



## **OSF HEALTHCARE SAINT LUKE MEDICAL CENTER CLINICAL DIETITIAN EARNS PRESTIGIOUS AWARD**

### **FOR IMMEDIATE RELEASE**

Contact: Carrie Boelens – Community Relations Coordinator 309.852.7820

(Kewanee, IL / April xx, 2019) – Sara Umphfleet, RD, LDN, Clinical Dietitian at OSF HealthCare Saint Luke Medical Center has been selected as the 2019 Recognized Young Dietitian of the Year by the [Illinois Academy of Nutrition and Dietetics](#). The award was presented at the Illinois Academy of Nutrition and Dietetics Spring Assembly held in Chicago, Illinois.

Umphfleet was presented a certificate of recognition, congratulatory letter from the President of the Academy of Nutrition and Dietetics and her name will also be published in the fall issue of the Journal of the Academy of Nutrition and Dietetics.

"I am honored to have been recognized by the Illinois Academy of Nutrition and Dietetics for my efforts toward increasing awareness of the importance of proper nutrition and good eating habits," said Umphfleet. "I look forward to growing as a young professional and furthering my knowledge to support the needs of those I serve in outpatient, clinical and community settings."

Selection criteria for the award include being under age 35, active participation in national, state and district academy activities, demonstrated concern for the promotion of optimal health and nutritional status of the population and leadership in research, education, clinical dietetics, community nutrition among other areas.

As a licensed and registered dietitian, Umphfleet is a member of the Illinois Academy of Nutrition and Dietetics and was nominated by the [Mississippi Valley Academy of Nutrition and Dietetics](#) for her active involvement and dedication to furthering the promotion of evidence based nutritional information.

### **More about Umphfleet**

Sara Umphfleet earned a Bachelor of Science in Dietetics from Iowa State University and completed her dietetic internship in Illinois, Iowa and Nebraska. She also holds certification as an insulin pump trainer and is pursuing a Certified Diabetic Educator credential. Umphfleet also serves as the Nominating Committee Chairperson for the Mississippi Valley Academy of Nutrition and Dietetics and as the Council of Professional Issues Chairperson for the Illinois Academy of Nutrition and Dietetics.