



Catawba County Public Health

www.catawbacountync.gov/phealth

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CATAWBA COUNTY PUBLIC HEALTH EMPLOYEE HONORED WITH EMERGING DIETETIC LEADER AWARD

HICKORY, NC – Leigh Anne Charles, a dietitian at Catawba County Public Health, was chosen out of 4,200 registered dietitians and registered dietetic technicians in North Carolina to receive the Emerging Dietetic Leader Award from the North Carolina Dietetic Association.

Charles received her dietetic registration in June 2005 and has been with Catawba County Public Health as a registered dietitian since May 2008. She works in the Women, Infants and Children (WIC) clinic educating WIC participants on nutrition with a focus on women during pregnancy, post-partum, and breastfeeding, and children from infancy through the age of five.

Charles exemplifies leadership through programs like train-the-trainer, where she showed Prenatal Clinic staff how to use blood glucose meters, which they can in turn show their patients how to use. "This is a service that was not previously available onsite, however, with Leigh Anne's expertise it is now able to be taught onsite," said Julie Byrd, WIC director, Catawba County Public Health. "Leigh Anne is highly motivated in the field of dietetics and seeks out ways to work with the citizens of Catawba County to assist them in leading healthier lives."

Continuing her leadership role, Charles serves as a dietetic internship preceptor for students at local universities and is an active member of the Eat Smart Move More Catawba County coalition.

Charles also contributes to the community outside the walls of Catawba County Public Health. In the past year she has presented on nutrition at the North Carolina Dietetic Association's annual conference, Foothills District Dietetic Association, Lenoir-Rhyne University, and Appalachian State University. Furthermore, Charles has served as president of the Foothills District Dietetic Association and has served as president of the North Carolina Dietetic Association since June 1.

About the Emerging Dietetics Leader Award

The award was established by the 1996 American Dietetic Association Board of Directors. The Emerging Dietetics Leader Award recognizes the competence and activities of members, regardless of their age, who are at the beginning of their dietetics careers. Members who receive this honor support the promotion of optimal health and nutritional status of the public through demonstrating leadership in legislation, research, education, management and other areas related to the profession. Who gives this award?

About Catawba County Public Health

Located in Hickory, N.C., Catawba County Public Health provides health and education services to eligible men, women, and children in the community. For more information, please call (828) 695-5800 or visit www.catawbacountync.gov/phealth.

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"Leading the Way to a Healthier Community"

