
2018 Dietetic Newsletter

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STUDENT DIETETIC ASSOCIATION (SDA)

In the first SDA Fall 2018 meeting, the SDA executive members welcomed new participants and other club members, reviewed available resources to succeed in the dietetic major, provided information about advisors and other academic support services. For additional information please check out their website <https://nfsc.umd.edu/undergraduate/undergraduate-programs/food-and-nutrition-club> and Facebook page <https://www.facebook.com/UMDSDA/> Subsequent events were planned and held as shown below:

CAMPUS & MAIN COMMUNITY EVENTS

Zaching Against Cancer Philanthropy Event. (October 12, 2018)

- SDA student members baked delicious vegan cupcakes that were donated to the UMD business fraternity, Phi Chi Theta, to support their Zaching Against Cancer Philanthropy Event initiative. The proceeds from the sales of the cupcakes went to cancer research.

Alumni Panel (November 5th, 2018).

- SDA organized alumni panel to discuss their dietetic experiences at UMD and talk about their career goals. There were four alumni including two current dietetic interns, a pediatric dietitian and a certified nutrition educator. The event drew a large number of participants and provided an opportunity to network among dietetics students and alumni.

Martha's Table Event. (November 9th, 2018)

- Low food security remain an issues among low income families and our students are in the community to make a difference. On November 9th, SDA student members attended a three-hour long volunteer shift at Martha Table's Joyful Market held at elementary schools in Districts 8 and 9 in Washington, D.C. The volunteers packaged 150 grocery bags for students and their families. Capital One Food Bank provided the food and ample fresh produce.



Photo Courtesy of SDA

MEET OUR EXEC BOARD



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Representative

DIETETICS PROGRAM INTERNSHIP OPEN HOUSE

On December 3rd, 2018 the Dietetics Program organized the Annual Dietetics Program Internship Open House that was held at the National Agricultural Library (NAL). The annual open house is a great networking experience for our students and Dietetics Internship Directors share their input on how to successfully get matched for an internship. Due to the success of the event, it has been opened to other universities in the DMV area. Prior to holding discussions with students on the uniqueness of each internships, two presentations were held. Sarah Trautman MS, RD, LDN from Wellness Workdays reviewed the most critical resume building tips. Her presentation assisted students on making their resume visually appealing for the internship directors. Erica Charles MS, RD, LDN from Sodexo Healthcare gave her presentation on writing a good personal statement by making it unique for each internship. She also clarified the differences between resume and personal statement, which was very helpful for our dietetics students. The AGNR and NFSC Department sincere appreciate the NAL staff and the Dietetics Internship Directors who made this event possible and successful. The Directors are Phyllis McShane M.S., R.D., L.D and Kira Bursaw (alumna) from UMD; Kristen Zambell, PhD, RD and Merel Kozlosky MS, RD from NIH; Erica Charles MS, RD, LDN from Sodexo; Shanti Lewis MBA, MHA, RD, CSP, LDN from University of Maryland Medical center; Amy LaFalce MS, RD, LD represented by Emma Slattery and Ashley Lewis (alumni) from Virginia Tech; Katherine Manuel Ph.D., RD, LD from Howard University; Sarah Trautman MS, RD, LDN from Wellness workdays distance program; Gifford, Brandy L SSG USARMY USAREC and Lange, Carolyn Jane SFC USARMY USAREC were representing the USA Army; Marcy Kane MBA, RD, LDN from John Hopkins Medical center; Michael Kirtsos MS, RD, CSSD, LDN from University of Maryland, Eastern shore and Stacey McCray, RDN from University of Virginia.



Resume Critique Night

On November 20th, 2018 Dietetics Program coordinated with Food Science Club, which held the Resume Critique night. Monica Whent PhD, RD, Nadine Sahyoun PhD, RD from Dietetics Program, and Elise Switzer RD, LDN (alumna) from Washington Adventist Hospital came to assist our students to improve their resume for dietetic internship application. Students appreciated their advices and found this event important on getting the input from professional experts.

Dr. Nadine Sahyoun, Elise Switzer and Komal Shah



Dr. Nadine Sahyoun, Dr. Monica Whent and Elise Switzer with Dr. Margaret Udahogora



Elise Switzer RD, LDN (alumna) with dietetics student



Monica Whent PhD, RD with dietetics student

Photo courtesy of Dr. Margaret Udahogora

Dietetics Program: TERPS VS. PROS

“Terps vs. Pros” is a new YouTube series created by dietetic student Patrick Keenan ‘19 with the support of the Dietetic Program Director Dr. Margaret Udahogora, RDN and her Assistant Faculty, Ashley Lewis (B.Sc. in Dietetics). The series emphasize practical ways to prepare quick and healthy meals while helping to solve the low food security, which has been estimated at 20% through Dietetics Program GetFruved research project sponsored by USDA/University of Tennessee. The College of Agriculture and Natural Resources, the Department of Nutrition and Food Sciences along with Dining Services funded the first episode featuring a cooking challenge between a student (dietetic intern Emma Slattery) and a professional chef (David Gonzalez). The contestants only had access to limited equipment that our students have on campus: a microwave, few utensils and a mini fridge. The dishes were judged by Chef Rob Fahey, Executive Chef UMD Dining Services, and Dr. Udahogora based on creativity, taste, texture, and innovative techniques. The video and recipes are found at this link : <https://www.youtube.com/watch?v=-g2jpQj6l8Y> and <https://nfsc.umd.edu/academics/undergraduate/terps-vs-pros-food-challenge>



Photo courtesy of Michael Tony and his team

FNCE 2018

Food and Nutrition Conference and Expo (FNCE) is organized by the Academy of Nutrition and Dietetics. FNCE is the world's largest meeting of nutrition and food experts. More than 10000 registered dietitian nutritionists, nutrition researchers, policy makers, health care provider and industry leaders gather to address the critical nutrition and health concerns affecting all Americans. The 2018 FNCE event was held October 20-23 at Walter E. Washington Convention Center in Washington DC. Dietetics students attended the conference to learn and network with registered dietitians, interns from various dietetic internships and other professionals. They attended various nutritional sessions and appreciated the application of what they are learning in class. The event enhanced their knowledge for the growing field. Some of the dietetics students were able to volunteer at FNCE and received exceptional experiences. Below are some of the pictures from the conference when students attended.



Photo Courtesy of Komal Shah

FOURTH HEALTHY EATING DISCOVERY CAMP 2018

The University of Maryland Dietetics Program hosted a Healthy Eating Discovery Camp for the 4th time in 2018. This summer camp had a science-based curriculum coordinated by NFSC and Public Health students under the guidance of Dr. Udahogora. The week long day camp, held on campus, hosted 3rd to 8th grade students. On each day, the campers were exposed to various activities to eat healthy. The campers learned food and kitchen safety, chemical reactions in food, food portion sizes, sugar content of beverages, digestive system, sustainable food consumption and agriculture, and others. Campers also enjoyed fun filled outdoor activities like physical activity, visiting farmer's market and purchasing on a budget. In addition, campers participated in a cooking competition and prepared an entrée for four. Awards were provided at the end of the week based on healthy and balance meals, creativity and teamwork. The undergraduate students counselors (in red t-shirt) demonstrated leadership and teamwork skills while empowering the youth to make healthy eating choices and learn about safe cooking practices. The Dietetics Program expresses gratitude for the unique contributions of the following counselors: Domonique Hamilton, Carolann O'Connor, Precious Nwokeleme, Listya Suryani, Daniel Kim, Jade Walls, Semira Said, Lauryn Woodruff, Sheila Golabi, Avery Calender, Pooja Swaminathan, Carrie Ziskind, Sabrina Riordan, Ashley Lewis and Komal Shah.



Photo Courtesy of Sabrina Riordan

Heartiest congratulations to the Class of 2018



Photo Courtesy of Dr. Margaret Udahogora

Awards

- College of Agriculture and Natural resources awarded Dr. Margaret Udahogora, RD with the prestigious award of On-Campus Professional Track Faculty Excellence Award on May 2018. The award was in recognition of her Demonstrated and consistent Pursuit of excellence. Dr. Margaret Began her journey as a graduate student in the Department of Nutrition and Food Science, Her passion and influential leadership has helped advance the university's mission and priorities in very specific ways. Her approach is always to offer hands-on learning experiences by providing opportunities to participants. As a Dietetics Program Director, She teaches four major undergraduate courses, advices nearly 50 students and serves as an undergraduate research mentor.



Photo Courtesy of Dr. Margaret Udahogora

- The Maryland Academy of Nutrition and Dietetics confirmed one of our Dietetic graduate for the “Outstanding Dietetic Student Awards, 2018”. This award recognizes emerging leaders and achievement of students in dietetics education programs that are accredited by the Accreditation Council for Education in Nutrition and Dietetics. This prestigious awards went to Emma Slattery, Dietetic intern. We congratulate for her achievements and wish her good luck in the field.

MAND SLIW 2018 Workshop

Maryland Academy of Nutrition and Dietetics (MAND) holds an Annual State Legislative Interactive Workshop (SLIW). On February 21, 2018 MAND dietitians, interns and dietetic students advocated for important nutrition bills to their state legislators. The SLIW was a unique and valuable experience for recent UMD Dietetic graduates and current students to learn and voice nutrition concerns to legislators. The appointments provided a networking opportunity and insight on the importance of public policy and its impact on the dietetic profession.

Prior to the appointments, Maryland State Senator Brian J. Feldman (15th Legislative District) provided valuable training on how to approach legislators. From UMD, Dr. Margaret Udahogora and Ms. Phyllis McShane were the team leaders for the PG County districts and Arnetta Fletcher, NFSC Dietetic Program graduate lead the team for Frederick, Carroll, Harford, and Cecil counties. In PG County the team met with representatives for House of Delegates Ms. Carolyn Howard (24), Ms. Josalyn Pena-Melnyk (21), Mr. Erik Barron (24), and State Senators Joanne Benson, Jim Rosapepe, and Shirley Nathan-Pulliam.

The University of Maryland Dietetic Program had a special role in organizing apple donations from local grocery stores for the Apple Crunch Challenge campaign. The campaign involved a photo-op with legislators and Licensed Registered Dietitian/Nutritionists, interns and students after each appointment. The bite into the apple symbolized a promise to make the good health of Maryland citizens a high priority. Ashley Lewis, former Faculty Assistant in the Dietetic Program spearheaded the apple campaign by organizing a team of dietetic students to assist with securing apple donations. Student volunteers included Ashley Balderson, Rivka Katz, and Matthew Gardner.



Photo courtesy of Phyllis McShane, MS, RD, LN, UMD Internship Program Director. Pictured: Dr. Margaret Udahogora, her assistant and UMD DI interns with Senator Joanne C. Benson's assistant join for the Apple Crunch Challenge.

Alumni Success Stories

- **Sarah Willard, MS, RDN, LDN** was recently appointed as the Director of Clinical Nutrition for the Ocean Springs Health and Rehab (LTC/SNF) in Ocean Springs, Mississippi. She is a department head and facility dietitian with a census averaging 105 patients. She enjoys working in a skilled nursing facility because of the varied type of works she is able to accomplish. She may start her week by providing education to a patient returning to the community, by calculating tube feed orders, or counseling a family about the benefits of hospice. She works closely with the Nurse Practitioner, Staff Developer, and Head Chef to get things accomplished for the residents. In Mississippi state, she has order-writing privileges, which allows her to streamline her patients nutritional interventions. She loves her job and would highly recommend other registered dietitians to seek for positions in geriatric health and rehab centers.
- **Yasemin Unal, BSc** in Dietetics, completed her ten month Dietetic Internship at UC San Diego Health in June of 2018 and passed the commission on dietetic registration exam in July. Congratulations Yasemin!
- **Allie Hosmer, Bsc.** In Dietetics, is in her second year of her Dietetic Internship/Master's Program at Tufts University (Boston) and graduating in May 2019. She will be taking the Commission on Dietetic Registration exam at graduation. Currently, she is working part time at the Jean Mayer USDA Human Nutrition Research Center on Aging (HNRCA), located at Tufts University in Boston, Massachusetts.



Sarah Willard, MS, RD, LDN

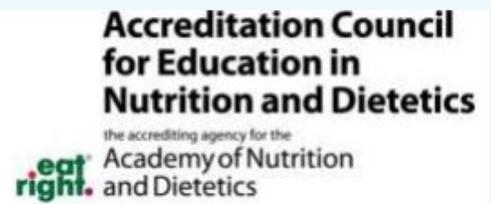


Yasemin Unal, B.Sc., RD



Allie Hosmer, B.Sc. Dietetic intern

ACEND: Future Educational Model



The Accreditation Council for education in Nutrition and Dietetics (ACEND) is the accrediting agency of the Academy of Nutrition and Dietetics. In order to become a registered dietitian, a graduate from ACEND-accredited programs who receives a verification statement from the program director may apply to a dietetic internship. Thus, the graduate to establish eligibility to take the Commission on Dietetic Registration's (CDR) dietetic registration exam.

Currently, there are undergraduate or graduate Didactic Programs, Coordinated Programs combining coursework and internship, International Programs, a limited number of online programs, and recently nine demonstration Future Education Model Graduate Programs were accredited in 2018 by ACEND to offer graduate level coursework and supervised experiential learning.

The Future Educational Model Accreditation Standards for Associate (FA), Bachelor (FB), and Graduate (FG) Degree Program were released in 2017 for adoption **ONLY** by demonstration programs. No date has been set yet for when they may be required for all programs. These changes have been initiated following the CDR requirements that as of January 1st 2024, a graduate degree will be required to be eligible to take the Commission on Dietetic Registration exam. Students who will complete their undergraduate programs and internship to become registered dietitian before 2024, will be grandfathered in as educational requirements change to a minimum of a master's degree.

Students who will be affected by January 1st 2024 deadlines will have an option of pursuing other MS degree of interest (e.g. MS in Nutrition, MS in Public Health) or a five year accelerated BS/MS degree prior to applying to an internship program. Current Dietetic Internship Program will continue, and ACEND will be collecting data from the demonstration programs, graduates and employers before a decision is made on changes that can impact the dietetics and internship programs.

The DPD program at the University of Maryland will continue to update prospective students and their parents, community colleges and other stakeholders about the changes related the new Educational Model. For further understanding of the ACEND Future educational model you can visit:

- **ACEND Future Educational Model**

<https://www.eatrightpro.org/acend/accreditation-standards-fees-and-policies/future-education-model>

- **ACEND FAQs**

<https://www.eatrightpro.org/-/media/eatrightpro-files/acend/futureeducationmodel/faq-proposed-education-model.pdf?la=en&hash=6F1F88D99DCB6B19892068ED564AA0E1284C99B3>

- **And 5 Steps to Become a Registered Dietitian Nutritionist**

<https://www.eatrightpro.org/about-us/become-an-rdn-or-dtr/high-school-students/5-steps-to-become-a-registered-dietitian-nutritionist>