



Pittsburgh Academy of  
**NUTRITION and Dietetics**  
*Eat Right Pittsburgh*

**June 2023  
Newsletter**



## Nutrition New Year's

Hello, everyone! The Academy's fiscal year runs June-May each year, which means June is like New Year's for PitAND.

First things first, the membership doesn't automatically re-enroll anyone each year. Meaning, even though you might be on auto-pay for AND, we will need your consent/payment before adding you to our PitAND membership list!

We have four professional and five student openings on the board for this new year. Contact me at [RikkiRabbin@gmail.com](mailto:RikkiRabbin@gmail.com) for more info.

*Hmm....why is the **June** newsletter coming to us in **July**?*

Answer: because I am learning how to be webmaster and there's a bit of a learning curve! If you'd like to be webmaster this year, please let me know!

*Sincerely,*

*Rikki*

Rikki Rabbin, MS, RDN, LDN

PitAND President, 2022-2024

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# How to Join PitAND for 2023-2024 (Part 1)

## RETURNING MEMBERS: USE THESE INSTRUCTIONS

This page is for **renewing**.

<https://www.eatrightpittsburgh.org/login>

When you log in, it will take you to your membership profile page.

### Sign In

Please sign in using your email address and Academy ID number.

Email  
your email

Academy ID / CRTD #  
● ● ● ● ● ● ● ●

Log In

# How to Join PitAND for 2023-2024 (Part 2)

## **BRAND-NEW MEMBERS:** USE THESE INSTRUCTIONS

This page is for **new members**

<https://www.eatrightpittsburgh.org/membership-registration>

Join PitAND

Thank you for joining or renewing your membership with PitAND! Choose a Membership Level to get started.

You can also join PitAND by mailing in the completed print-out below.

Download >>

Membership Level \*

Select...



First Name \*

Last Name \*

Email \*

# National Nutrition Month Continuing Education Recap

Journal Club was a success, and all attendees earned 1 continuing professional education unit. The group discussed functional fibers, insoluble and soluble fiber, and front of package labeling. Also, President Rikki Rabbin presented our Business Meeting. For info, contact [RikkiRabbin@gmail.com](mailto:RikkiRabbin@gmail.com)



# Membership Event Recap

Five PitAND members, a mix of professionals and one student, sweated it out at Pure Barre in East Liberty in March. There were snacks, a great playlist, and some good “shakes!”





# Annual Meeting and Expo (AME) Recap, April 20-22, 2023



Dietetic professionals and students from the Pittsburgh District



Board members 2022-2023



PAND board member Missy Kline made this quilt for the Foundation raffle



# Annual Meeting and Expo (AME) Recap, April 20-22, 2023



PAND Members visit a dairy farm



Membership Chair  
Alice V. feeds a calf



Student Member  
Ava E. milks a cow



## **PAND Award Winners from PitAND CONGRATULATIONS!!!**

- **Outstanding Student**
  - Ava Elliot
- **Recognized Young Dietitian  
of the Year**
  - Alyssa Weinfurter
- **Emerging Leader**
  - Carli Ligorì



A graphic featuring a spotlight shining down on a dark blue background with white stars. The text "Member Spotlight" is written in a white serif font.

## Member Spotlight

**PitAND Member Laura Ali, MS, RDN, LDN recently published a cookbook, focusing on the MIND diet. These recipes are based on principles that are protective of cognitive health. Congratulations, Laura!**

**Connect with Laura:**

**Twitter: @LauraAli\_RD**

**Instagram: @LauraAli\_RD**

**Website: [www.LauraMAli.com](http://www.LauraMAli.com)**



# WANT TO JOIN OUR BOARD?

**Some positions are open for next year's board  
(June 2023—May 2024)**

- Elected positions
- Appointed positions
- Want to learn more?

**Contact Rikki at [RikkiRabbin@gmail.com](mailto:RikkiRabbin@gmail.com) for more information.**



**Pittsburgh Academy of  
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## Academy News

### Diabetes Registry Study

A recent research study from the Academy's Diabetes Registry Study found a correlation between NCP documentation containing linkages and improved patient health outcomes. Because high-quality documentation often reflects high-quality medical nutrition therapy, this study contributes to a growing body of evidence supporting the importance of using NCP linkages and how high-quality documentation is associated with improved patient health outcomes. The full article can be found [here](#).

### The ADVANTAGE Project

The Academy is working with NICHD on a project called ADVANTAGE. The first output of this project is a series of 5 webinars that is available to the public.

The ADVANTAGE Project is an effort to better understand the intersection of food systems, diet, nutrition, and health in a changing environment by addressing how the current realities of climate/environmental change (CEC) are affecting dietary choices, patterns, and relevant aspects of the food system, as well as implications for specific public health outcomes of interest. This effort seeks to determine how an ecological approach can be applied to assess the nature and impact of these relationships and how to best translate the evidence generated to support dietary guidance to promote health and prevent disease.

ADVANTAGE will employ a multi-disciplinary approach that accounts for all the elements of the nutrition ecology to better position us to achieve public health goals through the development of context-specific, equitable, safe, and efficacious interventions and guidance. ADVANTAGE will also provide value-added support to agencies and organizations that develop dietary guidelines, recommendations, policy, and programs. This project is funded by the National Institutes of Child Health and Human Development (NICHD) and is facilitated by NICHD and the Academy of Nutrition and Dietetics. Registration for the webinars is available [here](#).

We are here to represent you, as members, at the Academy's House of Delegates meetings and serve as your voice to the Academy and HOD. Reach out to us if you have any questions or wish to provide input. Our contact information is provided below as well as on the PAND website.

**Jessica Rea, MS, RDN, LD**

Delegate-Elect, representing Pittsburgh, Northwest, and Northeast districts

[jmr218@pitt.edu](mailto:jmr218@pitt.edu)

## PitAND Board of Directors 2023-2024

Past President	N/A	
President	Rikki Rabbin, MS, RDN, LDN	rikkirabbin@gmail.com
President-Elect	Open Position	
Secretary	Marsha Stamatakis, MS, RD, LDN	marshakate88@gmail.com
Delegate- Elect	Jessica Rea, MS, RD, LDN	JMR218@pitt.edu
Treasurer	Alaina Durigon, RDN, LDN	AlainaP97@gmail.com
CPE Program Chair	Jennifer Simpson, MS, RD, LDN	jen230sim@gmail.com
CPE Program Chair-Elect	Emily Stasko, RDN, LDN	emily_stasko@yahoo.com
Nominating Committee, Chair	Courtney Riedel	cgriedel@gmail.com
Nominating Committee, Chair-Elect	Open Position	
Webmaster	Open Position	
Social Media Chair	Tanya Muecke, RDN, LDN	tanya.muecke@gmail.com
Membership Co-Chair	Olivia Bressler, RDN, LDN	
Membership Co-Chair	Alice Valoski	valoskia@gmail.com
Public Policy Co-Coordinator	Pat Harper, MS, RD, LDN	Pathharper@gmail.com
Public Policy Co-Coordinator	Lindsay Schmitz	livesmarternutrition@gmail.com
Public Policy Co-Coordinator	Ali Webster	awebster1124@gmail.com
PP Student Representative	Open Position	
PR/NNM Co-Chair	Ali Webster	awebster1124@gmail.com
PR/NNM Co-Chair	Elizabeth Gatten, RDN, LDN	
DTR Chair	Christy Rickabaugh, NDTR	cdrick00@gmail.com
Community Involvement Co-Chair	Rachel Chen	Rachel@foodi.pro
Community Involvement Co-Chair	Open Position	
Career Guidance Chair	Anna Bohland	<a href="mailto:annabohland23@gmail.com">annabohland23@gmail.com</a>
Mentoring Co-Chair	Carly Edwards	<a href="mailto:carly_edwards@affinitysales.com">carly_edwards@affinitysales.com</a>
Mentoring Co-Chair	Open Position	
Student Liaison IUP	TBD with new school year	
Student Liaison Pitt	TBD with new school year	
Student Liaison CCAC	TBD with new school year	
Student Liaison Seton Hill	TBD with new school year	



The Pittsburgh Academy of Nutrition and Dietetics (PitAND) is the professional organization of Registered Dietitian Nutritionists (RD/RDNs) and Nutrition and Dietetic Technicians, Registered (DTR/NDTRs). As the advocate of RDs and DTRs, PitAND strives to promote optimal nutrition, health, and well-being of the citizens of the Pittsburgh and surrounding areas. The members of Pit-AND are recognized as the experts in the field of food and nutrition by the public as well as by government, business, industry, and health professionals.

Newsletter compiled and edited  
by the PitAND President-Elect.  
Please send your updates to  
Rikki Rabbin at  
RikkiRabbin@gmail.com

## Mission, Vision & Commitment

### Mission

Empower members of the Pittsburgh district to be food and nutrition leaders

### Vision

Optimize the public's health through food and nutrition

### Commitment

The Pittsburgh Academy of Nutrition and Dietetics is committed to proactively provide direction and support to its members to assure quality practice, education and research in order to serve the public. The Pittsburgh Academy of Nutrition and Dietetics also assumes a leadership role in influencing public policy and legislation.



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