

# Kansas Academy of Nutrition and Dietetics

NOVEMBER MEMBER SPOTLIGHT:

Kat Ruyle, RD, LD

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Wichita Area and Rural Kansas  
Telehealth

Robert J. Dole VA Medical Center

"She is identified by her interdisciplinary HBPC teams as providing extensive nutrition care planning and monitoring/evaluation of her clients as well as being a great reference for the team- "a fantastic team member"."

*~Joan Stadler*

## Meet Kat Ruyle

Coming from LTC consulting, I'm now part of the Home-Based Primary Care team within the VA and get to use telehealth technology to connect with my rurally located Kansas Veterans. I attained my Board Certified Specialist in Gerontological Nutrition (CSG) credential last year and also serve on the nominating committee of the Dietetics in Health Care Communities DPG. Last year, I was honored as the Up and Coming Member of the DHCC and also Dietitian of the Year from the KS chapter of the Association of Nutrition and Foodservice Professionals. I enjoy being a dietitian because I have a passion for food and the joy it can bring to us. I adore being the person on the team telling the Veteran "yes!" and encouraging them to eat their favorite foods when trying to maintain strength and weight, or teaching them to better manage chronic health conditions through diet changes. It's an honor to serve our nation's Veterans, I feel fortunate to get to do it every day.