

ISSUE

36

Summer  
& Fall  
2021



# North Carolina Board of Dietetics/Nutrition

## Deadlines

Renewal Open:  
January 1 – March 31

Late Renewal:  
April 1 – May 31

License Lapse:  
June 1

## All License Needs:

Licensee Gateway:  
[gateway.ncbdn.org](http://gateway.ncbdn.org)



## Contact:

New  
Address

NCBDN  
1135 Kildaire Farm Rd.  
Suite 200  
Cary, NC 27511

Email: [info@ncbdn.org](mailto:info@ncbdn.org)

Phone: 919-388-1931

Web: [www.ncbdn.org](http://www.ncbdn.org)

Fax: 919-882-1776

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### **Board Officer Positions 2021-2022**

Each year, the NCBDN votes to fill the officer positions within the Board. This year's vote took place at the NCBDN's July 14, 2021 Board meeting. The NCBDN's officers for 2021-2022 are:

**Chair:** Ananya Sen, MD

**Vice Chair:** Amanda S. Holliday, MS, RDN, LDN

**Treasurer:** Amy Beros, MBA

**Secretary:** Patricia Pitts, MS, RDN, LDN

### **Lapsed Licensees 2021**

With the ongoing pandemic still affecting all on some level, the NCBDN worked again this year to be flexible throughout the previous renewal season. Much like 2020, supported by emergency action taken by our Governor and legislators, the Board elected not to collect any late fees from licensees who renewed late. At this point, the NCBDN currently has 3,537 Active licensees. As we look ahead to the 2022 renewal season, we presently have 68 licensees from our 2021 renewal season who are lapsed and who have not informed the Board of their status. As it does annually, the Board attempted to contact these individuals to ensure that they were aware of their lapsed licensed status.

If you are aware of someone who allowed their license to lapse, we ask that you advise them that they should take action to relinquish their license. To relinquish a license and remain in good standing, individuals should log into the licensee gateway system, click on their lapsed license, and request Relinquished status under the area called "Options." If an individual is Lapsed but has retired, following these instructions to relinquish one's license is the appropriate choice. Persons not able to use the online system to Relinquish their license may write the Board via email ([info@ncbdn.org](mailto:info@ncbdn.org)) or USPS to inform the NCBDN that they wish to Relinquish.

### **Board Member Transitions**

**Christina Wilson, MS, CNS, LN**, served for three years on the Board in one of the two Licensed Nutritionist (LN) positions. While serving on the NCBDN Christina served for one year as the Board's secretary. Christina's insight and experience in her field helped the Board immensely as it navigated the new pathway to licensure



for Licensed Nutritionists. Christina's vacancy has been filled by newly appointed Board member, Karen Thomas.

**Karen Thomas, RDH, CNS, LN** was appointed to the NCBDN as a Licensed Nutritionist (LN), effective July 1, 2021. Karen is the Founder of Holistic Digestive Solutions, where she guides patients in reclaiming their health. She is a Certified Biological Dental Hygienist, a Licensed Nutritionist, a motivational speaker, an educator, and the 2020 Recipient of the Sunstar/Registered Dental Hygienist Award of Distinction. Additionally, she's the award-winning author of *Overwhelmed & Undernourished: Use Food as Medicine and Turn Your Life Around*.

After a 32-year career in dental hygiene, Karen went on to earn her Master's degree in *Human Nutrition and Functional Medicine*. This has allowed her to pursue a career in helping people heal their mystery symptoms and teaching the importance of how nutrition and oral health are closely linked.

Karen resides in Raleigh with her charming husband and her two adopted dogs. She enjoys traveling, relaxing with friends, creating stained glass artwork, cooking and recipe experimentation, walking, and other forms of exercise.

### **Covid-19 News & Updates**

The NCBDN adopted the following position statement at its April 20, 2020 Board meeting:

Whereas, on April 8, 2020, Governor Cooper issued Executive Order 130, providing under Section 3(A) the authority to each professional health care licensure board to waive or modify enforcement of any legal or regulatory constraints that would prevent or impair persons from providing care if they are licensed in states, territories, or the District of Columbia, but are not licensed in NC, the North Carolina Board of Dietetics/Nutrition (the NCBDN) formally temporarily waives dietetics/nutrition licensure requirements for persons licensed in other states, territories, or the District of Columbia.

This position was extended over many months. However, consistent with the position of many other NC boards, **the NCBDN voted at its meeting on August 30, 2021 to NOT extend the waiver that has been in effect since 2020. Thus, if one is providing medical nutrition therapy services to a patient located in NC, unless otherwise exempt, an NC license is required.**

If you have questions regarding the above position, please contact our office at [info@ncbdn.org](mailto:info@ncbdn.org).

### **Revised Guidance Document Addressing Social Media & Evidence-Based Practice**

*Guideline B* was developed to help licensees understand their obligations when promoting and providing their nutrition services, and to help the public understand the standards under which such licensed practitioners are bound. Compliance with the ethical requirements laid out in the North Carolina Administrative Code, section 21 NCAC 17 .0114 helps to ensure the public is protected from harmful nutrition practices. Licensees are obligated to uphold these standards regardless of the medium. To review the revised *Guideline B*, please visit our website by [clicking here](#).