise in the evaluation of research/studies pertaining to nutrition and breastfeeding. And in line with my passion for public health, my pandemic project involved creating a [YouTube channel](#) where I discuss the important role that public health dietitians play in protecting the health and nutritional well being of the nation - so please subscribe to learn more!

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### **Congratulations, Emily Arkin, MS, RD, LD!**

The DCMAND Board of Directors would like to extend a congratulations to DCMAND member and former BoD volunteer Emily Arkin, MS, RD, LD on her appointment to the DC Board of Dietetics and Nutrition. The Board regulates the practice of dietetics and nutrition within the District, including management of the dietetic licensure. The Board also evaluates applicants' qualifications; recommends standards and procedures; issue licenses; receives and reviews complaints; request investigations, issues subpoena; and conducts hearings. The Board advises the Mayor and administers and enforces the law.

The Board consists of five DC residents; of which four are licensed dietitians or licensed nutritionists. To read more about the Board, please [visit this website](#).

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## DCMAND Membership Survey

Your DC Metro Academy of Nutrition and Dietetics Board is seeking membership input on the best way to allocate our resources to serve our members. While we have announced preliminary plans for our 2025 conference, we want to ensure we are allocating our resources to best meet needs and preferences of all members before we proceed. We appreciate your time filling out this brief survey and hope to see you at an event soon. As always, please email us at [president@eatrightdc.org](mailto:president@eatrightdc.org) if you are interested in getting more involved in the board.

[Take Survey](#)

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## **FNCE® Receptions Recap**

It was a pleasure to meet and reconnect with many of you at FNCE® this year! DCMAND hosted two joint affiliate receptions and we were pleased that Livleen Gill,

current Academy president, came to both receptions and Wylecia Wiggs Harris, Academy CEO, joined for one of them to share gracious thanks for our engagement. We hope those of you who joined us at these events had a nice time and we look forward to seeing you at our upcoming events (and more details about those are forthcoming).





## **Interdisciplinary Networking Event for Early Career Professionals - September 26, 2024**

Last month, DCMAND partnered with several organizations to bring together a diverse group of physicians, lawyers, dentists, dietitians, veterinarians, and other emerging experts. Attendees met at The Admiral in Washington, DC for an opportunity to network and kick back. Despite the weather, the energy and ideas for future collaboration were inspiring and there was strong support for another event in 2025.

Special thanks to our partners at Medical Society of DC, Early Career Lawyers Community of the DC Bar, DC Academy of Physician Assistants, District of Columbia Dental Society, and DC Veterinary Medical Society for their efforts on this collaborative event.

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## DCMAND November Member Event



This month, DCMAND members visited the National Museum of the American Indian for our November member event. Attendees learned about the history, customs, and traditions at the Return to a Native Place: Algonquian Peoples of the Chesapeake Exhibition, Americans Exhibition, Unbound: Narrative Art of the Great Plains Exhibition, and Nation to Nation Exhibition. In addition to networking, attendees shared a delicious meal at the onsite Mitsitam Cafe, which offers Native inspired foods. Have an idea for an event or recommendations for which museum to visit next? We would love to hear from you! Share your ideas to [events@eatrightdc.org](mailto:events@eatrightdc.org).

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## DCMAND and GWU Engagement

This year, DCMAND is partnering with George Washington University's undergraduate nutrition program with the goal of increasing member and student engagement. We

invite you to share feedback and learn more about the opportunity of being a guest speaker [here](#).

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# VOLUNTEER OPPORTUNITY

You're Invited to join DCMAND for a service day at Food & Friends!

**March 1, 2025**  
9:00 am - 12:00 pm

**Food & Friends**  
219 Riggs Rd NE  
Washington, DC 20011



 RSVP by February 21, 2025  
at [events@eatrightdc.org](mailto:events@eatrightdc.org)

## **DCMAND Service Day - March 1, 2025**

Save The Date for a March Member Event! Join DCMAND for a service day at Food & Friends (219 Riggs Rd NE Washington, DC 20011) on Saturday, March 1, 2025 from 9 am - 12 pm. This event is limited to the first 8 registrants. RSVP by February 21st at [events@eatrightdc.org](mailto:events@eatrightdc.org)

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## December DC Food Policy Council Meeting

The DC Food Policy Council's last meeting of the year will be on December 11 at the MLK Jr. Library and as always, all interested residents are invited to attend. This council meeting will offer time to collect community input on proposed 2025 priorities for the city as well as to hear from working groups on 2024 accomplishments and draft 2025 priorities. It will be preceded by working group meetings. People are also able to attend virtually. These meetings offer a great opportunity to showcase and apply your expertise as nutrition professionals as you make a positive impact on our city's food policy landscape. Register using the button below. And let [Christina](#) know if you will attend so we can connect in person!

[Register](#)

**DC Metro Academy of Nutrition and Dietetics**

[Director@eatrightdc.org](mailto:Director@eatrightdc.org)

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