

Annual Conference Information

Schedule - Friday, May 11, 2018

7:00 am – 5:00 pm Registration Open

7:00 am – 8:00 am Morning Refreshments, Booth Bingo and Poster Session

8:00 am – 9:00 am **General Session – Opening Keynote address – Dietary Patterns:
The Underlying Story**

Speaker: Christopher Taylor, PhD, RDN, LD, FAND

The 2015 Dietary Guidelines Expert Report focused heavily on an assessment overall dietary patterns, rather than isolated nutrients or foods. This presentation will cover the emerging trends from the Dietary Guidelines and how dietary patterns assessment can shed greater light on the overall healthfulness of the American diet. Finally, the presentation will cover various resources and technology that can support broader dietary patterns assessment.



***Christopher Taylor** is an internationally-known expert on dietary patterns research and has 19 years' experience examining national nutrition monitoring data. He was nominated by the Academy to serve on the 2015-2020 Dietary Guidelines for Americans Committee, though not selected.*

9:00 am – 9:30 am **General Session – Academy and Foundation Update + FoodMASTER Program**

Speaker: Sylvia Escott-Stump, MA, RDN, LDN, FAND

This session will include an Academy update focusing on accomplishments of the last year, followed by the Foundation's Second Century Initiative. Another program that will be discussed is FoodMASTER, the NIH-sponsored curriculum available at no charge to dietitians and science teachers to use with various age groups. These updates will provide momentum for participants to achieve cutting-edge outcomes in their own settings.



***Sylvia Escott-Stump** is Clinical Assistant Professor and Dietetic Internship Director at East Carolina University. At the Academy of Nutrition and Dietetics, she has served as President; representative to the International Confederation of Dietetic Associations; Speaker of the House; Chair of the Standardized Language task force, Nutrition Educators and Preceptors Council, and the Clinical Nutrition Management practice group. She is currently on the Board of Directors for the Academy Foundation.*

9:30 am – 10:00 am General Session – Legislative and House of Delegates Update

Speakers: Pat McKnight, MS, RDN, LD, FADA, FAND, Bonnie Willis, RD, LD, Cynthia Stegeman, EdD, RD, LD, RDH, CDE, FAND, Andrea Livi, MBA, MS, RDN, LD

This session will cover current information for OAND Members regarding State and Federal legislation and regulations affecting nutrition professionals and nutrition care. The delegates will provide an update on the outcomes from the Spring 2018 House of Delegates meeting and the Open Space Meetings that are ongoing within the districts.



Pat McKnight has been a Registered Dietitian Nutritionist for over 50 years. Her professional life has been spent in the education of nursing students at Mt. Carmel College of Nursing and in serving OAND primarily in the area of legislation and public policy. Pat's undergrad and graduate degrees are from The Ohio State University.



Bonnie Willis, is the manager of Food & Nutrition Services at Wooster Community Hospital. Her responsibilities include the Diabetes Clinic and outpatient and inpatient nutrition and food service operations. Bonnie has her degree from the University of Akron. She is currently a member of the advisory board at the University of Ashland and is a past member of the University of Akron's Advisory Board. Currently, Bonnie serves as a preceptor for the University of Akron, the University of Delaware, Ohio University and Cuyahoga Community College.



Along with being a dietitian, **Cyndee Stegeman** has enjoyed being a dental hygienist and certified diabetes educator. Overall, she has been in health care for over 35 years. She is the department chair and professor in the dental hygiene program at the University of Cincinnati Blue Ash. She just published the 5th edition of her textbook, *The Dental Hygienists' Guide to Nutritional Care*. She received her doctoral degree in the Curriculum and Instruction Program at UC.



Andrea Livi is the current Delegate Elect for the OAND. She has also served over 11 years on the Columbus Dietetic Association and OAND boards as President, CPI Chair, Bylaws Chair, Strategic Planning Chair, and Awards and Scholarships Chair. Professionally she has experience in management, clinical nutrition, enteral nutrition, parenteral nutrition, food service, and sales. Andrea received her bachelor's degree in Human Nutrition at The Ohio State University, Master of Science in Allied Health Professions with a concentration in Nutrition at Georgia State University, and a MBA with a concentration in Marketing at Capital University.

10:00 am – 10:30 am General Session - Awards and Annual Business Meeting

10:30 am – 11:00 am Refreshment Break and Booth Bingo in Exhibit Hall

11:00 am – 12:00 pm Concurrent Sessions

Concurrent Session #1 – Your Writing Can Make or Break You

Speaker: Barbara Mayfield, MS, RDN

Sponsor: Ohio Beef Council

Communicating clearly in writing is essential to accomplishing nearly any professional endeavor from job applications, proposals, blogs, journal articles, inner-office memos, and even chart notes and reports. What are the critical elements of good writing? Does your writing measure up? Learn and practice some tricks of the trade to improve your writing.



Barbara Mayfield is an expert in nutrition communication. She taught Nutrition Communication at Purdue University for 16 years, teaching not only writing, but speaking, media, demonstrations, and more. She currently is spearheading the creation of a textbook/resource book on Nutrition Communication for the Academy of Nutrition and Dietetics. She has written extensively, including a weekly blog on her website: NutritionCommunicator.com.

Concurrent Session #2 – Reducing Food Insecurity, One Can at a Time

Speaker: Lisa Andrews, MED, RD, LD

People's Pantry Cincy was a project developed, designed and executed by a Registered Dietitian eager to reduce food insecurity and improve neighborhood collaboration in the most forgotten neighborhoods of Cincinnati. Learn how you can make a difference in your community!



Lisa Andrews has been a registered dietitian since 1990. In addition to her exposure to food insecurity and malnutrition in her role as a clinical dietitian, she has also recognized food insecurity at her neighborhood school and in Central America, where she has traveled multiple times.

Concurrent Session #3 – Unleash the Inner Chef in You

Speakers: Lorna Fuller, MS, RD, LDN, Anthony Verona, CEC, CCA

The demand for cleaner labels, healthier mindful foods, requires greater skillsets and more scratch cooking. From novice to expert, this training will invoke a multi-sensory approach to cooking. It will allow participants to demonstrate professional skills in safe handling of knives, tools, and equipment. Knife safety is an essential skillset needed in every kitchen and a basic knowledge requirement for anyone working in their own kitchens or in any culinary career.



Lorna Fuller is a Training/HR Manager for Sodexo, Inc in the Greater Cleveland area. Most recently, Lorna was employed as a Recruitment Manager for Sodexo's clinical needs covering the Midwest. Lorna received an Associate's degree from Cuyahoga Community College, a BS in Dietetics from the University of Akron and a MS in Dietetics from Kent State University. Lorna has been active in health & wellness activities serving as President of the Cleveland Dietetic Association, CPI Chair of OAND and former board member of the Ohio Board of Dietetics; a 5-year governor appointed position.



Chef Anthony Verona is the culinary director for University Hospital Health System (UHHS) with Sodexo. He has received numerous accolades while employed with Sodexo, including Chef of the year North America in 2004, technical expert award in 2012 & 2016. He received his culinary arts degree from Johnson and Wales University and was trained at the Culinary Institute of America. Chef Verona is also a culinary adjunct professor at Cuyahoga Community College.

12:00 pm – 1:15 pm Lunch, Exhibit Hall, Silent Auction, Poster Session

1:15 pm – 2:15 pm Concurrent Sessions

Concurrent Session #1

Reinventing the Food Truck: Creating Healthy Communities through Mobile Education

Speaker: Michael Folino, RDN, LD

A 31-foot traveling kitchen that provides capabilities that have previously been limited to teaching and studio production facilities will be on display. As nutrition becomes a more central focus to community health, see how dietitians and chefs at The Ohio State University Wexner Medical Center will use this vehicle to impact health outcomes of individuals before they become patients.



Michael Folino is the Associate Director of Nutrition Services at The Ohio State University Wexner Medical Center. A 2004 graduate in Medical Dietetics from The Ohio State University, Mike has not strayed far from his alma mater. Mike has spent the past 13 years of his career in Nutrition Services at The Ohio State University Wexner Medical Center leading different areas of the department and is currently The Associate Director responsible for patient dining operations, purchasing and food and nutrition distribution systems.

Mike has been part of the team that has been nationally recognized for food and operations excellence.

Concurrent Session #2

Plant Foods for Feeding Health in Diabetes

Speaker: Gita Patel, MS, RDN, CDE, LD

Sponsor: Vegetarian Nutrition DPG

Diabetes mellitus is a metabolic disorder with complications resulting from high blood sugar induced inflammation. Plant foods can help reduce the three-major modifiable cardiac risk factors ... dyslipidemia, high blood sugars, and hypertension. To manage diabetes, we need to focus on the importance of micronutrients, which can help in neutralizing inflammation and achieving health. This session focuses on both macronutrients and micronutrients. *“Genes load the gun but lifestyle pulls the trigger.” Elliott Joslin, MD*



Gita Patel, Nutrition Consultant, Author of *“Blending Science with Spices: Tasty Recipes & Nutrition Tips for Healthy Living,”* and Speaker is in private practice. Gita has taught nutrition through vegetarian cooking in a variety of venues, including television. She was raised in a traditional vegetarian family in India where her first experience with eating involved the use of food for health and medicine.

Concurrent Session #3

Culinary Medicine in Ohio: The Role of the Dietitian as Teacher, Researcher and Innovator

Speaker: Rosemary Riley, PhD, LD

Ohio has a variety of initiatives implementing Culinary Medicine as part of programming for general wellness clients, disease specific interventions, classes for medical students and residents at several institutions. Faculty at Case Western, Ohio State, Miami and others have been researching the role of culinary nutrition/medicine in the health outcomes for individuals, families and health care professionals. How can dietitians continue to lead this initiative in Ohio and create the model for other states?



Rosemary Riley retired from Abbott Nutrition in 2014 after 25 years as nutrition researcher and educator, having founded the Abbott Nutrition Health Institute in 2008. Since retiring, Rosemary has focused on food and culinary education as a nutrition instructor for Cooking Matters. She has also assisted with the Jamescare for Life and the Cancer Support Community cooking programs for cancer survivors.

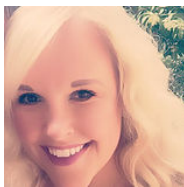
Concurrent Session #1

School Nutrition 2.0: Best Practice in 2017

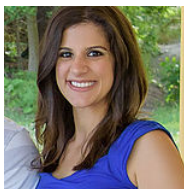
Speakers: Sarah Carlson, MS, RD, LD, Christina Scalese, RDN, LDN, RYT, Nicole Ryan, RDN, LDN

Sponsor: American Dairy Association Mideast

School Nutrition 2.0 will take you through the most updated state and federal guidelines while teaching you how to take your school foodservice to the next level. As consultants, we help schools define their mission of enhancing child nutrition and bringing that to life through their menu while creating turnkey best practice solutions. We will walk you through the Smarter Lunchroom Movement and the importance of making the cafeteria an extension of the classroom. Pisanick Partners, LLC is a consulting firm with decades of experience in Child Nutrition. They have redefined the industry by implementing School Nutrition 2.0. PPLLC clients are guided through the Smarter Lunchroom concept, and how to take their food service department beyond school lunch. Registered Dietitians Nicole Ryan, Sarah Carlson and Christina Scalese will walk you through their best practice in action.



Sarah Carlson is a graduate of Kent State with a Bachelor's Degree of Nutrition and Food Science along with a Master's Degree in Nutrition. She works at Pisanick Partners LLC as a School Nutrition Dietetic Consultant. Her expertise lies in National School Breakfast and Lunch Program guidelines and compliance. She is also committed to fundamental nutrition. She applies this skill set to coach schools to be more than just compliant by providing innovative solutions to federal and state program regulations.



Christina Scalese is a graduate of The University of Akron Coordinated Program. Christina has a Bachelor of Arts degree in Mass Media Communications and a Bachelor of Science degree in Nutrition and Dietetics. Her expertise lies in assessment, nutrition counseling and nutrition education. She utilizes these skills to find balance between guideline compliance and helping others in developing a positive relationship with food.



Nicole Ryan graduated from The University of Akron's Coordinated Program and currently works at Pisanick Partners, LLC as a School Nutrition Dietetic Consultant. She functions as the Director of Nutrition Services at Woodridge Local Schools, lead consultant for Tallmadge City Schools as well as the district's Head Start program. Nicole hopes to continuously place pediatric health and wellness at the core of the work she provides.

Concurrent Session #2

Countdown: 10 Steps to Launching a Nutrition Start-Up Company

Speakers: Mary Angela Miller, MS, RD, LD, FADA, Laura Poland, RDN, LD

Starting a retail nutrition business offering consumer products and services requires a unique skill set, different than that required for establishing a clinical or counseling focused endeavor. These two entrepreneurs will take you through their business development experience, from idea to execution. It was a process learned by trial, error and building on small successes. We'll go through it, step by step, even owning up to our missteps, to smooth the path for budding entrepreneurs.



Mary Angela Miller is an award winning leader with 30 years' experience at Cleveland Clinic and OSU where she's served as Foodservice Director and hospital administrator. She's applied the skills acquired as a food safety expert and put into practice serving millions of meals without a food related incident, in creating KeepSafe Food, dedicated to helping consumers "Protect their Plate" with products and services for personal food safety. Mary is past president of the Healthcare Foodservice Association, OAND and chaired the MFNS DPG. She currently serves as an Academy delegate.



Laura Poland, an Ohio State University graduate, has been a registered, licensed dietitian/nutritionist for over 26 years. After planning, developing and administering a nutrition-based practice, The Rite Bite, Laura now owns her own business, Dietitian In Your Kitchen, est. 2014. Laura works as a private practice dietitian and has developed many services for individual clients as well as corporate wellness programs.

Concurrent Session #3

From Fear to Facts, Understanding the Issues in Modern Agriculture

Speaker: Charlotte Rommereim, RDN, LN, LD

Sponsor: Academy Foundation/Food and Culinary Professionals Speaker Grant

Fear based marketing leaves people confused about the issues in modern agriculture. Is their food safe? This presentation will identify the evidenced-based information about modern agriculture to help guide people in making nutritious, safe food choices. Information presented will guide you in critically evaluating the issues in the farm to fork journey to determine the scientific evidence from the sensational information, myths, ideologies and opinions.



Charlotte Rommereim is a consultant dietitian to health care facilities in southeastern South Dakota and northwestern Iowa. Charlotte is the Agriculture subgroup chair on the executive committee for the Food and Culinary Professionals DPG. With her unique perspective as a dietitian living "farm to fork" on her fifth generation family farm, Charlotte encourages conversations about how food is raised.

3:15 pm – 3:45 pm Refreshment Break, Exhibits, Silent Auction

3:45 pm – 4:45 pm General Session – Malnutrition Prevention Commission Report – House Bill 580

Speakers: Suzanne Cryst, RDN, CSG, LD, Ainsley Malone, MS, RD, LD, CNSC, FAND

House Bill 580 was established to study the impact of malnutrition on older adults in health care settings in Ohio. This session will present the 6-month process (ending March 31, 2018) of identifying costs and outcomes and future models and strategies for improving data collection, new ideas/interventions, and identify evidence-based approaches to reducing malnutrition. Wrapped into the presentation will be the involved stakeholders and opportunities identified.



Suzanne Cryst has worked in Extended Care settings for 38 years. She has presented sessions on malnutrition to Ohio Medical Directors Association and American Medical Directors Association. She is a Past President of the Ohio Academy of Nutrition and Dietetics and currently serves as the Ohio liaison to the Academy Foundation.



Ainsley Malone is a member of the Nutrition Support Team at Mt. Carmel West Hospital in Columbus and also serves as a Clinical Practice Consultant to the American Society for Parenteral and Enteral Nutrition. She is a certified nutrition support clinician and is passionate about addressing malnutrition. Ainsley was appointed to the Ohio Malnutrition Prevention Commission in June of 2017.

4:45 pm - 5:00 pm Drawing for Prizes