



## A Note from HOD Delegate

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*HOD Delegate, 2017-2020*

It is an honor to serve as the RDPG Delegate to The Academy of Nutrition and Dietetics House of Delegates (HOD). As the HOD representative, it is my role to act as the liaison for and the voice of the members of the RDPG regarding HOD related matters. Communication and staying connected is extremely important in accomplishing our goals, maybe even more so, nowadays.

The Fall 2020 HOD meetings will be held virtually this year on October 15th and 16th. As usual, these meetings will be held prior to the 2020 Food and Nutrition Conference and Expo™ (FNCE®), which will also be conducted virtually on October 18-20th. Don't miss the opening ceremony titled, "*Bringing Your Boldest Self to Your Biggest Challenge*," and many more learning opportunities on topics such as nutrigenomics, plant-based eating, 2020 Dietary Guidelines for Americans, Digital Technology, Healthy Aging, Diversifying Dietetics, Precision Nutrition and so much more. Check out the Program at <https://eatrightfnce.org/sessions/>.

In the winter 2020 HOD session, one of the critical issues discussed was Evidence-Based Practice (EBP). Although EBP is the cornerstone of the nutrition and dietetics

profession, clarity on this term was needed. The Council on Research has just published an article in the Journal of the Academy of Nutrition and Dietetics entitled, "Updates to the Definition of Evidence-Based (Dietetics) Practice: Providing clarity for Practice".<sup>1</sup> This article was published online on August 9, 2020 and provides updated definitions of EBP and clarifies the criteria used to define EBP.

The critical issue being addressed by the HOD this year is a "*Systems Approach to Nutrition and Health Equity*." We will work throughout the entire year on the important issues around health disparity. It is vital that each member's voice is heard. It is an honor to serve as the RDPG delegate on the Academy's HOD. I welcome your questions, comments, or input, please feel free to contact me. I truly look forward to this opportunity to work with you and represent your voice and ideas in the important work ahead!

### References

1. Hand, R. K., Davis, A. M., Thompson, K. L., Knol, L. L., Thomas, A., & Proaño, G. V. (2020). Updates to the Definition of Evidence-Based (Dietetics) Practice: Providing Clarity for Practice. *Journal of the Academy of Nutrition and Dietetics*