

**OAND 101<sup>st</sup> Annual Conference**  
*Intersections of Evidence, Empathy and Action*  
**BGSU Conference Center, Bowling Green, Ohio**  
**April 8, 2022**

**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 – 9:00 am      General Session Keynote – Counseling**  
*Sponsored by American Dairy Association Mideast*

**Resistance or Insistence When It Comes to Co-existence of Traditional Weight Management and a Health at Every Size Approach**

Our patients look to us to help them strategize, personalize and optimize their weight management goals. As health care professionals we need to make recommendations based on the evidence but also bring the empathy, support and compassion to the conversation. Meeting people where they are, listening before advising and being willing to customize nutritional guidance can increase efficacy, effectiveness and compliance as well as motivation and participation.

*(CPEU 1, Level 3, PI 9.6.1, 2.2.2, 6.2.5)*



**Leslie Bonci, MPH, RDN, CSSD, LDN** owns a private practice in Pittsburgh, PA with specialty in weight management, disordered eating and performance nutrition. She is an educator, lecturer, industry advisor and media spokesperson with an expertise in communication and messaging to engage not enrage.

**9:00 am – 9:45 am      Awards, Annual Business Meeting,  
Legislative and House of Delegates Update**

Speakers: Bonnie Willis, RDN, LD, FAND, President, Carrie Hamady, EDD, MS, RD, LD, FAND, CPI Chair, Kay Mavko, MS, RDN, LD, State Regulatory Specialist, Heather McCormick, MS, RDN, LD, CDE, Delegate Chair

Current information for OAND Members regarding State and Federal legislation and regulations affecting nutrition professionals and nutrition care. The Delegates will provide an update from the most recent House of Delegates meeting, and the meetings that are ongoing in the districts.  
*(CPEU .5, Level 2, PI 1.5.1, 4.2.9, 12.1.4)*



**Kay Mavko, MS, RDN, LD** is a long-time Academy of Nutrition and Dietetics member from Dublin, Ohio who has worked in adult and pediatric nutrition as a clinical dietitian, dietitian manager, and consultant, and then became the Director of the Ohio Board of Dietetics for over 13 years. Now retired from full-time employment, Kay currently is involved in public policy work in Ohio as the State Regulatory Specialist for the OAND and helps monitor the State Medical Board of Ohio activities related to dietitian licensure.



**Heather McCormick, MS, RDN, LD, CDE** is in community and corporate wellness. She currently works with Mt. Carmel Health System in Columbus working in workplace health and cardiopulmonary rehab. She earned her master's degree in nutrition and dietetics from Bowling Green State University and her bachelor's degree from Illinois State University. In 2011, Heather was voted Ohio's Young Dietitian of the Year. She has served the Columbus Dietetic Association in many capacities, including President, and she is the former President and CPI Chair for the Ohio Academy of Nutrition and Dietetics.

**9:45 am – 10:00 am Break, Booth Bingo, Exhibits and Silent Auction**

**10:00 am – 11:00 am Concurrent Session A - Clinical**

**Beyond “Weight”: Optimizing Patient Care and Success in Medical and Surgical Treatment Through Evidence-Based Practices Applied to Body Composition Analysis**

This session outlines patients’ health benefits and personal affirmation gained when body composition is analyzed throughout medical and surgical weight loss processes. Presentation includes tools applied by the RDN and NDTR and evidence-based practices empowering decision-making and patient recommendations towards achieving the favorable outcome of fat loss while sparing lean mass. RDN-generated clinical outcomes recently published as one-year bariatric surgery body composition goals as well as the influence of presurgical weight loss approaches are addressed.

*(CPEU 1, Level 2, PI 6.2.3, 8.2.3, 8.3.3)*



**Kim Knopp, MS, RD, LD** has celebrated 41 years as an AND member and 33 as an OAND member! Her longstanding clinical focus on outpatient care and bariatric surgery fostered an interest in applying body composition analysis. She shared this interest by hosting interns and lecturing for undergraduate programs, and has published and contributed to research papers, national poster presentations, articles, newsletters, and a premier international bariatric cookbook.

## 10:00 am – 11:00 am Concurrent Session B - Counseling

### **Transition of Identity Connected to the Eating Experience in Individuals with Celiac Disease**

The adoption of a strict gluten free diet for Celiac Disease may lead to changes in an individual's sense of identity connected to the eating experience affecting their physical, social and emotional state and negatively affecting quality of life. As dietetic practitioners, empathizing with clients and moving them beyond problem-based solving to emotional and social-coping may not only facilitate dietary adherence but also protect psychological well-being.

(CPEU 1, Level 2, PI 9.6.1, 9.6.3, 9.6.6)



**Jennifer Dalton DCN, RDN, LD** is program director and Associate Clinical Professor at the University of Dayton. As a clinician she worked to create healing spaces where client-centered values, meaning and purpose around the eating experience guided the direction of the work for improving overall health through nutrition. She has been investigating the impact of therapeutic diet changes on transition of identity connected to the eating experience for five years.



**Diana Cuy Castellanos, PhD, RDN, LD** is a registered dietitian, researcher and instructor. She has investigated dietary transition in various populations for more than 15 years and the psycho-social and environmental influences of dietary behavior. As a dietetic instructor, she teaches courses in research, nutritional biochemistry and community nutrition.

## 11:00 am – 11:15 am Break, Booth Bingo, Exhibits and Silent Auction

## 11:15 am – 12:15 pm Concurrent Session A - DEI

### **Beyond My Plate: Advanced Dietary Strategies to Treat Adolescent Obesity**

The dietary approach for treating adolescent obesity has evolved over time, with options now tailored to best meet the needs of the adolescent. Current practice takes into consideration extent of obesity, presence of co-morbidities, family support, and the adolescent's readiness to change their eating habits. This presentation will give a historical overview of dietary management of adolescent obesity over the past 40 years, review 12 different evidence-based dietary strategies, and discuss two case studies.

(CPEU 1, Level 2, PI 5.3.7, 6.0.1, 5.0.8)



**Shelley Kirk, PhD, RD, LD** has worked as a clinical dietitian in the field of pediatric obesity for over 36 years and is now Professor of Clinical Pediatrics with the College of Medicine at the University of Cincinnati. For the past 22 years, Dr. Kirk has served as Director of HealthWorks!, a family-based behavioral weight management program for youth with overweight and obesity within the Heart Institute at Cincinnati Children's Hospital Medical Center. During her tenure at Cincinnati Children's, her primary goal as a researcher and clinician has been to develop more effective clinical interventions for the management of childhood and

adolescent obesity.

## 11:15 am – 12:15 pm Concurrent Session B - Culinary

### Live Cooking Demonstration in the Teaching Kitchen

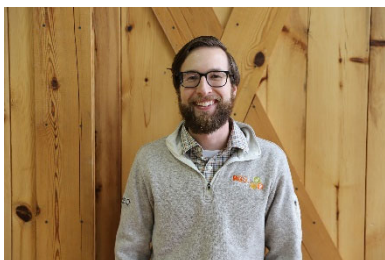
Join Chef Austin Rozelle in the BGSU Dining Teaching Kitchen for an interactive culinary session. Austin will be sharing the behind-the-scenes expertise on hosting successful culinary classes for students and community members, along with ways to connect with participants who have food allergies and dietary restrictions. BGSU Dining by Chartwells was the first college campus to have a Teaching Kitchen and this space is a foundation of culinary class development for Chartwells Higher Education (subsector of Compass Group). Marketing Director Jon Zachrich will also be joining this session to share information on how to market your culinary classes and use social media to connect with your desired audience.

(CPEU 1, Level 2, PI 8.4.1, 8.2.2, 13.2.3)



**Austin Rozelle** is a graduate of Owens Community College with a Culinary Arts Certificate. He has worked in the Foodservice Industry for over 10 years, and has been with Chartwells Higher Education for the past five years as a Sous Chef with BGSU working in their All You Care to Eat dining facilities. In his current role, Austin oversees and coordinates production at the Carillon Place dining hall as well as works in-tandem with the Campus Dietitian, Paige Wagner to provide specialized meals for students with dietary restrictions. Austin also works closely with Paige in The Teaching Kitchen at BGSU to provide educational and engaging classes in which

students, faculty / staff as well as the Bowling Green community learn how to prepare and cook a variety of dishes from across the world.



**Jon Zachrich** is a two time graduate of BGSU with a Bachelors of History and Minor in Political Science (2013) and a Masters of Public Administration (2018). He has worked for Chartwells Higher Education for eight years working up from the BGSU Dining Social Media Intern to Director of Marketing and Communication. In his current role, Jon coordinates all of the marketing and promotions for BGSU Dining as well as consults for other university dining programs.

## 12:15 pm – 1:30 pm Lunch, Exhibits, Silent Auction and Poster Session

Please take this opportunity to visit our generous supporters in the exhibit hall.

## 1:30 pm – 2:30 pm Concurrent Session A – Culinary/Clinical

### History of African Foods and Their Impact on The Western Diet

Join us as we take you through a deeper culinary exploration into the African-American foodways and their historical evolution. This journey will allow you to bridge the gap between cultural competency and nutritional properties that empower clients to make better lifestyle choices. Participants will learn traditional African foods and their nutritional properties, establish an understanding of the impact of slavery migration and food commodities and gain a different perspective of a traditional food plate.

(CPEU 1, Level 2, PI 9.4.2, 12.2.1, 12.4.5, 1.3.7)



**Chef Jason Johnson**, Certified Professional Chef from Columbus, Ohio, obtained his culinary training and degree from Sullivan University in Lexington, KY after receiving a Bachelor of Science in Biology from Kentucky State University. He has gained many experiences in the culinary industry from high end Country Clubs, Premier Catering, Hotel Banquets & Events, to Nutrition Services at OSU Wexner Medical Center, and Farm to Table Restaurant Management as Executive Chef for South Side Roots Café. Jason is currently, operating his own Premier Private Chef Service

business, The Gourmet Touch Chef Services. Chef Jason also utilizes his knowledge, experience, passion, and purpose to support the community for various local community organizations, such as Chef In Schools initiative, Homeless Families Foundation, Central Community House, The Star House, Urban Farms, Local Matters, and healthy food chef demo classes for Cancer Support Community, in which he has had the privilege to serve for the last three years. He truly believes in utilizing food as a way to help, heal, and give hope to people.



**Tiana Montella, MS, RD, LD, CNSC, CD-L**, is a registered dietitian and certified labor doula. She received her bachelor's degree from The Ohio State University and completed her master's degree and dietetic internship from Kent State University. Tiana is an inpatient RD within the Intensive Care Unit and Progressive Care Unit, focusing on nutrition support. She became interested in birth work and doula services when she felt a calling to be a solution to the black maternal mortality rates. While working as an inpatient RD and Labor Doula, Tiana serves as the Columbus Dietetic

Association's 2021-2022 President. She was awarded 2020 Recognized Young Dietitian of the Year from the Ohio Academy of Nutrition and Dietetics. She just received the 2021 Clinical Excellence Award from OSU Wexner Medical Center.

## 1:30 pm – 2:30 pm      **Concurrent Session B – Community/Foodservice**

### **The School Nutrition Hub: Connecting Community Nutrition to School**

Schools provide a unique venue to connect students with nutrition resources. Come learn more about the nutrition issues students face in a large urban school district, how school nutrition programs are combating these issues through community partnerships, and how dietetic professionals can be involved to make a difference in their school communities. (CPEU 1, Level 2, PI 2.3.2, 3.3.5, 12.4.5)



**Allison Thirion-Blasius, MPH, RD, LD, FAND** is a firm believer that you can't live a full life on an empty stomach. A Northeast Ohio native, she serves as the District Dietitian for the Cleveland Metropolitan School District. Alli loves her two cats, listening to podcasts, and any lavender-scented.



**Leilah Absi, MS, RD, LD** is passionate for helping children learn and grow with the power of wholesome foods. Born and raised in Cleveland, Ohio, Leilah proudly represents the Cleveland Metropolitan School District as the School Nutrition's Project Manager. She loves her dog Koby and rooting for the Cleveland Browns.

## 2:30 pm – 2:45 pm      **Break, Exhibits and Silent Auction**

## 2:45 pm - 3:45 pm      **Concurrent Session A - DEI**

### **Reducing Weight Bias for Dietetic Trainees**

Stigma against people with obesity is prevalent in healthcare professionals, including registered dietitians. However, this stigma can negatively affect care for our patients. This session will offer a narrative review of the scientific literature on strategies to reduce weight bias for dietitians, as well as a description and outcomes from a small pilot study (n=8) that used a graduate-level course curriculum to implement several of these strategies. (CPEU 1, Level 2, PI 2.1.7, 4.2.2, 9.3.1)



**Rosanna Watowicz, PhD, RDN, LD** is a registered dietitian and assistant professor in the Department of Nutrition at Case Western Reserve University in Cleveland, Ohio. Her research is focused on treatment of pediatric obesity and she is particularly interested in treatments for children with severe obesity. She teaches both undergraduate and graduate courses within the department and her goal is to train compassionate and evidence-based health care professionals.

## 2:45 pm - 3:45 pm      Concurrent Session B - Clinical

### **Food Allergy Prevention: When and How to Introduce Solid Foods to Babies**

This session will review the prevalence and diagnosis of food allergies. Participants will learn about the current evidence and guidelines on the early introduction of foods, including outlining barriers to adherence to recommended guidelines. The role of clinicians, registered dietitians, and dietetic technicians will be discussed in the context of working with clients and the interdisciplinary team. Future recommendations on preparing healthcare providers, such as nutrition professionals, will be addressed based on a recent survey of allied health students. (CPEU 1, Level 2, PI 3.2.5, 4.1.2, 6.2.5, 8.3.5, 10.2.9)



**M. Razi Rafeeq, MD** is an allergy and immunology specialist in Toledo, Ohio. He has been serving patients in the greater Toledo area for more than 35 years. Dr. Rafeeq is Clinical Assistant Professor at the University of Toledo Medical Center and the Section Chief of Allergy and Immunology at the Mercy St. Charles Hospital in Oregon, Ohio.



**Wan Shen, PhD, RDN, LD** is Assistant professor, Department of Public and Allied Health at Bowling Green State University. She is passionate about research in food allergies and believes optimal nutrition care for people with food allergies is extremely important.

## 3:45 pm – 4:00 pm      Break

4:00 pm – 5:00 pm

## General Session - Closing Keynote – DEI Poster Awards and Drawings

### **What Just Happened?! Navigating Conflict and Confusion in Communication**

We have all felt this way: Puzzled why we were ignored, turned down or ignited an outburst...and wondered why. We will gather and re-enact challenging scenarios from dietitians and technicians in various practice areas. Then Heather Dugan, a communications and connections expert will break them down and provide tips on how to handle them in the moment and techniques on how to more effectively connect and react in the future.

(CPEU 1, Level 2, PI 2.1.2, 4.2.5, 2.2.5)



**Heather Dugan**, Award-winning author and speaker, is founder of Cabernet Coaches®, an “all ages, all stages” group for women that fosters self-betterment through face-to-face friendships and social connection. Books include *The Friendship Upgrade: Trade Clickable Connections for Friendships that Matter* and *Date Like a Grownup: Anecdotes, Admissions of Guilt & Advice Between Friends*. Heather has authored articles and advice columns on business and professional relationships and independently produced and appeared in hundreds of video projects for a wide range of national and international clients. Her focus is on fostering more meaningful relationships, facilitating effective communication, and equipping all people for life-changing transitions.



**Mary Angela Miller, MS, RDN, LD** spent 15 years as Nutrition Services Director at OSUWMC, 13 years as an administrator and is an adjunct OSU instructor. Mary was a Nutrition Service Coordinator for Cleveland Clinic and a Wellness Director for a medical practice. Her BS degree is from YSU, MS from CWRU and certificate in Healthcare Management from OSU. She is an international ambassador for the Mediterranean Diet and is known as the Food Safety Dietitian, founder of KeepSafe Food.