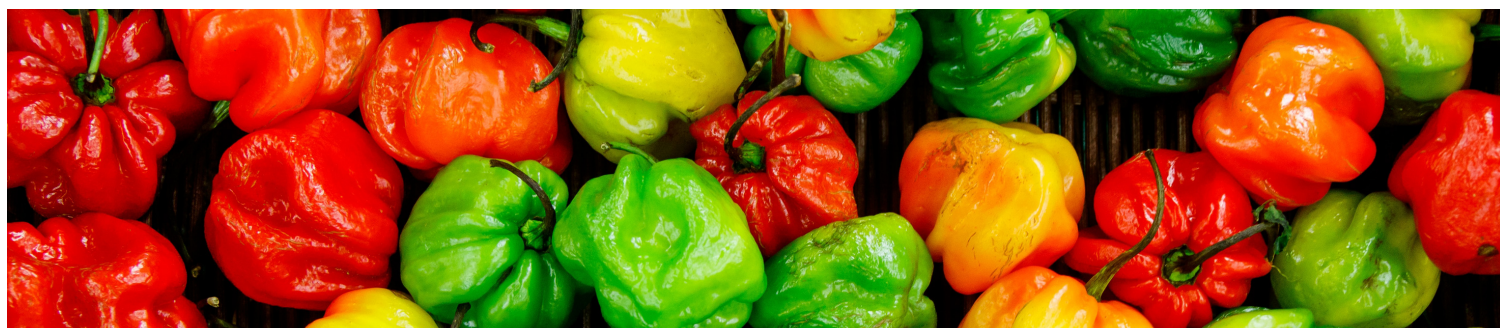


# Adelante

The Latinos and Hispanics in Dietetics and Nutrition (LAHIDAN) Newsletter



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## MESSAGE FROM THE CHAIR

Dear LAHIDAN Members,

It is an absolute pleasure to welcome you to the 2021-2022 Latinos and Hispanics in Dietetics and Nutrition Member Interest Group (LAHIDAN MIG). This year brings many changes but also hope, as we return with a newfound sense of normalcy and continue our dedication to serving the health and wellbeing of Hispanic and Latino communities.

The core values and vision of LAHIDAN remain the same, but with some changes that allow us to continue meeting the needs of both our members and the Hispanic and Latino communities we serve every day. This year our leadership will focus on four areas for our leadership, which include but are not limited to the following:

- Continuing to increase Diversity, Equity, and Inclusion for current and future registered dietitians by supporting scholarships, dedicated resources, and advocacy.
- Enhancing member opportunities which include on-going recruitment and professional development webinars that allow us to stay current in trends, practice and supporting our upcoming dietitian's success. This involves strengthening and growing student resources, including resume building, interview skills, dietetic internship applications, and test preparation.
- Leveraging communication to ensure all members are staying connected with our team, which includes our quarterly newsletter that highlights key member interest topics and individuals, maintaining our social media presence (i.e. Instagram, Facebook, LinkedIn) to ensure that we are engaging with members' interests and needs, and using our Member Discussion Board to share topics and potential job openings.
- Building current and future leadership, by offering continued volunteer opportunities for members and exploring resources for our current leadership to continue to support the mission of the Academy of Nutrition and Dietetics.

LAHIDAN has served members since 1995 as a networking group and, on May 16, 2007, became the first Member Interest Group (MIG) of the Academy of Nutrition and Dietetics. Our mission and vision is to strive to empower members to be the nation's food and nutrition leaders for Latinos and Hispanics and optimize the health of Latinos and Hispanics through food and nutrition. In addition, the purpose of LAHIDAN shall be to support member needs while fostering the development and improvement of food, nutrition and health care for Latinos and Hispanics and their families in the United States and related territories, with outreach to Hispanic and Latino international members.

The 2021-2022 LAHIDAN Executive Leadership Team consists of food and nutrition leaders across our nation with diverse backgrounds and skill sets. Every year we have wonderful volunteers that continue to support our mission and I am very humbled and honored to work with some amazing leaders this year. Our everyday drive is inspired by the voices of our members and communities we serve. Please use our website to learn about our LAHIDAN leadership, articles, recipes, engage with other members and learn about upcoming LAHIDAN events and updates.

As a MIG, LAHIDAN would like to be as transparent as possible. For this reason, we gladly welcome any comments and suggestions you may have as a member. Emails and messages are also highly encouraged and will be prioritized and considered in the work we hope to accomplish this year. Email us at [LAHIDAN@eatright.org](mailto:LAHIDAN@eatright.org). I am elated to be part of furthering the mission of LAHIDAN and to serve you this year.

In Good Health & Un Abrazo Grande,

Andie Lee Gonzalez, PhD, MPH, RDN, LD, FAND  
 2021-2022 LAHIDAN Chair

# LAHIDAN NEWS

## 2021-2022 LAHIDAN Leadership Team

### Executive Committee:



#### **Chair**

Andie Lee Gonzalez, PhD,  
MPH, RDN, LD, FAND



#### **Chair-Elect**

Luis Gonzalez, MS, RD



#### **Past Chair**

Maria Virginia Tijerina Walls,  
MS, NC



#### **Secretary**

Susana Sanchez, RDN, LD



#### **Treasurer**

Diana Licalzi Maldonado, MS,  
RD



#### **Nominating/Awards Committee Chair**

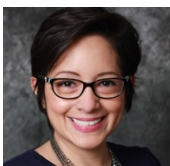
Anita Davila, BS-NDTR



#### **Nominating/Awards Committee Chair-Elect**

Ana D'Escivan, RDN, LD,  
CDCES

### Membership Committee:



#### **Committee Chair**

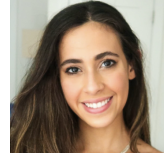
Sara Carrión Perrone  
MS, RDN, LD, FAND

### Communication Committee:



#### **Committee Chair**

Gabriela Naveda, BS, LMT



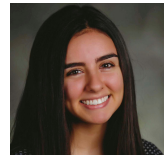
#### **Website Coordinator**

Tatiana Velez Burgos, MS, RD,  
LDN, CPT



#### **Social Media Coordinator**

Natalia Guzmán, BS



#### **Newsletter Editor**

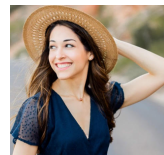
Alejandra Amezola, BS



#### **Assistant Newsletter Editor**

Marilú Torres, BS

### Mentorship Committee:



#### **Mentorship Coordinator**

Gabby Puche, MS, RDN, LD

### Diversity Liaison 2020-2022:



Sandra Arevalo, MPH, RDN, CDN,  
CDE, CLC, FADA

### Professional Development Committee:



#### **Committee Chair**

Nancy Correa-Matos, PhD,  
RD, LDN

## Register for FNCE® 2021

### What is FNCE®?

Each fall, the Academy of Nutrition and Dietetics sponsors **the world's largest meeting of food and nutrition experts** — registered dietitian nutritionists, nutrition science researchers, policymakers, health-care providers and industry leaders attend the annual meeting — and address key issues affecting the health of all Americans.

With 100 educational sessions across 14 tracks, experts will examine the intersection between nutrition, culture, technology, mental and physical health, and modern practice. Attendees will be able to learn about products and services from exhibiting companies showcasing the latest and greatest trends and offerings in food, nutrition and health.



*Get the  
Early Bird Discount  
for a Limited Time!*

**Click here to register**

## Volunteer for LAHIDAN

Interested in joining our Leadership Team? Contact us via email at **[LAHIDAN@eatright.org](mailto:LAHIDAN@eatright.org)**

## National Academy Election

February 1-15, 2022

### Nominations Open

The Nominating Committee is accepting nominations for visionary and dedicated individuals for the following 2022 national ballot positions.

- Nominations for the positions of President-elect, Speaker-elect and Treasurer-elect close **September 10, 2021**.
- Nominations for all other positions are due by **November 8, 2021**.

Nominations can be submitted online or by emailing [nominations@eatright.org](mailto:nominations@eatright.org).

### Online Nomination Form



### 2022 Election Positions

All positions are three-year terms, unless noted below. [View the qualifications and skills sets.](#)

#### Board of Directors

- President-elect (one position)
- Treasurer-elect (one position)
- Director-at-Large (one position)
- House of Delegates Speaker-elect (one position)
- House of Delegates Director (one position)

#### House of Delegates

- At-Large-Delegate: Retired (one position)
- At-Large-Delegates: 30 Years of Age and Under (one position)

#### Nominating Committee

- National Leader (one position)
- National Leader in Practice for 15 Years or Less (one position)
- Leader with Board of Directors Experience in the Past 10 Years (one position)

#### Accreditation Council for Education in Nutrition and Dietetics

- Registered Dietitian Nutritionist (RDN) Practitioner Representative (one position – four year term)

#### Commission on Dietetic Registration

- Registered Dietitian Nutritionist (RDN) (three positions)
- Nutrition and Dietetics Technician, Registered (NDTR) (one position)

## Continuing Education Opportunity: Webinar

Join us for our upcoming educational webinar event sponsored by the California Strawberry Commission. Complimentary educational webinars are a great benefit of LAHIDAN membership. Click on the Registration link below to be taken to the Academy Store. *When you 'purchase' the webinar in the Academy Store, there will be a \$0 balance in your cart.* **Registration is required.**

**TITLE:** Strawberries, Nature's Candy: What's the Right Dose for Diabetics?

**DATE:** Tuesday, August 10, 2021

**TIME:** 10:30AM Pacific / 11:30AM Mountain / 12:30PM Central / 1:30PM Eastern

**LEARNING OBJECTIVES:** At the end of the webinar, participants will be able to:  
Discuss the health benefits of strawberry consumption and its role as a functional food. Assess the protective effects of strawberry consumption against the development of diabetes and cardiovascular disease. Explain the biological mechanisms underlying the health effects of strawberry consumption on diabetes and cardiovascular disease.

**PERFORMANCE INDICATORS:** 6.2.5; 1.3.1; 8.3.4; 8.1.5; 8.3.5; 11.2.1

**CPEU:** 1

**CPEU Level:** II

**DESCRIPTION:** The nutritional composition and overall health effects of strawberries modifying diabetes outcomes will be presented in this webinar. Strawberries provide health effects as antioxidants, free-radicals, and glucose-lowering agents and can reduce diabetes risk. Strawberry intervention in clinical trials and the effects on diabetes has been studied and showed benefits in improving insulin resistance and dyslipidemia in diabetes. The dosing and timing of strawberry intervention optimal for diabetes will be presented along with providing new knowledge for the medical nutrition therapy in people with diabetes.

**CLICK HERE TO MEET OUR PRESENTER:** Arpita Basu, PhD, MPH, RD/LD

**REGISTER HERE**



**Thank you to the California Strawberry Commission for their generous sponsorship of this educational webinar.**

*Statements made should not be viewed as, or considered representative of, any formal position taken on any product, subject, or issue by the Academy of Nutrition and Dietetics / LAHIDAN MIG.*



## Interested in writing for LAHIDAN?

*We are looking for writers for the following sections:*

- Research articles
- Health/Practice Resources
- Latin Recipes
- Student Section

*Requirements:*

- Must be a LAHIDAN member

*Open to:*

- Students/Trainees
- Professionals (RDs, NDTRs, etc)
- All LAHIDAN members



## Member Spotlight Nominations

Do you know someone that you  
would like to nominate for  
the LAHIDAN Member Spotlight?

*To nominate, please email us the nominee's  
name and contact information.*

Contact us at [LAHIDAN@eatright.org](mailto:LAHIDAN@eatright.org)  
for more information.

## Benefits of LAHIDAN Membership

The benefits of being a LAHIDAN member include opportunities for professional development and increasing cultural competency.

### Professional Development Benefits:

- Leadership Opportunities
- Mentoring Program
- Professional Networking
- Student Scholarship
- LAHIDAN Website
- Connections with Friends and Colleagues
- Monthly Newsletter
- Trinko Award
- Webinars
- Discussion Board
- FNCE® Poster Award

### Cultural Competency Benefits:

- Language and Cultural Exchange
- Webinars

## The LAHIDAN Mentorship Program

The LAHIDAN Mentorship Program is designed to help students and new nutrition professionals grow and develop professional qualities that will help them succeed in their careers.

Mentoring includes topics such as:

- Career guidance
- Support on how to enhance eligibility into Dietetic Internship programs
- Time management
- Networking
- Job search
- Sharing the mentor's own experiences with the mentees

Mentoring is a great way for nutrition professionals to give back to the profession, and it provides an excellent opportunity to learn more about the profession from a LAHIDAN member's perspective.

Do you have experience or advice that you are willing to share? Are you interested in helping incoming nutrition professionals and students advance in the nutrition and dietetics profession?

If you answered yes, we would like you to consider becoming a mentor for the next membership year. Mentors develop a professional relationship with mentees via electronic, phone, or face-to-face contact which involves a small monthly time commitment.



*Dr. Julie Plasencia, Past Mentorship Chair, pictured with Dr. Andie Lee Gonzalez, a Past Mentee and current Chair for LAHIDAN.*

### **LAHIDAN Mentor Profile Form**

Are you a student member of LAHIDAN or new to the nutrition and dietetics profession? Would you like to be mentored by a more experienced LAHIDAN member?

If you answered yes, join our mentoring program! This is a mentee-driven program that connects students and newly credentialed LAHIDAN members with more experienced members.

### **LAHIDAN Mentee Profile Form**

If you have any further questions about becoming a mentee or a mentor, please contact [LAHIDAN@eatright.org](mailto:LAHIDAN@eatright.org).

# MEMBER SPOTLIGHT

## An Interview with Judith Rodriguez, PhD, RDN, FAND, FADA, LDN

By Alejandra Amezola, BS



**Judith Rodriguez**, Emeritus Professor at the University of North Florida, (Jacksonville, FL, U.S.), has peer reviewed and consumer publications, including the Latino Food Lover's Glossary, The Diet Selector and 200 Surefire Ways to Eat Well and Feel Better. She was a Medallion recipient of the Academy of Nutrition and Dietetics and UNF Distinguished Professor and is involved in educational, service and research activities. She received a PhD in Anthropology from Rutgers University, an MA in Nutrition/Higher Education and a BS from New York University. She is a registered dietitian nutritionist (RDN) and Past President of the Academy of Nutrition and Dietetics.

**Q:** Why did you choose to become a registered dietitian nutritionist (RDN)?

**A:** Actually, I applied to different universities and different majors. I was accepted to New York University, where I had selected Nutrition. Decided to go there, liked what I was learning, and the rest is history.

**Q:** What are your typical daily and weekly tasks as an RD/RDN?

**A:** I have held many positions. In clinical work, daily I would see Diet Orders, talk with other health care workers, meet and discuss diet and health with patients and their caregivers. In community work, I met with outpatient clients, did assessments of the children, and provided nutrition education and counseling. As program director of a youth program, I developed a series of lessons for different age groups, trained high school and college students to deliver the lessons and evaluated programs. As a consultant, the work depended on the assignment. Develop menus, assist with research, develop recipes, do media work, etc. As an educator and chairperson, I helped develop and create the BS, MS, MS online, Dietetic Internship, ISPP, and doctorate in clinical nutrition programs, taught university classes and managed the Department's work. That included strategic planning, hiring, supervision and leadership development of personnel.

**Q:** What field of dietetics do you work in?

**A:** I have worked in clinical, community/public health, education, and consulting.

**Q:** Can you talk about your work as an RDN?

**A:** I am now retired from the University work but spend my entire week doing a variety of volunteer jobs. That includes serving on the Diversity and Inclusion Committee and several other committees of the Academy, helping with some local or national research or consulting projects, assisting with local



# MEMBER SPOTLIGHT

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community outreach projects specific to the Latinx community and serving on some Boards including the International Confederation of Dietetic Associations (ICDA) and chairing its Communication Committee.

**Q:** What is your favorite part about working in dietetics?

**A:** Working on anything that will help improve the health of underserved communities.

**Q:** What are some of your professional or career aspirations?

**A:** I must admit that as a retired RDN, my career aspirations were partially met. I would have liked to do more regarding health disparities research, cultural competence and humility training. But I still do what I can as a volunteer. My current aspirations are to stay healthy enough to continue to do all the volunteer work that I enjoy.

**Q:** Do you have any advanced education or special training?

**A:** Yes, a Master's degree from NYU in Nutrition and Higher Education and a PhD in Cultural Anthropology from Rutgers University with an emphasis on cultural food habits. I suggest that persons think of advanced training for either high level specialization or diversification based on their interests. Obviously I chose diversification.

**Q:** How does your work impact the Hispanic/Latinx community?

**A:** Throughout my career my work focused on the Hispanic community. The clinical and community work was in culturally diverse communities, or predominantly Latinx

communities. I did direct counseling or nutrition education, program design, implementation and evaluation, or population based educational outreach. That is now also the focus of my local community volunteer work.

**Q:** In an ideal world, what would the role of RD/RDNs in the Latinx community look like?

**A:** First, there would be a preponderance of Latinx RDNs in the Hispanic community, all with different areas of specialization and levels of education. But their work would not be limited to the Latinx community and they would be recognized throughout all communities for their expertise and contributions. Secondly, there would be many RDNs of different cultural, racial, ethnic backgrounds, identities and abilities also working in the Latinx community who are knowledgeable about the Latinx community and serve it with cultural humility.

**Q:** What interested you in becoming a member of LAHIDAN?

**A:** A desire to meet persons with shared interests and a value to promote the profession to others, increase visibility of the Latinx members, and be a resource to other Academy members.

*Additional comments from Dr. Rodriguez:*

**"It's great to see LAHIDAN grow in membership and influence. I encourage current members to recruit others to join LAHIDAN, to mentor others, to promote the profession to others, to get advanced degrees and be more active in leadership. We must become MORE active and visible in competent, ethical, culturally humble, strategic servant leadership. This recognition is key to inspiring others to join the profession."**

# HEALTH/PRACTICE RESOURCES

## Key Dates in July 2021

3rd: National Eat Your Beans Day

4th: Independence Day

4th: National Caesar Salad Day

5th: National Graham Cracker Day

7th: World Chocolate Day

**14th: FNCE® advance registration opens**

18th: National Ice Cream Day

29th: National Chicken Wing Day

29th: National Lasagna Day

**30th: Foundation scholarship recipients notified**

31st: National Avocado Day

19-23: National Youth Sports Week

National Baked Bean Month

National Blueberry Month

National Culinary Arts Month

National Grilling Month

National Park and Recreation Month

National Picnic Month

*Look out for our FNCE® Networking Event date!*

## Culinary Lingo (National Culinary Arts Month)

Understanding the basics of different culinary terms is key to preparing delicious, nutritious meals at home. Whether you are new to the kitchen or are an experienced chef, [learn more](#) during National Culinary Arts Month.

- By knowing different culinary techniques, you can bring out the flavor of foods without adding extra ingredients or calories.
- Healthful cooking techniques require only a small amount of fat, salt or extra ingredients to boost flavor.
- Remember, regardless of how you prepare food, it is important to follow food safety guidelines and cook all foods to the appropriate internal temperature.

## How to Prevent 7 Picnic Food Safety Mistakes (National Picnic Month)

Summer is picnic season! When enjoying meals outdoors, follow these food safety guidelines. Read more [here](#).

- Before packing for your picnic, sanitize your cooler and wash reusable bags that you'll use to transport food. Then, pack food in clean, tightly sealed containers.
- To ensure your food stays cool, pack the cooler about three quarters of the way full of food, reserving one-quarter of the space for ice packs. If possible, chill or freeze the food beforehand.
- Never reuse ice. If you're bringing ice to use in beverages, pack it in a separate sealed bag. This will help avoid spreading bacteria from the surfaces of food containers or other items in the cooler.
- Don't let food sit out for more than two hours. If the temperature outside is 90°F or above, food is safe to sit outside for an hour at most.

## Help your patients or clients have a healthy and happy summer!

Summer is a time for eating outside, [grilling](#), participating in outdoor activities and enjoying the warm weather. To ensure your clients or patients celebrate summer in a healthy and safe way, use the Academy's handy resources.

- Share ways to [think beyond the traditional favorites when grilling](#). Promote the importance of food safety when grilling and serving meals outdoors, too.
- It's vital to stay hydrated and eat nutritious foods when [camping, hiking](#) and going to the beach. If your clients or patients exercise outdoors in hot weather, share [tips for preventing dehydration](#).

Throughout summer, share your favorite warm-weather tips and recipes on social media.

# RESEARCH

## Dichos & Diabetes: Literary Devices Used by Mexican-Origin Males to Share Their Perspectives on Type 2 Diabetes and Health

By Antonio Miranda (a), Claudia Sánchez (b), David O. Garcia (c) & Cynthia Warren (a)

### Abstract

The medical literature emphasizes the increasing role of cultural considerations for improved health education among Latinos. Research in Latino culture reveals the inherent function of figurative language devices, such as *dichos*, in individual expression and cultural norm transmission. Increased understanding of *dichos* may provide unique insight into the dynamic relationship between collective cultural knowledge and individual health perceptions. *Dichos* related to health and diabetes among Latinos, however, remain entirely unexplored.

The present study represents a secondary qualitative analysis of the perspectives on diabetes and health of Mexican-origin males that identified inadequate understanding of disease processes and cultural customs as barriers to health. Spanish language transcriptions from the original study were content analyzed by two Latino researchers fluent in English and Spanish to identify the use of *dichos* by the participants to convey their perspectives on health and diabetes. The results reveal four major categorizations of *dichos*: religiosity, familism, formation, and individuality. Findings from this study provide insight on the utility of *dichos* for the identification of health-related perspectives. *Dichos* may also serve clinicians and health

educators as culturally relevant vehicles of communication for encouraging and transformative health discussions.

Future diabetes interventions should incorporate *dichos* to explore quantifiable outcomes of culturally tailored programs.

**Keywords:** *Dichos*; diabetes; Mexican-origin males; obesity; motivation.

[Read the full article here](#)

### AUTHOR AFFILIATIONS

(a) Department of Nutrition and Food Sciences, College of Health Sciences, Texas Woman's University;

(b) Department of Teacher Education, College of Professional Education, Texas Woman's University;

(c) Mel & Enid Zuckerman College of Public Health, Department of Health Promotion Sciences, University of Arizona

# SABOR LATINO

## Jicama Chipotle Salad with Queso Fresco



### DIRECTIONS

1. Toss together strawberries, onion, scallion, garlic, jalapeño, lime juice, orange juice, and cilantro. Allow to marinate at room temperature 20-30 minutes (overnight OK too). Toss again and adjust seasonings, if necessary.
2. Season each side of halibut with salt and pepper. Heat 1-2 tbsp olive oil in sauté pan and sear halibut, skin side down first, until crispy and color rises half up the outside of fillet. Turn and sear opposite side until all sides change color and fish feels somewhat firm to the touch. This fish can be served medium.
3. Toss salsa together before serving with fish. Can substitute for any thick cut fish fillet, such as salmon.
4. Serve hot with salsa on side.

### INGREDIENTS

- 1 pint strawberries- fresh, washed, stemmed, and diced
- 1 tbsp red onion, diced small
- 1 scallion, chopped fine
- 1 small garlic clove, minced
- 1 small jalapeño, sliced thin
- 1 lime, juice of
- 1 tbsp orange juice
- 1 tbsp cilantro, minced
- 2- 6 oz halibut fillets, skin on
- Kosher salt (*to taste*)
- Black pepper (*to taste*)
- Olive oil (*as needed*)

### RECIPE DETAILS

- **Servings:** 4
- **Serving size:** 1 cup
- **Preparation time:** 10 minutes
- **Calories:** 175
- **Protein:** 20 grams
- **Fat:** 7 grams
- **Carbohydrate:** 7 grams
- **Fiber:** 1 gram
- **Vitamin C:** 76% RDA



# STUDENT SECTION

## Nutrition in Chronic Kidney Disease: Literature Review

By Marilú Torres, BS

### Significance and Prevalence

Chronic Kidney disease (CKD) is defined as impaired kidney function (1). It is associated with malnutrition (2), and it imposes substantial mortality and morbidity burden (3). In the United States, CKD affects about 15% of the population or 30 million adults with about 22% of these cases resulting in dialysis or transplantation (4). In the Western world, the prevalence is 150 to 400 per million population (pmp) compared to 50 pmp in poor countries (1). Research suggests that CKD is very diverse, and it is more than twice as prevalent in the United States at 13.1% compared to Poland at 5.8% (1). The literature emphasizes that adults with CKD ages 65 and older have a 2-fold prevalence of cardiovascular disease resulting from complications with CKD (5). The highest prevalence of CKD is in older women. (1) Furthermore, 417.0 million females compared to 335.7 million males had CKD worldwide in 2016 (3). At most, 10 elderly adults out of 24 have a reduced glomerular filtration rate (GFR), which determines kidney function of  $< 60$  mL/min/ 1.73m<sup>2</sup> (stage 3 or more progressed), and 10 out of 22 have albuminuria in addition to a reduced GFR (1). The Western diet is associated with an increased risk of CKD with increased levels of albumin and/or a fast decline in GFR ( $\geq 3$  mL/min/ 1.73m<sup>2</sup>) (4).

However, literature has found that diet is significant in the management and prevention of CKD. At every stage of CKD, dietitians provide medical nutrition therapy (MNT) to delay the onset of dialysis, maintain patients in normal nutrition status (6), and slow the progression and onset of symptoms (7). Specifically, MNT helps prevent and treat protein-energy wasting, electrolyte imbalances, and bone abnormalities (6). Additionally, the diet recommendations are restrictive (6). Malnutrition in CKD is often undiagnosed in patients, but it occurs in 30-40% of patients (2), and nutrition screening and management should take place to improve quality of care and patient outcomes (6).

### Known Risk Factors

Unhealthy lifestyle behaviors associated with CKD are physical inactivity, late-night dinner, and bedtime snacking in middle-aged and older adults (8). According to data from the Midlife in the United States Study, higher economic status was associated with a reduced probability of being at high risk for risk factors related to kidney function rather than at low risk (OR [95% CI] = 0.82 [0.71-0.95]) (9).

[Read the full article here](#)



# STUDENT SECTION

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## ABOUT THE AUTHOR



**Marilú Torres** recently received her Bachelors in Human Nutrition and Dietetics from the University of Arkansas- Fayetteville. While she was a student there, she served as Student Liaison and was elected as the Student Leader of the month of March. She has experience as a Nutrition Assistant at Mercy Hospital, and she is involved in her community's food bank, vegetable garden, and pantries. She will begin her internship at the University of Kentucky Hospital in August, and she was awarded the Arkansas Outstanding Dietetic Student of the Year Award 2021. She plans to pursue her interest in renal and diabetic clinical nutrition, and research in nutritional genomics. Her interest in these areas stem from her father's diagnosis of diabetes. In her spare time, Marilú likes to be involved in the community, exercise, cook, watch suspenseful shows, and play with her dogs. She wants to become a dietitian to help others lead a healthy lifestyle and provide meaningful patient-centered care.

# CONNECT WITH LAHIDAN

## 2021-2022 LAHIDAN Leadership Team

### EXECUTIVE COMMITTEE

Chair  
Andie Lee González, PhD, MPH, RDN, LD, FAND

Chair-Elect  
Luis González, MS, RD

Past-Chair  
Maria Virginia Tijerina Walls, MS, NC

Secretary  
Susana Sanchez, RDN, LD

Treasurer  
Diana Licalzi Maldonado, MS, RD

Nominating/Awards Committee Chair  
Anita Dávila, BS-NDTR

Nominating/Awards Committee Chair-Elect  
Ana D'Escrivan, RDN, LD, CDCES

### MENTORSHIP COMMITTEE

Mentorship Coordinator  
Gabby Puche, MS, RDN, LD

### COMMUNICATION COMMITTEE

Committee Chair  
Gabriela Naveda, BS, LMT

Website Coordinator  
Tatiana Vélez Burgos, MS, RD, LDN, CPT

Social Media Coordinator  
Natalia Guzmán, BS

Newsletter Editor  
Alejandra Amezola, BS

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