



DC Metro Academy of Nutrition and Dietetics

 an affiliate of the
Academy of Nutrition and Dietetics

June 2024

Join the DCMAND Board of Directors!

Want to engage in nutrition policy, grow your professional network, or develop new skill sets? Join the DCMAND Board of Directors! Open board positions for the 2024-25 year include:

- Professional Development Committee
- Nominating Committee
- Public Policy, Nutrition Services Payment Specialist
- Communications/Social Media Coordinator
- Sponsorship Chair
- IDEA Leader
- Student Representative

If you're interested in learning more, email nominating@eatrightdc.org. We look forward to hearing from you!

Public Policy Updates

In May 2024, Mayor Muriel Bowser signed legislation modernizing D.C.'s Dietetics and Nutrition Practice Act. This update aligns education requirements with current standards and revises scopes of practice for dietitians and nutritionist practicing within the District. The D.C. Metro Academy of Nutrition and Dietetics, in collaboration with the Academy, successfully advocated for these changes, which prevent the merging of dietitian and nutritionist licenses and expand access to qualified nutrition services. This legislation helps the public have a clear understanding of the qualifications and role of nutrition professionals in Washington, D.C.



Mid-Atlantic Grain Fair

Common Grain Alliance (CGA) has announced preliminary plans for its 2025 Mid-Atlantic Grain Fair! For those of you who attended our 2024 Annual Conference, you'll remember that CGA generously donated bags of local whole grains for attendees to take home and enjoy. This conference will be open to the public and a great opportunity to learn about (and sample!) the many benefits of local grains.

CGA has also opened a call for session proposals, due 8/31. This could be a great opportunity for DCMAND members to share their expertise in nutrition and food systems as presenters at this conference. Finally, CGA is looking for an institution to host the conference, so members who work for universities or organizations with a venue that might be appropriate could consider submitting a proposal by the 6/30 deadline.

You can view more information about the [conference and submission opportunities](#) and information about the [previous conference](#) on our website.

[Learn More](#)

Join health care professionals from around the globe at the 12th annual



AUG. 15-17, 2024

Physicians
Committee
for Responsible Medicine

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON, DC

EARN 20 CONTINUING EDUCATION CREDITS

for physicians, nurses, dietitians, health coaches, and pharmacists,
plus networking opportunities and delicious plant-based meals.

Presentations from more than 25 speakers on the latest nutrition research, including:



Dean Ornish



Amani Meaidi



Vanita Rahman



Alan Desmond



Kristi Funk



Gemma Newman

- Dr. Dean Ornish will present the latest findings on nutrition and brain health.
- Dr. Amani Meaidi will cover the latest evidence on hormone replacement therapy and dementia, and Dr. Paul Schulz will answer the question of whether vaccines might reduce dementia risk.
- Dr. Vanita Rahman will join Dr. Neal Barnard to present breakthrough techniques for weight control.
- Dr. Alan Desmond will share the latest on gut health: IBS, SIBO, BAM, and beyond.
- Dr. Kristi Funk will share the top 18 superfoods for breast health.
- Dr. Gemma Newman will share how to avoid burnout and help your patients thrive.



This conference is located at the Grand Hyatt in downtown Washington, D.C., giving you the chance to take in everything the nation's capital has to offer! Visit nearby Smithsonian museums, the National Mall, restaurants, and parks during your time in D.C.



View full details and register for our 2024 conference at PCRM.org/ICNM.

Dietitians can save **\$100** on registration with code **NUTRITION100**

Jonathan Nez, Phefelia Nez, and Valarie Blue Bird Jernigan to Share Innovations for Native American Health

On Friday, Aug. 16, immediate past president and first lady of the Navajo Nation, Jonathan and Phefelia Nez, will join the evening dinner program at the International Conference on Nutrition in Medicine. Hear how the Nezes have used their passion for health and wellness to inspire public health, fellow Navajo Nation members, and all of Indian Country. Following their introductory remarks, Valarie Blue Bird Jernigan, DrPH, MPH, will share opportunities to improve Indigenous community food systems and diets, including culturally centered interventions guided by a framework of food sovereignty. Dr. Jernigan has been the principal investigator for more than a dozen research studies focusing on improving Indigenous food environments through



Jonathan Nez



Phefelia Nez



Dr. Valarie Blue Bird Jernigan

policy and systems interventions as director of the Center for Indigenous Health Research and Policy. The dinner will also feature a four-course meal inspired by Indigenous food staples. Be sure to join us for an incredible evening—you can even save \$25 on your dinner ticket when you use the code DinnerMember. 🍴

**This content is made possible by the generous support of the Physicians Committee for Responsible Medicine.*

DC Metro Academy of Nutrition and Dietetics

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