

Adelante

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



CONTENIDO / CONTENTS

PERSPECTIVE:

Letter from the Editor.....1

LAHIDAN NEWS:

LAHIDAN MIG Election.....2
 LAHIDAN & Academy Updates.....3
 Mentorship Program.....4
 Fall 2021 HOD Report.....5
 Academy Offers Guidance to RDNs.....6
 Academy Foundation Scholarship.....7

MEMBER SPOTLIGHT:

An Interview with Rachel Villarreal, MS, RDN, LDN, CDCES.....8

HEALTH/PRACTICE RESOURCES:

Key Dates in January 2022.....9
 Raise Healthy Eaters.....9
 Set Smart Lifestyle Goals.....9

RESEARCH:

Disparities in Access to Healthy Diets.....10

SABOR LATINO:

Beet, Potato, and Walnut Salad.....11

STUDENT SECTION:

January is National Citrus Month.....12

CONNECT WITH LAHIDAN:

LAHIDAN Leadership.....15
 Connect with LAHIDAN.....15

LETTER FROM THE EDITOR

Dear LAHIDAN Members,

Happy New Year! I am excited to bring you the first *Adelante* newsletter of 2022. In this issue, you will find the latest LAHIDAN news and events, research articles, health and practice resources, and delicious recipes.

In the LAHIDAN News section, you will learn about the 2022-23 LAHIDAN MIG Election candidates, information on our Mentorship Program, and an update on the Fall 2021 HOD Report from our Past 2020-2021 LAHIDAN Chair and current HOD Delegate, Maria Virginia Tijerina Walls, PhD, MS, NC.

I had the pleasure of interviewing Rachel Villarreal, MS, RDN, LDN, CDCES, our Mentorship Committee Chair, for this month's Member Spotlight. Read her interview under of Member Spotlight section! This month, we highlighted a few key Health / Practice Resources that may be useful, including information on how to raise healthy eaters and setting smart lifestyle goals. Check these out and feel free to save for reference! In the Research section, you will find an excellent article on the *Disparities in Access to Healthy Diets*.

The Sabor Latino section highlights a delicious recipe of Beet, Potato, and Walnut Salad from the LAHIDAN website. Bookmark this recipe for later! Finally, we're excited to showcase an article by Marilu Torres, our Assistant Newsletter Editor. This month she has shared an article on National Citrus Month, featuring a recipe for Lemon Chicken Orzo Soup. Be sure to give the article a read!

We hope you enjoy this issue of *Adelante*. As always, do not hesitate to contact us at LAHIDAN@eatright.org with any questions or if you are interested in being published in our next issue. Happy Reading!

Sincerely,

Alejandra Amezola
 2021-2022 LAHIDAN Newsletter Editor



LAHIDAN NEWS

2022 - 2023 LAHIDAN Election Candidates

We are pleased to present you the slate of candidates for office for the 2022-23 year:

Chair-Elect:

Aida Miles, EdD, MMSc, RD, LD, FAND

Treasurer(s):

Mauricio Duran, MS, RDN, CDE
Diana Aguilera, MS, RDN

Nominating/Awards Committee Chair-Elect:

Rosemary Lopez, MS, RDN, CDN

HOD Delegate:

Maria Virginia Tijerina Walls, PhD, MS, NC

According to Academy policy, a slate of candidates must be presented to the LAHIDAN MIG membership at least 30 days prior to the start of voting.



LAHIDAN MIG Election

Present a poster session at FNCE® 2022

From October 8-11, the Academy will host the [Food & Nutrition Conference & Expo™](#) in Orlando! If you're looking to share your original research, project or program report, consider submitting an abstract to present a [poster session](#).

An abstract is a brief, written summary (no more than 250 words) of the specific ideas or concepts to be presented and a statement of their relevance to practice or research. A poster presents content using charts, graphs, illustrations and/or photographs and highlights the important parts of a study/program and its practice applications.

The Call for Abstracts will open on **January 1**, and the submission deadline is **February 16**. If your data/outcomes will not be finalized by the February 16 deadline, you can submit a late-breaking abstract between **May 1 and May 31**.

LAHIDAN NEWS

Your Member Benefits in Action

When is the last time you visited our [Member Discussion Board?](#)

Members routinely share job and volunteer opportunities, as well as questions for discussion relevant to our LAHIDAN community. All members are encouraged to submit topics for discussion, including our student members. *Let's keep the conversation going!*

Upcoming Continuing Education Event

We will be back in 2022 with more webinars and other member benefits! Save the date for **Tuesday, February 22 at 5pm CT** for **More on...Non-Traditional Career Paths for Hispanic RDNs – Part 2**. Webinar information and registration details coming soon!

If you missed our December 1st webinar **Nutrition and Gut Microbiome in Hispanics with Diabetes**, you'll be able to access the recording in our webinar archives on the [LAHIDAN website](#).

Once you have watched the recording, please feel free to reach out to request your CPE certificate at LAHIDAN@eatright.org.

Volunteer with LAHIDAN

We need your help! We're looking for a LAHIDAN member with strong writing and grammar skills with an interest in website editing for our **Website Coordinator position**.

In this position, you'll be working alongside our Communications team in order to coordinate new and updated content for our LAHIDAN website.

If you would like additional information and are interested in volunteering with us, please email us at LAHIDAN@eatright.org.

Hope to hear from you soon!

Academy Updates

Applications are now OPEN to become an Academy National Media Spokesperson!

Are you frequently quoted in the media for your expertise in food and nutrition?

If so, consider applying today! Applications will be accepted from **October 2021 to February 4, 2022**.

[Apply to Become an Academy National Media Spokesperson here.](#)

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.

Fall 2021 HOD Report

*Report from Maria Virginia Tijerina Walls, PhD, MS, NC
LAHIDAN Delegate, House of Delegates, Academy of Nutrition and Dietetics*

THE MEMBERS INTEREST GROUPS (MIGS) AS PART OF THE HOD

In May 2021, the House of Delegates (HOD) approved the motion: Increasing Diverse Perspectives in the HOD incorporating the Member Interest Groups (MIGs) into the HOD. As a result, LAHIDAN now has a vote at the House of Delegates.

The HOD serves as a voice of Academy members. It identifies and develops solutions to some of the challenges facing the profession. It comprises the House Leadership Team (HLT), Affiliate Delegates, DPG Delegates, MIG Delegates, and At Large-Delegates.

PROPOSAL OF A CHANGE OF ACADEMY GOVERNANCE AND BYLAWS

The Academy Board of Directors (BOD) proposed in June 2021 a change at the Academy's Bylaws; the rationale was to align with current best practices in association governance. Those sections of Article XV have not been changed since 2000. Additionally, the BOD identified a movement among nonprofit associations to vest bylaws' authority in the BOD.

The proposed changes were the following:

Proposal 1

To modify the current approval process for any changes to Academy bylaws from having this approved by two-thirds of the HOD members (113 people) to allow those changes to be made if approved by two-thirds of the Academy Board of Directors.

Proposal 2

To Reduce membership on the Board of Directors (BOD) from 19 to 14 individuals. And to eliminate the current House of Delegates (113 members), replacing it with a Council of 15 members supported by multiple Subject Matter Experts groups (SME) over the next 1-2 years.

A 45-day electronic comment period for members was conducted on proposed amendments to the Academy's Bylaws. The Member Comment Period on the proposed changes to Article XV Amendments-Methods and Notice of the Academy Bylaws yielded 1939 responses, with 80% indicating opposition and 20% favoring the proposed amendments.

Opposition comments:

- Centralized power in our governance.
- Concerned about the loss of dialogue with constituents.
- Concerned that the bylaws could be changed without the necessary "checks and balances" via the HOD.
- All members should vote on bylaws changes.
- Disagree with the interpretation of Illinois law.

Supportive comments:

- It aligns with Illinois laws and the fiduciary responsibilities of the BOD.
- Improve the efficiency of the Academy governance.
- More efficient in making changes.
- It aligns with best practices.

Therefore, it was resolved that the House of Delegates rejects the proposed amendment to Article XV Amendments, Section 1, Method to transfer responsibility for voting on bylaws amendments from the House of Delegates to the Board of Directors.

The bylaws will continue to read as follows:

The Academy bylaws may be amended by a two-thirds (2/3) vote of the membership of the House of Delegates.

[Read the full report here](#)

Academy Offers Guidance to RDNs on the No Surprises Act

01/10/2022 - The No Surprises Act, which took effect January 1, is designed to protect consumers from unexpected, large medical bills that could lead to financial hardship and even bankruptcy. The NSA does not have a significant impact for RDNs since consumers are able to determine if a specific RDN is an in-network provider and fees for MNT services can be accurately estimated.

To ensure compliance with the new law, RDNs need to ensure the following practices are in place for both in-person and telehealth services:

- Verify health insurance coverage prior to the scheduled service.
- Confirm with the patient if they plan to use their health insurance or pay out of pocket for the service. For uninsured, self-pay or out-of-network individuals, inform them of the availability of a good faith estimate of expected charges upon scheduling the service or upon request.
- Provide an itemized good faith estimate before the service is scheduled in a way that's accessible to the patient and in the language(s) spoken by the patient(s). Good faith estimates should be prominently displayed (and easily searchable from a public search engine) on your website, in your office, and on-site where scheduling or questions about the cost of services occur.
- Explain the estimate to the patient over the phone or in-person if they request it. Follow up with a written (paper or electronic) estimate.
- Provide a one-page notice and consent document in clear and understandable language that includes:
 - The restrictions on provider regarding balance billing in certain circumstances
 - Any applicable state law protections against balance billing
 - Information on contacting appropriate state and federal agencies in the case that an individual believes a provider has violated the restrictions against balance billing
 - Submit provider directory information to health plans to support accurate information for consumers

The NSA puts into place for individuals with private group or individual health insurance or those who choose to not use that insurance (self-pay) safeguards like those that already exist under public payers (Medicare, Medicaid).

[Read the full article here](#)

Academy Foundation Scholarships

The Academy of Nutrition and Dietetics Foundation is proud to serve as the largest provider of dietetic scholarships to deserving students at all levels of study.

Individual scholarships range in value from \$500 to \$25,000 each. The total amount and number of Foundation scholarships awarded each year is determined by fundraising efforts and investment returns on scholarship funds.

Find more information on this page about the following topics:

- [Establishing a named fund](#)
- [Applying for scholarships](#)
 - [Lecture Recording: Foundation Scholarships: Setting Yourself Up for Success](#)
 - [Important Dates](#)
- [Eligibility](#)

Industry, industry foundations, dietetic practice groups, member interest groups, affiliates or individuals may contribute to any existing fund or establish a new scholarship fund. Learn more by downloading the PDFs below:

- [Diversity Scholarships and Awards](#)
- [How to Establish a Scholarship or Award](#)
- [Individual Fund Information](#)
- [Foundation Donor Agreement](#)

Lecture Recording: Foundation Scholarships: Setting Yourself Up for Success

During this lecture, students and educators will learn more about the Foundation's scholarship application process and how to make their applications stand out to reviewers.

By attending the event, applicants will expand their knowledge surrounding what Foundation scholarships they may be eligible for, get a 'behind the scenes' look into the Foundation's scholarship program, and get special, early access to the Foundation's new Scholarship Application Checklist.

- [View recording](#)

Important Dates

- [2022-2023 Academy Year Scholarship Application Reopening: February 15, 2022](#)
- [Academy Leadership Institute Application Deadline: January 28, 2022](#)
- [Academy Awards & Research Grant Deadline: February 1, 2022](#)

MEMBER SPOTLIGHT

An Interview with Rachel Villarreal, MS, RDN, LDN, CDCES

By Alejandra Amezola



Rachel Villarreal, MS, RDN, LDN, CDCES, is a registered dietitian nutritionist (RDN) with a Master of Science in Nutrition. She completed her undergraduate work at Rutgers University in New Jersey, 2003. After graduating, she completed her dietetic internship in the United States Army at Brooke Army Medical Center in San Antonio. She went on to obtain her master's degree from Texas Women's University in 2015. After 15 years of working in the inpatient and outpatient settings as a diabetes educator RDN, she decided to change her focus and educate budding nutrition students. She is now a clinical associate professor and the program director for the MS in Dietetics program at University of Texas Rio Grande Valley (UTRGV), a predominately Hispanic serving institution.

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

A: Nutrition and the impact of adequate nutrition always fascinated me even as a teenager. Growing up in an area of Texas that had one of the highest obesity and chronic disease rates influenced me to want to change health and wellbeing of the community. After researching different nutrition pathways, becoming a registered dietitian nutritionist was the only logical choice.

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

A: Currently, I am a clinical associate professor and program director for the MS in Dietetics program at the University of Texas Rio Grande Valley (UTRGV). I develop curriculum for a number of courses including topics such as diabetes, food systems management, multicultural foods, and supervised practice. Innovation and flexibility in education is a key component to the way I deliver nutrition education to students. I try to incorporate hot nutrition topics, social media projects, and hands on experiences to engage and help future RDN's understand evidenced based nutrition recommendations.

Q: What field of dietetics do you work in?

A: Academia. I have worked as professor for 6 years now, and I have loved every moment of teaching our future RDN's.

Q: Can you talk about the work you do as a dietitian?

A: Prior to working in academia, I worked in the clinical and community settings. In both areas, I focused on diabetes prevention and management.

MEMBER SPOTLIGHT

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

A: In the role I am now, my favorite part about working in dietetics is watching students grow and learn the discipline. Opening their eyes to actual evidenced based nutrition guidelines and seeing students use that information to help the community is one of my treasured accomplishments in dietetics. In addition, I truly feel humbled that my students will someday make an impact on the Rio Grande Valley community through nutrition intervention.

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

A: I am proud to say I work at one of the largest Hispanic serving Universities in the US (92%). The region known as the Rio Grande Valley spans 100 miles along the Mexico-US border and is composed of a 90% Hispanic population. Before the initiation of the MS in Dietetics program in 2021, there were no pathways for students seeking dietetics education in the region. This led to a gap in educational opportunities for Hispanics in the area, and a gap in care for the community. With the help of the UTRGV administration, I demonstrated the need, achieved accreditation, and accepted the first class of predominately Hispanic students that seek to live and work in this community after graduation.

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

A: I have a MS in nutrition from Texas Women's University. In addition, I am a Certified Diabetes Care and Education Specialist (CDCES).

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

A: I achieved one of my professional aspirations in fall 2021 by facilitating the accreditation of the MS in Dietetics at UTRGV and the first Future Education Model program in Texas. My next goal is to graduate our first class in 1.5 years and have a 100% pass rate for the RDN exam. Lastly, I aspire to provide inclusive and culturally competent nutrition education to our graduate students, and be a role model to future RDNs.

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

A: In an ideal world the role of the RDN in the Latinx community would provide culturally appropriate nutrition education to help change lives and improved health outcomes.

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

A: Growing up in the Rio Grande Valley community has shaped me into the person I am today. Joining LAHIDAN seemed a natural choice to be a part of a group of clinicians, educators, and advocates that all strive to deliver culturally competent education to Hispanic/Latinx communities.

Member Spotlight Nominations

Do you know someone that you would like to nominate? To submit a nomination, please email us the nominee's name and contact information at **LAHIDAN@eatright.org**.

HEALTH/PRACTICE RESOURCES

Key Dates in January 2022

1st - Call for FNCE® 2022 poster session abstracts

1st - New Year's Day

4th - National Spaghetti Day

6th - National Bean Day

9th - National Apricot Day

11th - National Milk Day

12th - National Curried Chicken Day

17th - Martin Luther King Jr. Day

19th - National Popcorn Day

21st - National Granola Bar Day

24th - National Peanut Butter Day

January 16-22: National Fresh Squeezed Juice Week

January 25-27: Nutrition and Dietetics Advocacy Summit

National Glaucoma Awareness

Month National Hot Tea Month

National Mentoring Month

National Oatmeal Month

National Slow Cooking Month

National Soup Month

Thyroid Awareness Month

Raise Healthy Eaters in the New Year

The new year is the perfect time to help your kids learn how to make nutritious, balanced food choices. Use these tips to make family mealtimes a priority and get your kids involved in nutrition from the ground up. [Click here to learn more.](#)

- Family meals help foster unity, improve nutrition and enhance academic success. If your family has a hectic schedule, add just one family meal to the schedule each week.
- To get your kids involved in nutrition, have them choose new foods they want to try, including picking out a new fresh, frozen, canned or dried fruit or vegetable at the grocery store. Then, use these items to prepare a nutritious dish at home.
- Consider starting a garden at home, which helps children learn where their food comes from. Gardening promotes physical activity, too.

Set Smart Lifestyle Goals with the Help of a Registered Dietitian Nutritionist

Do you have New Year's resolutions related to nutrition, health and fitness? [Learn how a registered dietitian nutritionist can help!](#)

- Registered dietitian nutritionists are well-versed on the Nutrition Facts Panel, and they can help you learn to navigate food labels and choose the best foods for you and your family.
- RDNs can help you meet your health and nutrition needs. These may include eating more dietary fiber, staying hydrated, incorporating healthful cooking methods into your routine and much more.
- No matter your goal, RDNs provide sound, easy-to-follow, personalized nutrition advice and put you on the path to eating well and reducing your risk of chronic disease.

RESEARCH

Disparities in Access to Healthy Diets: How Food Security and Food Shopping Behaviors Relate to Fruit and Vegetable Intake

By Caroline Drisdelle, MSc, RD, Yan Kestens, PhD, Anne-Marie Hamelin, PhD, Geneviève Mercille, PhD, RD

Abstract

Background

Food shopping behaviors may help determine how local food environments influence fruit and vegetable (F/V) intake, especially among food insecure households.

Objective

To examine whether household food security, food access, and food shopping behaviors are associated with F/V intake among residents of a low-income neighborhood.

Design

Study design is cross-sectional.

Participants/setting

A simple random sample of 451 adults from a low-income neighborhood in Montreal (Canada) were recruited through telephone interviews in 2014. Final analyses included 417 participants.

Main Outcome Measures

Validated assessment tools were applied to measure F/V intake and to distinguish food secure (FS) from food insecure (FI) participants. Neighborhood food access was calculated according to number of food stores within 0.5 miles of road network buffer of participants' homes. Self-reported food shopping behaviors included trip frequency, store types, and transport used to reach the 3 most frequented stores. Participants also reported on mobility constraints, use of F/V markets, gardening, and perceived access to healthy food.

Statistical Analyses

F/V intake was modeled using multivariable linear regression.

Results

A sample of adults, of whom 21.3% were living in FI households, reported consuming F/V an average of 4.1 times daily. FI participants had a lower intake of F/V ($b = -0.69$, $P = .04$), independent of sociodemographics, food access, resource constraints, perceived access to healthy food, and food shopping behaviors. Participants with mobility constraints had lower F/V intake ($b = -0.68$, $P = .02$), while gardening was associated with higher F/V intake ($b = 0.59$, $P = .01$). Number of supermarkets ($b = -0.06$, $P = .03$) and specialty stores ($b = 0.10$, $P = .04$) were associated with F/V intake, although the strength of the association was weak.

Conclusions

For FI households, barriers to food access linked to financial challenges are associated with lower intake of F/V. Studies on food environment should include people's experience of food access to better understand the numerous barriers to F/V consumption faced by FI households.

Keywords

Food security, Food purchases, Fruits and vegetables, Food access, Health disparities.

[Read the full article here](#)

SABOR LATINO

Beet, Potato, and Walnut Salad



*Total prep/cooking time: 60 minutes
Servings: 8*

DIRECTIONS

1. Preheat oven to 450 degrees. Toss beets in 1 tbsp olive oil, seasoning with salt and pepper, and wrap in a large piece of aluminum foil forming a crimped pocket. Bake on wire rack for 30 minutes. Remove and allow to cool. Rub with a paper towel to remove outer skin (using gloves), and cut into ½"-1" cubes. Toss with vinegar and chives. Set aside.
2. Meanwhile, toss potatoes in remaining oil and season with salt and pepper. Arrange on baking dish, flesh side down. Bake 15 minutes. Toss potatoes and combine with walnuts. Cook until walnuts are toasted and potatoes are golden; about 8-10 minutes.

INGREDIENTS

- 1 ½ pounds beets, scrubbed, halved
- 1 ½ pounds fingerling potatoes, halved lengthwise
- 3 tbsp olive oil
- 3 tbsp chervil, minced
- 2 tbsp red wine vinegar
- ¼ cup chives, fresh, chopped
- ½ cup walnuts, chopped
- 1 tbsp kosher salt (or to taste)
- 2 tsp black pepper (or to taste)

NUTRITION FACTS

- **Calories:** 252
- **Fat:** 15g (1.6g saturated fat, 8g monounsaturated fat, 7.4g polyunsaturated fat)
- **Protein:** 5.6g
- **Carbohydrate:** 28g
- **Fiber:** 5.2g
- **Cholesterol:** 0mg
- **Iron:** 2.8mg
- **Sodium:** 250mg
- **Calcium:** 54.6mg
- **Zinc:** 1.6mg

STUDENT SECTION

January is National Citrus Month

By Marilú Torres

Summary

Why is January *National Citrus Month*? January is the peak season for citrus because they grow best in the chilly weather. Citrus fruits include lemons, oranges, and grapefruits, which contain fiber, flavonoids, vitamin C, calcium, potassium, and vitamin A. [1] You can add citrus to your meals by adding citrus fruits to salads, drinking freshly squeezed orange juice, or eating citrus fruit as a snack. [1]

During my food service rotation as a dietetic intern, my intern group and I were assigned a cafeteria station takeover project. Keeping National Citrus Month in mind, we decided to make a Lemon Chicken Orzo Soup.



Image courtesy of St Adobe Free Stock Assets.

Lemon Chicken Orzo Soup Recipe [2]

Total Time: 30 minutes (Prep Time: 10 minutes, Cook Time: 20 minutes)

Servings: 8 (1 cup servings)

Nutrition Facts:

- Calories: 172
- Fat: 3.2g (Saturated 0.5g, Trans 0g)
- Cholesterol: 27mg
- Sodium: 322mg
- Carbs: 20.5g (Fiber 2g, Sugars 3.2g)
- Protein: 14.8g

Ingredients:

- 1 tablespoon oil
- 1 onion, diced
- 2 carrots, diced
- 2 stalks celery, diced
- 2 cloves garlic, chopped
- 1 teaspoon thyme, chopped
- 4 cups chicken broth or chicken stock
- 2 cups cooked chicken, cut into small pieces
- 1 cup orzo
- Salt and pepper to taste
- 1 lemon (zest and juice)
- 1 tablespoon tarragon, chopped (optional)
- 1 handful parsley, chopped

[Read the full article here](#)

STUDENT SECTION

References

1. The Hale Groves Team. (2017). January is National Citrus... Retrieved January 12, 2022. <https://www.halegroves.com/blog/january-national-citrus-month/>
2. Closet Cooking. (2016) Lemon Chicken Orzo Soup. Retrieved January 12, 2022. <https://www.closetcooking.com/lemon-chicken-orzo-soup/>

Looking for Writers

Are you a student or intern that is interested in submitting a research article, recipe, or other contribution to *Adelante*?

We are accepting submissions to the Student Section.

Requirements for prospective writers:

- Must be a current dietetic student or intern
- Must be a LAHIDAN member

We look forward to receiving your ideas and contributions. Please contact us at **LAHIDAN@eatright.org** for more information on how you can become a writer for *Adelante's* Student Section.

Thank you,

Alejandra Amezola & Marilú Torres
2021-2022 LAHIDAN Newsletter Editor &
Assistant Newsletter Editor

ABOUT THE AUTHOR



Marilú Torres completed her undergraduate degree at the University of Arkansas and is completing her dietetic internship at the University of Kentucky Albert B. Chandler Hospital, in conjunction with the Veterans Affairs Medical Center. Her interests include diabetes, oncology, and surgery. While at the University of Arkansas, she served as Student Liaison and was elected as the Student Leader of the month for March of 2021. She has experience as a Nutrition Assistant at Mercy Hospital, and was involved in her community's food bank, vegetable garden, and pantries. She was also awarded the 2021 Arkansas Outstanding Dietetic Student of the Year Award. 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'Escivan, RDN, LD, CDCES

MENTORSHIP COMMITTEE

Committee Chair
Rachel Villarreal, MS, RDN, LDN, CDCES

Mentorship Coordinator
Gabriela Naveda, BS, LMT

COMMUNICATION COMMITTEE

Committee Chair
Tatiana Vélez Burgos, MS, RD, LDN, CPT

Website Coordinator
Vacant

Social Media Coordinator
Natalia Guzmán, BS

Newsletter Editor
Alejandra Amezola, BS

Assistant Newsletter Editor
Marilú Torres, BS

PROFESSIONAL DEVELOPMENT COMMITTEE

Committee Chair
Nancy Correa-Matos, PhD, RD, LDN

MEMBERSHIP COMMITTEE

Committee Chair
Sara Carrión Perrone MS, RDN, LD, FAND

2020-2022 IDEA LIAISON

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

Follow LAHIDAN

Instagram: @lahidan

Twitter: @lahidanmig

Facebook: LAHIDAN MIG

Linkedin: LAHIDAN MIG

Email: LAHIDAN@eatright.org



Visit our website

Access the LAHIDAN website **here**
for more exclusive member
resources, recipes, upcoming
events, and other membership
benefits!