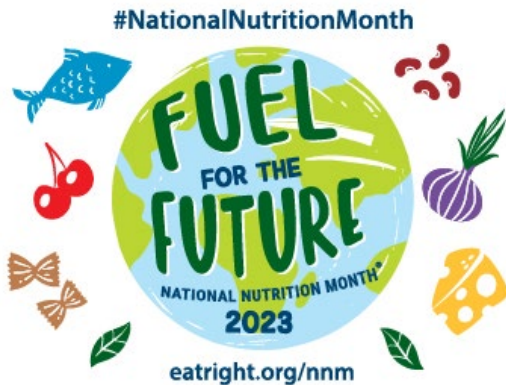


**CEO REPORT  
BOARD OF DIRECTORS VIRTUAL MEETING  
FEBRUARY 24, 2023**

**eat<sup>™</sup>  
right.** Academy of Nutrition  
and Dietetics

Following are activity highlights since our January meeting.

**National Nutrition Month® 50<sup>th</sup> Anniversary!**



This year marks the 50<sup>th</sup> anniversary of National Nutrition Month®! The theme is “**Fuel for the Future**” and the campaign encourages everyone to learn about making informed food choices and developing healthful eating and physical activity habits. It highlights eating with sustainability in mind to nourish during every phase of life and protect the environment. RDN Day will be celebrated on the second Wednesday in March during National Nutrition Month®. In 2023, the Academy will celebrate the first ever Nutrition and Dietetics Technician, Registered Day on Thursday, March 9. This day will commemorate the contributions and experience of NDTRs in the delivery of

safe, culturally competent, quality food and nutrition services. In the future, NDTR Day will be celebrated every year on the second Thursday in March during National Nutrition Month®. Please check out the National Nutrition Month® campaign and share the resources that are available in many languages. Follow National Nutrition Month® on the Academy's @eatright social media channels using #NationalNutritionMonth.

***We Are Listening ... Communications-Related Focus Groups***

During 2022, a multi-staff team collaboration across the Academy conducted a series of member focus groups to obtain feedback on Academy member communications. The five focus groups were convened virtually and represented members of varying backgrounds, age and demographics. The results will be considered when drafting Academy communications.

**Meeting with CEO of National Commission on Correctional Health Care**

I met on February 14 with Deborah A. Ross, CCHP, Chief Executive Officer of the National Commission on Correctional Health Care, to discuss our organizations’ respective missions and potential collaboration opportunities for 2023. NCCHC works to improve health care provided in jails, prisons and juvenile confinement facilities by promulgating standards, disseminating position statements, conducting research and providing educational programming. The Academy is a supporting organization of NCCHC; our longtime representative is Barbara A. Wakeen, MA, RDN, CCHP who was recently elected to its board. We are disseminating the Commission’s new [position statement](#) on nutritional wellness in correctional settings via *EatRightWeekly*.

**Semi-Annual Interprofessional Education Collaborative (IPEC) Membership Meeting**

I represented the Academy at the semi-annual IPEC membership meeting. Topics covered included: a scoping review of interprofessional education and patient care; the IPEC institutional assessment instrument; a review of the 2021-23 IPEC core competence revisions; member discussion, and next steps. The report and meeting materials can be accessed [here](#).

### **New Evidenced-Based Nutrition Practice Guidelines and Tools Published**

- *Disorders of Lipid Metabolism Saturated Fat Evidence-Based Nutrition Practice Guideline.* The objective of this guideline is to provide evidence-based recommendations on saturated fat intake to prevent or manage cardiovascular disease. [Published in February.](#)
- *Adult Weight Management Evidence-Based Nutrition Practice Guideline.* This guideline is meant to inform clinical decisions for RDNs by providing Medical Nutrition Therapy interventions for adults ( $\geq 18$  years of age) with overweight or obesity (body mass index (BMI)  $\geq 25$  kg/m<sup>2</sup> or as defined for specific adult populations), including those with cardiometabolic disease such as Type 2 diabetes or cardiovascular disease. [Published in October 2022.](#)
- *Medical Nutrition Therapy Effectiveness: Dyslipidemia Systematic Review.* Medical nutrition therapy is an evidence-based application of the Nutrition Care Process. The expert panel focused on the effectiveness of MNT for adults with dyslipidemia. [Published in June 2022.](#)
- *Malnutrition in Older Adults: Assessment Systematic Review.* The expert panel reviewed the validity, reliability and predictive ability for mortality, hospitalization and decline of physical function of identified nutrition assessment tools used in the community and long-term care. [Published in May 2022.](#)
- *Celiac Disease Evidence-Based Nutrition Practice Guideline.* The focus of this guideline is on nutritional management for patients with celiac disease and comprehensively covers the major topics of FODMAP, oats, supplements, prebiotics/probiotics and gluten-free diet. [Published in January 2022.](#)
- *Implementing Evidence: From Guidelines to Daily Practice.* The Council on Research's Implementation Subcommittee has developed a new, free resource that aims to assist nutrition and dietetics practitioners with implementing evidence-based practice recommendations and clinical practice innovations into daily practice. [Published in November 2022.](#)
- *Flavan-3-ols and Cardiometabolic Health: First Dietary Bioactive Guideline.* The Academy was hired as a consultant for leading and guiding the process of developing a guideline on the topic of flavan-3-ols. The guideline development was funded by the Foundation through an Institute for the Advancement of Food and Nutrition Sciences (formerly ILSI) grant. The objective of the expert panel was to develop an intake recommendation for flavan-3-ols and cardiometabolic outcomes to inform multiple stakeholders including clinicians, policymakers, public health entities and consumers. [Published in \*Advances in Nutrition\* in November 2022.](#)

**SUBMITTED BY:** Patricia M. Babjak