

Academy of Nutrition and Dietetics Foundation

Impact Update





2024-2025

FY25 Year-in-Review: Reflecting on Impact, Growth, and the Power of Community



2025 was a year of meaningful impact for the Academy of Nutrition and Dietetics Foundation.

During the fiscal year, which ran from June 1, 2024 through May 31, 2025, the Foundation continued to invest in students, practitioners, researchers, and programs that strengthen the future of food and nutrition through the generosity of donors, partners, and supporters. In total, the Foundation provided more than $1.6 million in funding to 542 individuals and projects.

The highlights below offer a snapshot of the Foundation's reach and impact throughout the year. Together, we continued to invest in people, science, and the future of dietetics – supporting students, elevating research, advancing careers, and honoring excellence across the field.

Investment in the Profession

In FY25, the Foundation awarded:

- **$818,650** in scholarships to 307 students for the 2024-2025 academic year, helping many deserving individuals continue to realize their dream of pursuing a career in dietetics.
- **$149,120** in awards to 115 credentialed practitioners and students, recognizing professional excellence and supporting career advancement.
- **$121,000** in research grants to 16 nutrition researchers, fueling studies that elevate our profession and expanding the evidence base for practice.
- **$425,665** in fellowships that focused on research, policy, and nutrition programs to 5 RDN Fellows.
- **$112,730** in disaster relief to 99 students and practitioners facing significant personal loss as the result of natural disasters.

Record-Breaking Support and Engagement

This impact is made possible by our generous donors, dedicated volunteers, passionate partners, and the vibrant community of nutrition and dietetics professionals who share our commitment to advancing the profession and strengthening the health of the public through the power of food and nutrition.

Highlights from FY25 include:

- On the Academy Foundation's Give Day on March 20, 2025, we raised more than **$47,000** in support of the Make it a Million Scholarship campaign.
- Our Make It a Million campaign total rose to over **$980,000**, bringing us to 98% of our goal. This campaign will allow the Foundation to help meet the needs of today's dietetics students and award more than $1 million in scholarships, opening doors for future nutrition and dietetics leaders.
- Over **130** volunteers contributed their time, expertise, and energy to expand our reach and deepen our impact.
- We launched our LinkedIn page to better connect with our donors, recipients, and volunteers and celebrated growing to more than **2,000** followers in just a few short months as we shared opportunities, stories, and impact across our network.

Advancing Evidence and Practice

FY25 was a significant year for Foundation-funded research, with several projects reaching important milestones across areas including malnutrition, hypertension, food as medicine, vegetarian nutrition, obesity management, and research communication. Supported in partnership with DPGs, organizations, and other funding sources, this work is strengthening the evidence base for nutrition and dietetics practice, demonstrating the critical role of RDNs, and helping translate research into improved care and outcomes. See the next page for more details.

Thank you!

None of this work would be possible without the generosity of our donors, partners, volunteers, and recipients. Thank you for helping the Foundation open doors, advance the profession, and improve health through nutrition and dietetics.

The Foundation's Mission

Through philanthropy, empower current and future food and nutrition practitioners to optimize global health.

The Foundation's Vision

A world where all people thrive through the transformative power of food and nutrition.





Foundation-Funded Research

Many Academy-led and Foundation-funded research projects saw major milestones this year, including:

• Prevention and Treatment of Malnutrition in Older Adults Living in Long-Term Care or the Community: An Evidence-based Nutrition Practice Guideline provides RDNs with the tools needed to help protect susceptible older adults, improving outcomes and reducing potential complications related to malnutrition.

• Research shows MNT provided as part of an RDN-led Food as Medicine program in grocery retail settings improved a host of outcomes, including reduced excess calories eaten, lower overeating of carbohydrate foods, reduced systolic blood pressure, reduced waist circumference, and weight loss, plus better diet quality and quality of life.

• Researchers found that vegetarian diets can benefit those managing type 2 diabetes, including reducing the need for diabetes medication and improving insulin sensitivity.

• A robust umbrella review showed the benefit of vegetarian eating to lower the risk of heart disease, including lowering blood pressure, low-density lipoprotein cholesterol and body mass index; a vegan diet further showed reduced C-reactive protein levels.

• Authors of the paper Incretin-based Therapies and Lifestyle Interventions: The Evolving Role of RDNs in Obesity made the case for the essential role RDNs play in caring for those with obesity, including when medications are part of the treatment plan.

• RDNs play a critical role in nutrition research communication and dissemination according to a paper published in November, Communicating Nutrition and Dietetics Research: A Crucial Step to Advancing Evidence-Based Practice, including providing context and practical applications to make research accessible and useful.

Foundation Grant Recipients

Additionally, several past recipients of the Academy Foundation's competitive research grant program had Foundation-funded research published during FY25. These studies reflect the breadth of work supported through the program, including outcomes research in diabetes medical nutrition therapy, nutrition epidemiology, and projects led by emerging researchers and faculty engaging nutrition and dietetics students in research.

Publications included:

• Results of a pilot sequential multiple assignment randomized trial using counseling to augment a digital weight loss program, Caitlin Martinez, PhD, MS, RD, Academy Foundation 2023 Amy Joye Memorial Research Award

• "Now I can see it works!" Perspectives on Using a Nutrition-Focused Approach When Initiating Continuous Glucose Monitoring in People with Type 2 Diabetes: Qualitative Interview Study, Holly Willis, PhD, MS, RD, CDCES, Academy Foundation 2022 Diabetes DPG Karen Goldstein Memorial Grant for Diabetes Medical Nutrition Therapy

• Responsive Feeding Practices to Promote Healthy Diets: A Mixed Method Study among Low-Income Caregivers with Toddlers, Kate Killion, MPH, RD, Academy Foundation 2023 Colgate Palmolive Fellowship in Nutrition, Oral Health/Dental Education

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