

OAND 102nd Annual Conference
On Our Plates: Community, Connection, Compassion
Columbus State Community College, Columbus, Ohio
April 14, 2023

7:30 am – 5:00 pm Registration Open

**7:30 am – 8:30 am Morning Refreshments, Booth Bingo,
Exhibits, Silent Auction and Poster Session**

**8:30 am – 9:30 am General Session Keynote – Nutrition
Authority: Perspectives on Opportunity**

Speaker: Sue Finn, PhD, RDN, LDN

Panel Members: Grace Burney, NDTR, Wendy Phillips, MS, RD, LD, NWCC, FAND, FASPEN,
Donna Skoda, MS, RDN, LDN

Dr. Sue Finn, author of Nutrition Authority: Perspectives on Opportunity will share insights from her book and engage a panel of accomplished nutrition professionals from Ohio to share their perspectives on their careers and how they were inspired and continue to be inspired as the true Nutrition Authorities.

(CPEU 1, Level 2, PI 3.1.3, 4.1.1, 4.2.1, 12.1.2)



foundation.

Susan Finn, PhD, RDN, FAND is a recognized leader and respected communicator in food, nutrition, and health. She has been an advisor to professional societies, educational institutions, governmental bodies and industry professionals. Dr. Finn received her PhD in nutrition science from The Ohio State University. She headed nutrition services for the Ross Products Division of Abbott Laboratories (now Abbott Nutrition) for over 30 years. She served as President of the Academy of Nutrition and Dietetics and chair of its



Grace Burney, NDTR is a graduate of Cuyahoga Community College, in Cleveland Ohio. She holds an Associate's Degree of Applied Science in Dietetic Technology. Grace has been Nutrition and Dietetic Technician Registered since 1988. Her nutrition background is in hospitals, clinics, education of seniors, community nutrition, weight management, chemical dependency and research. She just completed 10 years of work in long-term care. Grace has received numerous awards, including OAND Recognized Dietetic Technician of the Year Award in 2007, Dietetic Technician Excellence in Practice Award in 2011, and the NOBIDAN Griot Award for Excellence in Practice in 2022.



Wendy Phillips, MS, RD, LD, NWCC, FAND, FASPEN is the Regional Vice President for Morrison Healthcare. She oversees financial management and operational excellence of the food service department for the Cleveland Clinic enterprise while leading population health efforts to address food security and chronic diseases in northeast Ohio. She lead outcomes measurement studies for RDNs to ensure efficient and effective use of resources and leads program development for ambulatory nutrition programs.



Donna Skoda, MS, RDN, LDN is the Health Commissioner for the Summit County Public Health since July 1, 2015. Her responsibilities include management and general strategic planning for the health district. She is a registered, licensed dietitian with a master’s degree in Public Health Nutrition from Case Western Reserve University. She has worked in community-based public health programs for 35 years.

9:30 am – 10:10 am Awards, Annual Business Meeting and New Board Installation

Judith Kaplan, MS, RD, LD, President, Rosemary Riley, PhD, LD, CPI Chair

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

10:30 am – 11:30 am Concurrent Session 1

Nutrition Management of Pregnancy Complicated by Gestational Diabetes

Gestational diabetes is one of the most common medical complications of pregnancy. Maternal and infant adverse outcomes increase with maternal hyperglycemia. Nutrition management is the cornerstone of treatment. The ADA recommends nutrition counseling by a registered dietitian (RD, RDN) and the development of personalized nutrition plans, along with glucose monitoring, lifestyle modifications and a protocol for when to add pharmacological therapy. Comprehensive nutrition interventions that include individualized MNT, have been shown to be effective in improving glucose control and neonatal and maternal outcomes in women with GDM.

(CPEU 1, Level __, PI 8.1.1, 8.2.2, 10.3.1)



Alma Simmons, RDN, LD is a bilingual (Spanish) Registered Dietitian-Nutritionist with over 14 years of professional experience in the fields of maternal and infant nutrition, lactation, diabetes and weight management. She is the founding Dietitian in the Maternal Fetal Medicine department at OhioHealth corporation and also works with clients on a part time basis through her private practice Inspired Soul Nutrition LLC. In addition, she currently serves as the social media chair for the Columbus Dietetic Association.

Alma’s passion is to empower women in the lifecycle from pregnancy to menopause to find their personal and unique path to a healthier lifestyle.

10:30 am – 11:30 am Concurrent Session 2

Culture Focused Nutrition: Why Diversity, Compassion and Community Connection in Nutrition Matters?

Eating healthy is no one size fits all approach and diversity in nutrition is mandatory to make an impact nationwide and dietitians must demonstrate cultural humility, sensitivity and empathy for every culture this country represents. Join us as we discuss cultural and racial diversity in nutrition while highlighting the impact of teaching based on an individual's culture and food preferences. We will also highlight different factors and socioeconomic barriers that affect many people of color when making healthier choices.

(CPEU 1, Level 1, PI 1.7.1, 2.1.3, 12.2.1)



Ashley Carter, MS, RD, LD is a Registered Dietitian and co-founder and director of EatWell Exchange. Ashley graduated from Florida State University with a degree in dietetics and a minor in religion. Ashley obtained her masters in clinical nutrition with a focus on health information and technology from the University of North Florida. She has been in the maternal and child health field for 10 years.



Jasmine Westbrook, MS, RD, LD, CDCES is a Registered Dietitian Nutritionist and Certified Diabetes Care and Education Specialist. She is the Co-founder of EatWell Exchange Inc. She earned her Bachelor of Science degree in Nutrition Dietetics from the University of Tennessee at Chattanooga and her Master's Degree in Nutrition Education from Rosalind Franklin University in Chicago.

10:30 am – 11:30 am Concurrent Session 3

GI Nutrition: Fact or Fiction

It appears that everyone is preoccupied with their gut. Whether it is a patient complaining of abdominal pain, a friend who is avoiding gluten, or a family member trying to choose the best probiotic, gut health has become a top priority. The internet is booming with supplements, recipes, and books to boost the gut microbiota, but what can you believe? During this presentation and cooking demonstration, you will learn to decipher fact from fiction so you can guide your patients to the truth to keep their gut bugs happy and healthy.

(CPEU 1, Level 2, PI 8.2.2, 8.5.4, 8.1.4)



Paula Gallagher, MFN, RDN, LDN is an Ohio-based Registered and Licensed Dietitian. Paula is the owner of The Gutsy RD, LLC. She is an Instructor and the Program Director of the Dietetic Technician Program at Columbus State Community College. Paula educates in a holistic manner to help patients decrease symptoms while improving their quality of life.



Chef Adam Hagar, MBA, CEC, CWPC, CDM, CFPP is a Culinary Instructor at Columbus State Community College's School of Hospitality Management and Culinary Arts with a specialization in Culinary Science. In 2007 he began to focus his studies on dietary nutrition at Columbus State Community College where he earned his credentials as a Certified Dietary Manager with the Association of Nutrition and Foodservice Professionals.

11:30 am – 11:45 am Break, Booth Bingo, Exhibits and Silent Auction

11:45 am – 12:45 pm Concurrent Session 1

Sponsored by American Dairy Association Mideast

Nutrition through the first 1000 Days

This session will provide a closer look at the importance of perinatal nutrition on baby's neurocognitive development. The first 1,000 days between pregnancy and a child's second birthday are a brief but critical window of opportunity to promote brain development and the impact of these decisions is lifelong. Moms can take a proactive role in helping their child grow, learn, and thrive through their nutrition choices. In its Policy Statement on Advocacy for Improving Nutrition in the First 1000 Days to Support Childhood Development and Adult Health, the American Academy of Pediatrics recognized 14 nutrients that affect early brain development. The session will provide an overview of the 14 necessary nutrients for brain health and development along with the food sources of these nutrients. We will take a deeper dive into 7 of these 14 nutrients which are found in dairy, in particular iodine, and the critical role they play in cognition.

(CPEU 1, Level 1, PI 2.1.8, 8.1.5, 9.4.2)



Megan Maisano, MS, RDN is the Director of Nutrition and Regulatory Affairs at National Dairy Council. She holds a BS in Psychology from the United States Military Academy, an MS in Nutrition Interventions, Communication and Behavior Change from Tufts University Friedman School, and completed her dietetic internship at the Cleveland Clinic. Her professional interests include prenatal nutrition, food and nutrition marketing and education, and health behavior change.



Elizabeth Zmuda, DO, FAAP, FACOP is a Pediatrician and Director of Medical Education at OhioHealth, and the mother of 4 children. She is an advocate for population health viewed through the lens of quality nutrition, physical activity, and strong emotional skills in childhood and beyond. An active member of the American Academy of Pediatrics, she works with local, state, and national groups to develop nutrition policy, and is one of several authors of the AAP's Pediatric Nutrition Handbook.

11:45 am – 12:45 pm Concurrent Session 2

The Interns' Perspective

Focus on the fundamentals of how to tailor your precepting to meet the individualized needs of each student, and provide meaningful learning experiences! Hear from past student experiences to enhance your skills and improve your cultural humility and inclusion. (CPEU 1, Level 1, PI 1.7.1, 6.5.6, 6.8.3)



Aubrey Redd, MS, RDN, LDN is the owner of the private practice Aubrey Redd Nutrition LLC, and culinary dietitian for Unite for HER nonprofit organization. In her private practice, she works with busy women struggling to find a place for nutrition in their lifestyle. At Unite for HER, she works with folks who have developed breast or ovarian cancer, and provides nutrition counseling and educational support for their respective needs.

11:45 am – 12:45 pm Concurrent Session 3

Culinary and Nutrition Education for Cancer Risk Reduction

Join Registered Dietitian Cameron Stauffer and Chef David Brue of the Ohio State University Wexner Medical Center for a live cooking demonstration and a discussion on culinary and nutrition education for cancer risk reduction. Cameron and David will also discuss the James Mobile Education Kitchen and Ohio State's Culinary Outreach Program. Be prepared to learn about the evidence-based recommendations for cancer prevention, how to incorporate them in community education, and to sample their delicious food! (CPEU 1, Level 2, PI 8.5.3, 8.2.1, 8.1.5)



Cameron Stauffer, RD, LD is a Senior Culinary Educator and Registered Dietitian with the Ohio State University Wexner Medical Center. She studied nutrition and dietetics at Miami University in Oxford, Ohio before completing her dietetic internship at Ohio State. She travels around the Central Ohio area with the James Mobile Education Kitchen team, providing culinary and nutrition education to the public. Cameron believes that the basis for good nutrition starts in the kitchen.



David Brue is the Executive Chef and Associate Director of Culinary Outreach for The Ohio State University Wexner Medical Center. Named one of Food Service Magazines "30 under 30ish" up and coming chefs in 2015, David has worked all over the country implementing creative and unique ways to operate large scale operations. David believes in the goodness of food, both in nutrition and taste, and has been with the Ohio State Wexner Medical Center for the past 11 years.

12:45 pm – 2:00 pm Lunch, Exhibits, Silent Auction and Poster Session

2:00 pm – 3:00 pm Concurrent Session 1

The Dietitian and the Maternal Child Dyad: Common Complications Impacting Lactation

For many, breastfeeding does not go as planned. To meet their feeding goals, the breastfeeding dyad needs timely care. Registered dietitian nutritionists provide a unique role in the assessment of nutrition problems within the dyad. They also serve as key referral sources and collaborators with lactation consultants and the larger care team. During this session, attendees will learn about common issues and conditions that affect lactation, and strategies and actionable steps to overcome those challenges.

(CPEU 1, Level 1, PI 12.1.1, 4.2.7, 8.1.5)



Laura Knisley, DNP, APRN, RD, LD, FNP, BC-ADM, CDCES, IBCLC is an Endocrinology Nurse Practitioner and Registered Dietitian. She is Board Certified in Advanced Diabetes Management and is an IBCLC. She specializes in women's health and nutrition.



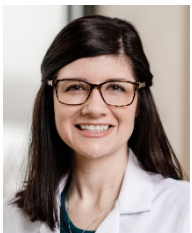
Amber Sheeks, MPH, RD, LD, IBCLC is an Assistant Professor of Instruction in the Division of Food and Nutrition Sciences. She holds a BS in Allied Medicine-Medical Dietetics from OSU and an MPH with a concentration in Nutrition from UMASS. She is currently enrolled in the Higher Education Executive PhD program at Ohio University and maintains a small private practice as a dietitian and lactation consultant.

2:00 pm – 3:00 pm Concurrent Session 2

Beyond Reimbursement 101: How Policy Impacts Your Paycheck and How To Change It

Did you know Ohio has one of the lowest Medicaid reimbursement rates based on our cost of living? Why should Ohio Dietitians and Diet Technicians get involved? Because this impacts us all! Amy Lewis MS, RD, LD and Laura Poland RD, LD are your State Nutrition Services Payment Specialists. Join us as we share our plan to seek increased reimbursement rates for MNT services in Ohio so we can serve all populations in Ohio.

(CPEU 1, Level 2, PI 12.2.3, 12.1.4, 3.1.3)



Amy Lewis, MS, RD, LD has worked in Tennessee and Ohio in a variety of areas from public health, long-term care, corporate wellness and outpatient counseling and education. She has spent the last 10 years with Mount Carmel Health System, the past four years as supervisor of outpatient clinical nutrition. As the NSPS for Ohio, she has enjoyed helping other dietitians learn about reimbursement for MNT.



Laura Poland, RD, LD is the owner and provider for her private practice, *Dietitian In Your Kitchen*. She has held many roles for the Academy. Currently she is enjoying working on the Public Policy team for Ohio as the Nutrition Services Payment Specialist. Laura is a podcaster, a certified personal trainer and loves working with clients to feel more comfortable and confident in the kitchen!

2:00 pm – 3:00 pm Concurrent Session 3

Are You Making Recommendations that Could Encourage a Eating Disorder?

When people hear the word “dietitian,” they tend to instantly feel like the food police are out to get them. Our profession is often reduced to numbers and people seeking weight loss, not actual health enhancement. Emerging research shows traditional recommendations can be taken to an extreme, subsequently triggering eating disorders. This presentation will take a deep dive into alternative nutrition practices and ways we can guide clients towards healthy behaviors without obsession.

(CPEU 1, Level 2, PI 8.2.2, 8.4.4, 9.6.2)



Taylor Lechner, MFN, RD, LD is co-founder and provider at LK Nutrition LLC in Columbus, Ohio. She has over 6 years of experience working with clients with eating disorders. In addition to counseling clients, she has a passion for educating professionals. She creates and leads online courses teaching dietitians and students how to effectively work with clients struggling with disordered eating.



Jessi Kilbarger, MS, RD, LD is co-founder and provider at LK Nutrition LLC in Columbus, Ohio. She has over 6 years of experience working within the field of eating disorders. Jessi is passionate about bringing evidence-based care to every person. Through LK Nutrition, she develops unique services to increase access to care and fill in gaps traditional eating disorder treatment misses.

3:00 pm – 3:20 Break, Exhibits and Silent Auction

3:20 pm – 4:20 pm General Session Closing Keynote

Building Capacity in Primary Care to Address Cardiovascular Disease through the RDN

Value-based payment models are becoming increasingly common with quality metrics such as blood pressure control significantly affecting reimbursement. Dietary patterns exert a significant impact on blood pressure management efforts, especially in vulnerable populations. This session will discuss the latest dietary recommendations for the management of hypertension, the importance of advocacy for nutrition counseling in primary care, and some strategies to increase access to the RDN within primary care.

(CPEU 1, Level 2, PI 2.3.1, 3.3.1, 10.3.9)



Christopher Taylor, PhD, RDN, LD, FAND is a Professor and Director of Medical Dietetics at The Ohio State University, with a courtesy appointment in the Department of Family Medicine and Community Medicine. He has collaborated with Dr. Wexler on efforts to promote improved outcomes in chronic disease and promote the access primary care patients to nutrition counseling with RDNs.



Randy Wexler, MD, MPH, FAAFP is Professor and Academic Vice Chair in the Department of Family Medicine and Community Medicine at The Ohio State University. He has focused on improvements of chronic disease in general and hypertension in particular in the primary care setting. He has collaborated with Dr. Taylor on many efforts focused on these topics as well as improved access for primary care patients to nutrition counseling with RDNs.

4:20 pm – 5:00 pm Ohio Legislative News and House of Delegates Update, Poster Awards and Drawings

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)



Lorna Fuller, PhD, RDN, LD Delegate Chair, is a Sr. HR/Training Manager for Sodexo, Inc. Lorna has completed an AAS degree from Cuyahoga Community College, a BS in Dietetics from the University of Akron, MS in Dietetics from Kent State University, and in 2021; she obtained her PhD in Urban Education – Adult Continuing Education and Higher Learning at Cleveland State University. Lorna has served as President of the Cleveland Dietetic Association, board member of the Ohio Board of Dietetics (OBD), Chair, Council on Professional Issues and Secretary (OAND), Academy Diversity Leader, Chair of the National Organization of Blacks in Nutrition & Dietetics (NOBIDAN), and most recently serving on the Academy’s Nominating Committee.



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.