

# Annual Conference Information

## Schedule – Thursday, May 2, 2019

**5:00 pm – 5:30 pm**    **Registration and Appetizers**  
Sponsor: American Dairy Association Mideast

**5:30 pm – 6:30 pm**    **A Day in the Life of a Zoo Nutritionist**  
Speaker: Barbara Henry, MS, Curator of Nutrition, Cincinnati Zoo and Botanical Garden  
(CPEU 1, Level 1)  
(LNC 3040, 3090, 4040, PI 8.1.2, 10.2.2, 12.1.3)

Ever wonder what it takes to feed all the animals in a zoo? Barbara Henry will explore the characteristics of her position, showing us examples and walking us through a day in the life of a zoo nutritionist. The zoo provides all food and supplies for ants to zebras and everything in between. Come find out how many mealworms they need weekly, how much meat is utilized for the carnivores, or hay for the herbivores.



**Barbara Henry** - From late 1994 until mid-2005, Barbara worked at the Brookfield Zoo as a nutrition resident or as the staff nutritionist in charge of operations. In July 2005, she was hired at the Cincinnati Zoo and Botanical Garden as the curator of nutrition. Barbara oversees developing, implementing and supervising all aspects of nutrition, records, food safety/handling, quality control, body mass assessment, browse, and growing the hay.

**6:30 pm – 7:00 pm**    **OAND Annual Business Meeting and Awards**  
Speaker: Jason Roberts, RDN, LD, OAND President

**7:00 pm – 8:00 pm**    **Dinner & Your Academy in Action**  
Speaker: Donna Martin, EdS, LD, SNS, FAND, AND Past President  
(CPEU 1, Level 1)  
(LNC 1000, 1080, 4100, 7200, 7050, PI 3.2.1, 8.3.5, 12.3.5)

The primary objective is to highlight current activities and recent developments at the Academy of Nutrition and Dietetics and the Foundation. *Your Academy in Action* spotlights new and continuing benefits of Academy membership, such as resources available to assist members in their personal and professional growth; emphasizes the value of the Academy and members to our profession and challenges we face; contains information on the Academy's Strategic Plan; and updates members on the progress of the Foundation. The Academy's activities and successes in such

areas as public policy and advocacy, malnutrition, media outreach and scientific research are addressed.



**Donna Martin** served as the Academy's President in 2017-2018. She is director of the Burke County, Georgia, school nutrition program. Martin represented the Georgia Academy of Nutrition and Dietetics in the Academy's House of Delegates; is a member of the School Nutrition Association Foundation's Board of Directors; and served on the Georgia Department of Education's Task Force on Nutrition Standards for School Nutrition Programs. She served as the Academy's Treasurer-elect in 2012-2013 and Treasurer in 2013-2015.

**8:00 pm – 9:00 pm Dessert & Legislative and House of Delegates Update**

Speakers: Natalie Stephens, RDN, LD State Policy Representative and Tammy Randall, MS, RDN, LD, CDE, FAND, Delegate Chair  
(CPEU 1, Level 1)  
(LNC 7170, 1000, 1080, 7000, PI 1.5.1, 4.2.9, 12.1.4)

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 2019 House of Delegates meeting and the Open Space Meetings that are ongoing within the districts.



**Natalie Stephens** is a Lead Dietitian at The Ohio State University Wexner Medical Center in the Department of Nutrition Services. In this role, she is working to grow the business and promote excellence in the practice of outpatient nutrition therapy. She is active in nutrition policy with OAND's Public Policy Committee and a former President of the Ohio Academy of Nutrition and Dietetics.



**Tammy Randall** is Director of the MS in Public Health Nutrition Dietetic Internship and Instructor in the Department of Nutrition at Case Western Reserve University. Tammy is active in the Academy of Nutrition and Dietetics, having recently served on the Board of Directors and is also a former President of both the Greater Cleveland Academy of Nutrition and Dietetics and Ohio Academy of Nutrition and Dietetics.

**9:00 pm – 10:00 pm Networking**

## Schedule - Friday, May 3, 2019

7:00 am – 5:00 pm    **Registration Open**

7:00 am – 8:00 am    **Morning Refreshments, Booth Bingo, Exhibits, Silent Auction and Poster Session**

8:00 am – 8:30 am    **Welcome and Update from OAND**

Speaker: Jason Roberts, RDN, LD, OAND President

8:30 am – 9:30 am    **Helping Clients Wade Through a Fad Crazy World**

Speaker: Toby Amidor, MS, RD, CDN

Sponsor: Ohio Beef Council

(CPEU 1, Level 1)

(LNC 6020, 5370, 3020, PI 8.3.6, 2.1.7, 4.1.1)

Clients are continuously asking about fad diets like Keto, Paleo, Mediterranean, and Whole30, in order to lose weight. Dietetic professionals will get an in-depth look into the latest fad diets, the allowable and prohibited foods, and diet pros and cons. Science-based information will be reviewed in order to debunk these diets. The information presented will help practitioners clear up the fad diet confusion when educating their clients.



***Toby Amidor** is a Wall Street Journal best-selling cookbook author, leading dietitian and recipe developer who believes that healthy and wholesome can also be appetizing and delicious. Toby is the founder of Toby Amidor Nutrition, where she provides nutrition and food safety consulting services for individuals, restaurants and food brands. For the past 10 years she has been an adjunct professor at Teachers College, Columbia University and is also an adjunct at Hunter College in New York City teaching food service management.*

9:30 am – 9:45 am    **Break, Booth Bingo, Exhibits and Silent Auction**

9:45 am – 10:45 am    **Concurrent Sessions**

**Concurrent Session #1 – Sleep Disparities: How Dietitians Can Use Sleep Education to Reduce Chronic Disease Risk**

Speaker: Robin Tucker, PhD, RD

(CPEU 1, Level 1)

(LNC 5370, 6020, 5190, PI 2.1.8, 6.2.5, 8.1.2)

Insufficient or poor quality sleep affects 1 in 3 Americans. Individuals belonging to special populations, including racial and ethnic minorities, individuals with low socioeconomic status, and even specific geographical groups, are at greater risk for inadequate sleep or sleep problems. This presentation provides a general background on sleep, how sleep problems increase the risk of chronic disease

among various populations, and how dietitians can incorporate sleep education to help patients and clients meet health goals.



**Robin Tucker** received her doctorate in Nutrition Science with a concentration in Ingestive Behavior from Purdue University. Prior to that, Dr. Tucker earned her registered dietitian credential in 2005 and worked both in direct patient care as a clinical dietitian and in public health. Dr. Tucker currently studies how sleep affects dietary decisions, body weight, and health.

### **Concurrent Session #2 – Electronic Motivational Interviewing: A New Look at an Old Approach**

Speaker: Ashlea Braun, MS, RDN, LD  
(CPEU 1, Level 2)  
(LNC 6010, 6020, 6030, PI 9.4.7, 9.3.3, 9.4.7)

Motivational interviewing (MI) is a client-centered approach to counseling that emphasizes autonomy and overcoming ambivalence. Proven efficacious for behavior modification and improving dietary patterns, traditional MI remains valid in clinical settings. Although telehealth continues to evolve, MI has failed to fully adapt to electronic or remote platforms. Developing, implementing, and evaluating remote MI (tele-MI) specifically to improve dietary and physical activity patterns is critical for advancing our profession.



**Ashlea Braun** is a Clinical Research Dietitian and doctoral student at The Ohio State University. Her research focuses on the application and evaluation of remote motivational interviewing in vulnerable populations. She has been nationally recognized for her contributions to our profession for both service and research.

### **Concurrent Session #3 – Be a Piece of the Wellness Pie: How RDNs Can Break into the Corporate Wellness Word**

Speaker: Judith Scharman Draughon, MS, RDN, LD  
(CPEU 1, Level 2)  
(LNC 1130, 4010, 7150, PI 1.3, 1.5.4, 2.1)

“As more people – and their employers – realize the importance of keeping obesity and other health issues in check, corporate wellness programs are blossoming” In fact, the corporate wellness market is expected to double in value by 2026, according to a new report from *Transparency Market Research*. There is ample opportunity for RDNs to approach small businesses which benefit financially from such wellness programs, as they look for affordable wellness intervention in the workplace.



**Judith Scharman Draughon** is author of *Lean Body Smart Life*. She has been dubbed the "How-To-Dietitian" as she shows how to prepare deliciously health-promoting foods while juggling busy lives. She is owner of Nutrition Educational Solutions, LLC, but the world knows her as "Foods With Judes." Judes is the Corporate Wellness RDN at Total Customized Fitness, LLC, and taught at the International Culinary Arts and Sciences Institute.

**10:45 am – 11:00 am Break, Exhibits and Silent Auction**

**11:00 am – 12:00 pm Concurrent Sessions**

**Concurrent Session #1 – Using a Team Approach in Diabetes Care by Promoting Nutrition Education with the Latest Research**

Speaker: Cara Schrager, MPH, RD, CDE  
 Sponsor: American Dairy Association Mideast  
 (CPEU 1, Level 2)  
 (LNC 9020, 4010, 5190, PI 2.2.4, 2.3.2, 8.3.6)

Joslin Diabetes Center values education in diabetes management. With a multidisciplinary team of researchers and health care providers, Joslin strives to provide patients with evidence-based treatment to optimize their diabetes care. We conduct nutritional research, educate our patients and disseminate educational messages to the underserved. Dietitians play an important role in diabetes education, updating nutritional guidelines and conducting research to help understand how nutrition is an invaluable part of diabetes care.



**Cara Schrager** is a Registered Dietitian and Certified Diabetes Educator at Joslin Diabetes Center. She has seven years of experience working as an outpatient Registered Dietitian. At Joslin, she specializes in weight management and pregnancy in diabetes. She enjoys nutrition communication and has been featured in media outlets such as *Everyday Health*, *Readers Digest*, *Medscape* and *US News and World Report*.

**Concurrent Session #2 – Using Technology to Address Food Insecurity and Chronic Disease – Produce Connect**

Speaker: Amy Headings, PhD, RD, LD and David Brewer, MBA, MS, RD, LD, CSOWM, CPHQ  
 (CPEU 1, Level 2)  
 (LNC 4070, 1020, 3020, PI 5.1, 8.1, 10.1)

Food insecurity affects 13.7% of Ohioans and disproportionately affects PrimaryOne Health’s low income patient population (>40%), leading to poor diet quality and poorly controlled chronic disease. Mid-Ohio Foodbank and PrimaryOne Health initiated a produce prescription, Produce Connect, to address this issue. Referrals

come through PrimaryOne's EMR to Mid-Ohio Foodbank, creating a closed loop for patient use of emergency feeding. Over 10,000 trackable referrals have been made, with improvements in weight and diabetes outcomes.



**Amy Headings** has been the Director of Research and Nutrition at Mid-Ohio Foodbank since 2011. She has collaborated with healthcare partners and policymakers to address food insecurity in the treatment and prevention of chronic disease. She has worked with research partners to address diabetes in food-insecure populations, and understand the impact of foods distributed by foodbanks on dietary intake and health outcomes in these same populations.



**David Brewer** was the first dietitian at PrimaryOne Health and has been the Nutrition Program Manager there since 2015. He oversees registered dietitians, dietetic interns, and nutrition programs targeted at treating chronic disease and obesity in a primary care (FHQC) setting. He graduated from The Ohio State University with a Bachelor's degree in Medical Dietetics and has a Master's in Business Administration and Masters of Science in Strategic Management from Indiana University.

### **Concurrent Session #3 – Adult and Pediatric Nutrition Screening Systematic Review: Updates from the Academy of Nutrition and Dietetics Evidence Analysis Library**

Speaker: Patricia Becker, MS, RDN, CSP, CNSC  
(CPEU 1, Level 2)  
(LNC 3090, 1010, 5410, PI 10.1.2, 10.2.2, 8.3.6)

This program will discuss the Evidence Analysis Library adult and pediatric malnutrition screening projects. The adult and pediatric nutrition screening systematic review will be described including the development of the research questions, the validity and reliability of the tools, and how this information is presented in the Academy of Nutrition and Dietetics Evidence Analysis Library. Additional information on the tools will be presented, as well as the research gaps and how providers might use the tools in their organizations.



**Patricia Becker** is Chair of the Academy of Nutrition and Dietetics Evidence Analysis Library Pediatric Nutrition Screening Project, Chair of the Pediatric Nutrition Practice Group DPG, member of the Academy of Nutrition and Dietetics/ASPEN Pediatric Malnutrition Workgroup and Lead author of the Consensus statement for ASPEN / AND pediatric malnutrition.

**12:00 pm – 1:00 pm Lunch, Exhibits, Silent Auction and Poster Session**

**1:00 pm – 2:00 pm Concurrent Sessions**

**Concurrent Session #1 – Diversity in Dietetics Matters: Experiences of Minority Nutrition Professionals in their Route to Practice**

Speaker: Jennifer Warren, PhD, RD, LD  
(CPEU 1, Level 1)  
(LNC 1040, 6080, 1000, PI 3.1.2, 2.2.2, 1.3)

This session will discuss findings of a research project that investigates the experiences of minority dietetics professionals and the formation of a professional identity. Successful classroom initiatives, pedagogical strategies, and mentorship models will be discussed, as well as approaches to professional identity development.



***Jennifer Warren** is a registered dietitian who currently teaches at the University of Akron. After seeing the absence of diversity in her classroom, she decided to investigate the matter using critical inquiry and qualitative methods for her dissertation. She hopes the outcomes will add to the body of knowledge in this area.*

**Concurrent Session #2 – Being Culturally Competent Isn't Enough: Why Being an Advocate for Diversity is Critical to the Dietetics Profession**

Speaker: Tamara Melton, MS, RDN, CPHIMS  
(CPEU 1, Level 2)  
(LNC 1040, 1060, 6000, PI 1.3, 2.1, 8.2)

The clients and patients that RDNs work with are becoming increasingly more diverse. This session will discuss the reasons why all dietetics professionals need to go beyond traditional cultural competency skills to stay relevant in the increasingly competitive nutrition and wellness market. The speaker will highlight practical resources that dietetics professionals can utilize to increase their cultural sensitivity and to better serve their communities.



***Tamara Melton** is the co-founder and Executive Director of Diversify Dietetics, a nonprofit organization dedicated to increasing the ethnic and racial diversity in the dietetics profession. Tamara has been an educator for over a decade and has created programs that help to support students from underrepresented minority groups to successfully achieve their education and career goals. Tamara frequently writes and speaks on the topic of diversity and cultural sensitivity.*

2:00 pm – 2:15 pm Break, Exhibits and Silent Auction

2:15 pm – 3:15 pm Concurrent Sessions

**Concurrent Session #1 – Disparities in Malnutrition Risk in Communities: Magnitude of the Problem and Potential for a Solution through Quality Improvement Initiatives**

Speaker: David Lanctin, MPH  
(CPEU 1, Level 2)  
(LNC 4010, 7160, 3020, PI 2.2.3, 3.2.3)

A recent survey study demonstrated that 1 in 4 community-dwelling, Chicago-area older adults are at risk of malnutrition. Moreover, nutritional risk was higher in Black and Hispanic participants, suggesting that, while all community-dwellers at malnutrition risk may benefit from nutritional interventions, a greater impact may be found in these populations. Recent research supports the feasibility and effectiveness of nutrition-focused quality improvement programs in improving health and economic outcomes for community-dwelling adults at nutritional risk.



*David Lanctin is a health outcomes researcher at Abbott Nutrition. His research focuses on the impact of malnutrition and nutrition-focused quality improvement programs on patient wellbeing and healthcare costs. David's prior work includes health economic modeling research at Optum and advising researchers on conducting research with CMS administrative data at the CMS contractor, ResDAC. He obtained his MPH in epidemiology from the University of Minnesota.*

**Concurrent Session #2 – The Digital Dietitian: Innovating Dietetic Practice with Health IT**

Speaker: Carrie Hamady, MS, RD, LD  
(CPEU 1, Level 2)  
(LNC 1065, 7160, 9030, PI 5.1.1, 5.2.1, 5.4.3)

Typical positions held by Registered Dietitian Nutritionists (RDN) are changing. With advances in technology and a need to improve healthcare delivery systems, RDNs are perfectly leveraged to use their professional skills to become leaders in the field. This session will discuss strategies for elevating your practice through health IT, summarize how the integration of the nutrition care process with health IT can improve outcomes, and help you develop an action plan for improving your skills.



***Carrie Hamady** is a registered/licensed dietitian and the Director of the Undergraduate Dietetics Program at BGSU. She previously worked as a clinical dietitian. She serves as the Chair for the Academy of Nutrition and Dietetics' Nutrition Informatics Committee and is the group leader for the Nutrition Care Process and Research Outcomes (NCPRO) Committee for ANDHII.*

### **Concurrent Session #3 – Challenges and Strategies: Treating Patients with Food Allergy and Gluten Intolerance**

Speaker: Ellen Karlin, MMSc, RDN, LDN, FADA  
(CPEU 1, Level 2)  
(LNC 5110, 5120, 5000, PI 8.1, 8.3, 12.1)

This course will provide an understanding of the current rise in prevalence of food allergy, lactose intolerance and gluten sensitivity. Some of the more common allergens and cross reactivity that can occur will be discussed. Participants will have an increased understanding of the pathophysiology of the immune system, risk factors for developing food allergy and other food related intolerances. Guidelines will be provided on how to easily and safely provide medical nutrition therapy to these patients.



***Ellen Karlin**, a nutrition consultant has worked at the Comprehensive Asthma and Allergy Center for the past 30 years. Ellen is a Fellow of the American Dietetic Association, and a member and volunteer for the Food Allergy Awareness and Education organization. A popular speaker, she has delivered numerous food allergy and intolerance lectures. She was the technical reviewer and author for several Academy publications and presented an Academy teleseminar "Food Allergies and the New Labeling Law."*

**3:15 pm – 3:30 pm**    **Break, Exhibits and Silent Auction**

**3:30 pm – 4:30 pm**    **Concurrent Sessions**

### **Concurrent Session #1 – Yes, And! Medical Improv to Improve Multidisciplinary Communication, Collaboration, and Competence**

Speaker: Sonja Stetzler, MA, RDN, CPC  
(CPEU 1, Level 2)  
(LNC 1130, 7200, 1070, PI 2.3, 3.2.2, 8.3.7)

Patient-centered communication has been shown to improve clinical outcomes, chronic disease management, and patient satisfaction. Medical improv, which is based on improvisational theater techniques, teaches participants to quickly build trust to connect with others, work collaboratively in diverse teams, and increase

comfort levels with uncertainty and change. This hands-on seminar strengthens skills to enable participants to communicate more effectively, improve adaptability, and experiment with new approaches to reach medical goals.



**Sonja Stetzler** has been trained in Applied Improvisation by Second City in Chicago and in Medical Improv at Northwestern University's Feinburg School of Medicine in Chicago. She has conducted research with Appalachian State University to determine if Medical Improv could improve the communication skills of dietetic interns. Her research paper is expected to be published in the fall of 2018.

**Concurrent Session #2 – Dump Living Paycheck to Paycheck – Practice “Private Practice Profitability!”**

Speaker: Kendall Singleton, MPA  
(CPEU 1, Level 2)  
(LNC 1000, 7070, 7170, PI 4.1, 11.2, 11.3.6)

Let's discuss the business of owning your own business – with a focus on profitability while maintaining the highest standards of patient and client care. Topics include creating an appropriate practice environment, managing overhead costs, establishing a strong referral base, focusing on customer retention, setting your rates and pricing strategies. No scratch paper needed for this session, but we're eager to set you on the path of financial stability!



**Kendall Singleton** is head of sales for the company's contracting and billing departments at Healthy Bytes. She is responsible for the financial growth of the company. Kendall frequently delivers presentations on the business of health insurance in-person and via webinar to dietitians, dietetic interns, and nutritionists across the country.

**Concurrent Session #3 – Succeeding at the waist-line and the bottom-line: Increasing healthy food appeal as a win-win approach for public health and the private sector**

Speaker: Jonathan Kershaw, PhD  
(CPEU 1, Level 2)  
(LNC 8130, 7120, 6010, PI 11.1, 8.4, 11.2)

What if the healthy choice was the tasty choice? Increasing the appeal of healthier products represents one strategy to facilitate positive dietary choices, incentivize a healthier food environment, and design supportive, sustainable food policies. This session will draw on innovative sensory research, insightful interviews with policy-makers and industry personnel, and an interactive tasting activity to illustrate interdisciplinary strategies for promoting healthier food choices.



***Jonathan Kershaw**, as a graduate student, participated in an interdisciplinary leadership development program through the American Association for the Advancement of Science (AAAS). His work on food choice culminated in a presentation to policy-makers in Washington DC. This experience, together with his food science and nutrition training and multiple industry internships, led him to pursue a research career dedicated to understanding sensory drivers of food choice.*

**4:30 pm – 4:45 pm    Break**

**4:45 pm – 5:00 pm    General Session – Closing, Poster Awards, and Drawings**

Speaker: Jason Roberts, RDN, LD, OAND President and Lisa Andrews, MEd, RD, LD, OAND President Elect

**7:10 pm                    Cincinnati Reds vs. San Francisco Giants**