

CCSHCN celebrates National Registered Dietician Nutritionist Day

March is National Nutrition Month and the Commission for Children with Special Health Care Needs is spreading the word about healthy eating through two registered dieticians on our staff. The CCSHCN is proud to have Meredith Evans and Amy Turner on our team as we mark Registered Dietician Nutritionist Day on March 12, 2014.

Meredith Evans is a graduate of the University of Kentucky and Eastern Kentucky University. As the clinical dietitian of the Western region of Kentucky, Meredith provides nutritional assessment and counseling for patients receiving care through our CCSHCN specialty clinics. Meredith develops nutrition materials for patients and families to help them follow through on their nutritional plans at home. She also acts as the wellness champ for the agency by participating on the state government wellness committee. As the agency's wellness champ, Meredith promotes wellness activities that can benefit coworkers and their families. Meredith also works closely with community partners and initiatives that promote healthy eating for kids such as the Partnership for a Fit KY. In addition, Meredith serves as volunteer faculty for the University of Kentucky Department of Dietetics and Human Nutrition and supervises interns in the Dietetic Internship and Coordinated Program.

Amy Turner is a graduate of Morehead State University with a bachelor's degree in clinical dietetics and the University of Kentucky dietetic internship. As the clinical dietitian of the Eastern region of Kentucky, Amy provides nutritional assessment and counseling for patients receiving care through our CCSHCN specialty clinics. Amy develops nutrition materials to help patients and families follow through on their nutritional plan at home. She also collaborates with community partners and initiatives that promote healthy eating for children such as the Partnership for a Fit KY. In addition, Amy supervises interns from the University of Kentucky Department of Dietetics and Human Nutrition Dietetic Internship and Coordinated Program.

For more information about CCSHCN programs call 1 (800) 232-1160.