

# Annual Conference Information

## Schedule – Thursday, April 16, 2020

- 3:30 pm – 6:30 pm Brew to Moo, BrewDog Brewery Museum**  
This is an optional event. See *Brew to Moo* event information and registration at:  
<https://www.eatrightohio.org/aws/OAND/pt/sp/conference>
- 7:00 pm – 9:00 pm Networking – Marriott Columbus University Area Lobby Bar**

## Schedule - Friday, April 17, 2020

- 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: Lisa Andrews, MED, RDN, LD, OAND President
- 8:30 am – 9:30 am Changing the Conversation: Culinary Techniques to Meet the Needs of a Client’s Diagnosis without Sacrificing Flavor for Aging/Geriatric Diseases**  
Speaker: Abbie Gellman, MS, RD, CDN and Chef  
Sponsor: Ohio Beef Council  
(CPEU 1, Level 2)  
(LNC 8060, 4000, 6010, PI 8.4, 8.1, 9.4)

Change the conversation when discussing dietary protocol with clients. Instead of educating what they need to limit or “can’t have” per diagnosis protocol, empower them with foods they CAN eat and healthy cooking techniques that can be utilized at home to prepare flavorful food. Bridge the gap of nutrition education with what clients understand about food. Learn how to educate your clients with evidence-based science, but translated through food along with behavior change techniques. Learn how to evaluate clients’ cooking skills and confidence in the kitchen to set realistic food-focused behavior change goals.

***Abbie Gellman, MS, RD, CDN is a Chef, Registered Dietitian, and founder of Culinary Nutrition Cuisine LLC, a culinary nutrition consulting company. Abbie is a spokesperson, recipe and product developer, educator, and private chef. She creates, produces, and hosts cooking and nutrition videos and works with wide variety of food companies/brands, foodservice operators, and private clients. Abbie received a Master of Science degree in Nutrition from Teachers College, Columbia University and completed a dietetic internship at New York – Presbyterian Hospital in New York City. Abbie holds a Bachelor of Science degree from Cornell University’s***

*School of Hotel Administration and earned her Culinary Degree from Peter Kump's New York Cooking School (now known as the Institute for Culinary Education).*

**9:30 am – 10:00 am Annual Business Meeting and Awards**

Speaker: Lisa Andrews, MED, RDN, LD, OAND President

**10:00 am – 10:30 am Legislative and House of Delegates Update**

Speakers: Pat McKnight, MS, RDN, LD, FADA, FAND, State Policy Representative and Andrea Livi, MBA, MS, RDN, LD, 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 will be presented regarding State and Federal legislation and regulations affecting nutrition professionals and nutrition care.

The delegates will provide an update on the outcomes from the Fall 2019, Winter 2020, and Spring 2020 House of Delegates meetings.

***Pat McKnight, MS, RDN, LD, FADA, FAND** has served as OAND, State Policy Chair for more than 20 years. She is Assistant Professor, Nutrition at Mt. Carmel College of Nursing in Columbus. She is a 50 year member of the Academy of Nutrition and Dietetics.*

***Andrea Livi, MBA, MS, RDN, LD** is the current Delegate Chair for the OAND. She has also served over 13 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. She is currently working as the Regional Sales Manager at Coram CVS Specialty Infusion specializing in home infusion including TPN and tube feeding.*

**10:30 am – 11:00 am Break, Booth Bingo, Exhibits and Silent Auction**

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

**Concurrent Session #1 – An Untapped Opportunity: Integration of RDNs into Pediatric Care to Improve Health Outcomes for All**

Speaker: Amy Reed, MS, RD, CSP, LD  
(CPEU 1, Level 2)  
(LNC 7170, 7010, 1010, PI 2.2, 3.2, 3.3)

In this presentation participants will learn how RDNs are integrating into pediatric care offices. This untapped opportunity provides RDNs more work flexibility, greater availability to clients in a familiar environment, direct impact on the revenue generated for the practice, improvement of reimbursement for nutrition services, and increased creativity. The presence of an RDN in the primary care setting also can lead to increased utilization of services and enhance the nutrition knowledge of primary care providers.

*Amy Reed, MS, RD, CSP, LD has been a dietitian for over 20 years. Her specialty is pediatrics. She currently works for a primary care pediatrics office and owns her own practice. With these opportunities, she has learned how partnering with primary care and offering insurance reimbursement increases nutrition services to clients through the utilization of the RDN. In this area of work there is an opportunity for the RDN to not only expand career opportunities, but have an impact on revenue made for the practice. Her desire is to share this with other RDNs.*

**Concurrent Session #2 – The Low FODMAP Diet for Irritable Bowel Syndrome: From Evidence to Implementation**

Speaker: Lauren Harris-Pincus, MS, RDN

Sponsor: Monash University

(CPEU 1, Level 1)

(LNC 5000, 5110, 5220, PI 8.3.6, 8.4.4, 9.1.5)

The Monash University research team discovered a group of short-chain carbohydrates that are either poorly absorbed in the small intestine or are completely indigestible. These carbohydrates are called FODMAPs: fermentable oligosaccharides, disaccharides, monosaccharides, and polyols. Their poor absorption in some people triggers IBS symptoms. This session will cover how FODMAPS contribute to Irritable Bowel Syndrome (IBS) and how to help patients/clients with this complicated dietary intervention including ways in which the diet could be modified to suit the needs of the individual with attention to ensuring adequate fiber intake with a limited diet.

*Lauren Harris-Pincus, MS, RDN, is a nutrition communications specialist, speaker, spokesperson, corporate consultant and Registered Dietitian in private practice. She is the founder and owner of Nutrition Starring YOU, LLC where she specializes in weight management and prediabetes. She also completed the Monash University Low FODMAP course for dietitians. Lauren is the author of the cookbook, “The Protein-Packed Breakfast Club.” As a media RD, Lauren has been featured several hundred times in major publications and podcasts. She is also a contributor to Today’s Dietitian Magazine and Food and Nutrition Magazine.*

**12:00 pm – 1:30 pm Lunch, Exhibits, Silent Auction and Poster Session**

**1:30 pm – 2:30 pm Concurrent Sessions**

### **Concurrent Session #1 – Career Opportunities for 2020 and Beyond**

Speakers: Tori Schmitt, MS, RDN, LD, Moderator, Erin DeSimone, MS, RD, LDN, FAND, Kerry Rose, MPH, RD, LD, Kristen Stoehr, MBA, RDN, LDN  
(CPEU 1, Level 2)  
(LNC 1010, 7120, 7180, PI 14.3, 11.2, 11.4)

Opportunities in the field of nutrition and dietetics are rapidly expanding beyond traditionally identified roles. One area of significant growth has been in business and communications, but RDNs may need additional education and skill development to successfully transition to careers in business. In this panel discussion, three Dietitians in Business and Communications DPG RDNs will share their knowledge and strategies for success in the fields of Public Relations, Corporate Wellness and Brand Management.

***Erin DeSimone, MS, RD, LDN, FAND** is a nutrition communications specialist with 25 years of experience at FoodMinds, which provides consulting and communications services specializing in science, public affairs, food values and communications to meet business and public health objectives. Erin co-leads FoodMinds and helps create, implement and manage health and nutrition-related marketing programs for health professional, thought leader and consumer audiences. She has a bachelor's in nutrition and medical dietetics and a master's in written communications.*

***Kerry Rose, MPH, RD, LD** is a Regional Wellness Director with Eurest, a sector of Compass Group. Kerry drives wellness and sustainability initiatives in corporate dining locations, ensures access to healthy options and coordinates wellness programming. Previously Kerry spent 10 years as clinical dietitian. She received her MPH in Health Policy and Management from Columbia University and a BS in Dietetics from Arizona State University.*

***Tori Schmitt, MS, RDN, LD** is the owner of YES! Nutrition, LLC, a nutrition counseling and communications company helping patients and the public say "YES!" to living a more nutritious, balanced life. As a nutrition communications consultant, Tori partners with food industry organizations to develop evidence-based creative online content including blogs, videos, and live social media broadcasts to amplify brand awareness, engagement, and trust.*

***Kristen Stoehr MBA, RDN, LDN** is a Registered Dietitian and Associate Brand Manager for Nestlé® USA, based in Cleveland, Ohio. In this position, she is responsible for end-to-end brand management. Kristen joined Nestlé in 2011 and has since held upwardly progressive roles in Regulatory & Scientific Affairs, Nutrition, Health and Wellness Strategy, and Brand Marketing spanning the LEAN CUISINE®, Confections & Snacks, BUITONI®, and Outsiders Pizza Company brands.*

**Concurrent Session #2 – Fruit and Vegetable Prescription Program (Wholesome Rx) - An Innovative Approach to Diabetes Prevention and Management in Rural FQHCs**

Speaker: Liz Curry, MS, RD, LD, Jason Martinez, PharmD, BCACP  
(CPEU 1, Level 1)  
(LNC 4020, 4040, 4070, PI 12.1.1, 8.1.4, 12.3.3)

The Fruit and Vegetable Prescription Program (Wholesome Rx) is an unprecedented and pioneering project focusing on providing nutrition education to patients with prediabetes or diabetes while leveraging fruits and vegetable prescriptions as a means to decrease diabetes prevalence while increasing health food access and affordability among low-income and high-need citizens in Ohio.

*Liz Curry, MS, RD, LD is the Diabetes Coordinator at the Ohio Department of Health. She currently oversees diabetes prevention and management efforts through a Centers for Disease Control and Prevention (CDC) funded cooperative agreement that comprehensively addresses chronic disease. Liz is tasked with improving diabetes care to facilitate prevention, early diagnosis and quality management of diabetes, while assisting community-clinical linkages to support prevention and management efforts.*

*Jason Martinez, PharmD, BCACP obtained his Doctor of Pharmacy from Ohio Northern University and is Board Certified in Ambulatory Care Pharmacy. He has been active in his FQHC's 340b program for a number of years providing knowledge, oversight, and increasing the number of contracted pharmacies to increase access for patients. He also oversees chronic disease management for the clinic by providing medication management along with care provided by a nurse case manager and registered dietitian in their AADE accredited diabetes education program. Jason also works closely with behavioral health as a consultant for their medication assisted treatment program.*

**2:30 pm – 3:30 pm Concurrent Sessions**

**Concurrent Session #1 – The Food Matrix: More Than the Sum of Nutrients**

Speaker: Katie Brown, EdD, RDN, SVP  
Sponsor: American Dairy Association Mideast  
(CPEU 1, Level 2)  
(LNC 2000, 2020, 4040, PI 8.3.6, 8.1.2, 8.1.5)

It is commonly accepted that we eat foods, not nutrients; however, until recently the relationship between diet and health has focused on individual nutrients. Today, the focus is shifting toward the impact of whole foods. The food matrix is an emerging concept that looks at the physical structure of foods and the nutrients and bioactive factors within them that may impact digestion, absorption and health -beyond the impact of individual nutrients. This session will provide a foundation

on the food matrix concept and highlight research that suggests further exploration could impact the future of nutrition guidance.

**Katie Brown, EdD, RDN** joined National Dairy Council (NDC) in June 2017 as Senior Vice President Sustainable Nutrition. Katie is a registered dietitian nutritionist and has Bachelor's and Master's degrees in Dietetics and Nutrition and a Doctorate degree in Education. Prior to joining NDC, she served as the Chief Global Nutrition Strategy Officer and National Education Director for the Academy of Nutrition and Dietetics Foundation. In these roles, she led the planning for a new vision and strategic direction for the profession, as it reached its 100th year centennial in 2017.

**Concurrent Session #2 – How to Integrate Intuitive Eating and the Weight Inclusive Approach into Your Practice**

Speaker: Alissa Rumsey, MS, RD, CDN, CSCS  
(CPEU 1, Level 2)  
(LNC 6020, 6010, 5200, PI 9.6.1, 9.6.3, 9.6.4)

Intuitive eating and the non-diet approach have been gaining momentum in the culture at large and in the field of nutrition. This talk will outline and explain the principles that comprise the weight inclusive approach to health and the growing body of research which supports it as a best practice. She will explain how to use the principles of intuitive eating as a framework to help clients of all types and will share practical skills and tools that dietitians can use.

**Alissa Rumsey, MS, RD, CDN, CSCS** is a registered dietitian, Certified Intuitive Eating Counselor and the founder of Alissa Rumsey Nutrition and Wellness, a weight-inclusive private practice that specializes in intuitive eating, body acceptance and disordered eating recovery. She has spoken at professional meetings around the country including FNCE, Today's Dietitian Symposium and over half a dozen state meetings.

**3:30 pm – 4:00 pm**     **Break, Exhibits and Silent Auction**

**4:00 pm – 5:00 pm**     **General Session – Let's Have a Conversation: How the Dialogue Learning Approach Can Lead to a Healthier Future**

Speakers: Cindy Conway, MS, RDN, LD, Amy Habig, MPH, RDN, LD, Amy Hollar, MS, RDN, Cheryl Barber Spires, RDN, LD

Sponsor:

(CPEU 1, Level 2)

(LNC 6020, 4080, 6030, PI 9.4.2, 12.4.3, 12.1.3)

Ohio State University Extension (OSUE) Community Nutrition Programs provide free, research-based nutrition education for low-income adults and youth throughout Ohio. Curricula are implemented using a dialogue learning approach to engage participants and facilitate meaningful behavior changes. This presentation will provide an overview of OSUE Community Nutrition Programs, dialogue learning

in nutrition education (for client education and staff trainings), and a demonstration of activities that follow the dialogue learning approach.

**Cindy Conway, MS, RDN, LD** has worked in community nutrition education for over 12 years. A Program Specialist supporting the SNAP-Ed program in Ohio, Cindy develops curricula and evaluation instruments for adult and youth participants. She holds degrees from Eastern Kentucky University and the Ohio State University.

**Amy Habig, MPH, RDN, LD** has worked in community nutrition education for 7 years. Amy is currently an EFNEP Program Specialist, and previously worked as a Family and Consumer Sciences Extension Educator through Ohio State University Extension. She attended Purdue University, Cornell University, and University of North Carolina at Chapel Hill.

**Amy Hollar, MS, RDN** joined OSU Extension in 2017. She serves as a Program Specialist for the Expanded Food and Nutrition Education Program (EFNEP). EFNEP is a nutrition education program funded through the National Institute of Food and Agriculture (NIFA) through the United States Department of Agriculture (USDA). Amy is a Registered Dietitian and previously worked for EFNEP and SNAP-Ed at the University of Maryland College Park.

**Cheryl Barber Spires, RDN, LD**, is a 25-year employee of Ohio State University Extension. She began as a SNAP-Ed Program Assistant, fulfilled 16 years as a Family and Consumer Sciences Educator, and now supervises 25 program staff within 23 counties. Cheryl's passion is equipping her staff to succeed as they provide education and skills to participants so food access will increase and health will improve.

**5:00 pm**

**General Session – Closing, Poster Awards, and Drawings**

Speaker: Lisa Andrews, MED, RD, LD, OAND President and Allison Bokenkotter, RD, OAND Conference Chair