



DC Metro Academy of Nutrition and Dietetics

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July 2024



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JOIN THE BOARD!

- ✓ Engage in nutrition policy
- ✓ Grow your professional network
- ✓ Develop new skill sets

Open board positions for the 2024-25 year include:

Professional Development Committee Chair
Strategic Communications Chair
Sponsorship Chair
IDEA Liaison
Student Representative(s)

Email nominating@eatrightdc.org for more information

Save the Date: USDA and WIC Seminar



DCMAND
DC Metro Academy of Nutrition and Dietetics

USDA & WIC 2024 SEMINAR

 Elizabeth Campbell, MA, RD
USDA-FNS

 Darlena Birch, MBA, RDN
National WIC Association

 Thursday, August 8, 2024
5:30 pm - 7:00 pm

 National WIC Association
1099 14th St NW, Suite 510
Washington, DC 20005

Join us to learn more about updates
to the WIC food package and final rule for Child Nutrition Programs.

Save the date for a USDA and WIC-focused seminar on Thursday, August 8, 2024, from 5:30 pm–7:00 pm at the National WIC Association (1099 14th St NW, Suite 510 Washington, DC 20005). Members will have the opportunity to hear from guest speakers, Elizabeth Campbell, MA, RD, from USDA-FNS, on the final rule for Child Nutrition Programs, and Darlena Birch, MBA, RDN from the National WIC Association, on recent updates to the WIC food package. The event will also include time for networking with other members. More details about registration to follow.

DCMAND Member Spotlight

As we prepare for FNCE this October, DCMAND is launching a new section of our newsletter to highlight member's accomplishments and will first focus on FNCE engagements. If you will present a poster or session at FNCE this year, please email director@eatrightdc.org to let us know so we can share this exciting news in an upcoming newsletter. We'd also love to be able to come support you in person at the conference.

Moving forward, this new section can also highlight other member accomplishments like a newly published peer-reviewed article, presentation at another related conference, etc. Please send a brief description (≤100 words), including any corresponding hyperlink as well as any image/photo that you may want us to include, to director@eatrightdc.org. The board will consider submissions based on timing, available space in each newsletter, and relevance

to members. See the current member spotlight below. We look forward to celebrating your successes and inspiring other DCMAND members with this new section!



Free Article: "Vegetarianism, Traditional Practices, and Belief Systems in India"

Curious about the over 2000-year-old practice of vegetarianism in India? Then I am excited to share a new paper ["Vegetarianism, Traditional Practices, and Belief Systems in India"](#) by DCMAND Board Member Leila Saldanha, PhD, RD, FAND and Sheela Krishnaswamy in Nutrition Today. The paper describes traditional practices like the classification of foods in #Ayurveda, the thali eating system, and fasting which can be #personalized to meet your individual eating needs and preferences. Over 500 million or 39% of all Indians are vegetarians, which varies by religion (8 to 92%) and region (9 to 90%). The article is free from the Nutrition Today website until July 26, 2024.

Read More



The *Health Affairs* Journal

The *Health Affairs* journal recently announced that its editors are planning a theme issue on food, nutrition, and health, to be published in April 2025. In this issue, they aim to provide evidence from research on policy interventions to show what can be effective. They also aim to highlight successful examples of building strategic partnerships, fostering innovation, and making room for community-generated solutions, featuring collaboration among key players such as healthcare providers and payers, food retailers, community programs, and technology companies. Their ultimate goal is to equip and inspire readers to take action to move society toward widespread and equitable access to evidence-based, culturally appropriate, and community-centered nutrition interventions.

We highly encourage DCMAND members to submit an abstract based on your area(s) of expertise! This is an excellent opportunity to highlight the subject matter expertise and powerful voices of RDNs—including those of us based in the DMV area—in healthcare practice and policy. You can read more about the opportunity on the [Health Affairs website](#). And if you're looking for a coauthor, other members may be interested in collaborating, so feel free to email president@eatrightdc.org and we can consider how to help move ideas forward. Note abstracts are due by July 29.

Academy Foundation's Anytime 5K T-Shirt Design Contest

Calling all RDNs with a flair for art! Enter the [Academy Foundation's Anytime 5K T-Shirt Design Contest](#) for a chance to have your artwork featured on the official 5K T-shirt, given to every run participant at FNCE this year. Submit your designs that celebrate themes of movement, food, health, the dietetics community, or the vibrant Twin Cities and the great state of Minnesota. Follow the link above to submit your idea by July 26, 2024. All Academy members will then have a chance to vote from among the top three submissions.

[Learn More](#)

DC Medical Care Advisory Committee

Are you looking for an opportunity to have a voice on issues surrounding medical nutrition therapy for the population you serve? Consider applying for a seat on the DC Medical Care Advisory Committee (MCAC)!

Each State Medicaid program is required by Federal Regulations to have a Medical Care Advisory Committee (MCAC) which includes provider, consumer, and government representatives and which participates in policy development and program administration.

The DC MCAC advises the DC Department of Health Care Finance (DHCF) which administers DC Medicaid. The DC MCAC currently has five vacancies on its MCAC, two of which are for "advocacy seats". Applications are due by July 19th. For more information, visit the [DHCF MCAC web page](#).

[Learn More](#)

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