

103rd Annual OAND Conference
Leaders in the Field: Deep Dive into Nutrition and Dietetics
Cincinnati State Technical and Community College, Cincinnati, Ohio
April 12, 2024

- 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 Opening Keynote**

What Is Your Leadership Story? Showcase Your Leadership Presence No Matter the Role to Elevate Career and Value

Women and dietitians often discount their contributions, leadership presence, and level of trust in the workplace. Learn how using the 5 C's of trust and potential amplifies your story and sets you up for success in any role. During the session, self-reflect on your performance, identify your strengths, and craft your leadership story to share with others. Walk away with more self-confidence, belief in your value to organizations, and a better understanding of behaviors to demonstrate and develop.

(CPEU 1, Level 1, PI 3.1.1, 1.1.1, 1.1.4)

- Identify five groups of behaviors that signal leadership readiness and presence.
- Self-reflect on leadership behaviors, recognize strengths, and craft their leadership story.
- Discuss the value of their behaviors and work outcomes to their team organization.



Julie Jones, MS, RDN, LD, CPTD serves as the Director of Performance Learning for Ruck-Shockey Associates, an operational consulting firm. Previously, she served fifteen years as the Director of Food and Nutrition Services at The Ohio State University Wexner Medical Center. She and her team won numerous awards for innovative design, service delivery, and technology applications.

- 9:00 am – 9:30 am Awards, Annual Business Meeting and New Board Installation**
Carrie Hamady, EdD, MS, RD, LD, FAND, President, Lorna Fuller, PhD, MS, RDN, LD, President Elect, Tiana Montella, MS, RD, LD, CNSC, CLC, CPI Chair
- 9:30 am – 10:00 am Break, Booth Bingo, Exhibits and Silent Auction**

10:00 am – 11:00 am Concurrent Session 1

Updates to the AAP Clinical Practice Guidelines for Pediatric Obesity and Implications to Nutrition Counseling in a Multi-Disciplinary Pediatric Weight Management Program

The updated Clinical Practice Guidelines (CPG) include evidence-based recommendations that guide pediatricians and pediatric health care providers on the evaluation and treatment of children and adolescents with obesity as a chronic disease. Notably, offering pharmacotherapy and metabolic and bariatric surgery to adolescent patients sooner are highlighted in the CPG. The increase in pharmacotherapy has shifted our nutrition counseling to ensuring patients are meeting their nutritional needs in the setting of appetite suppression and weight loss.

(CPEU 1, Level 2, PI 8.1.5, 10.3.9, 9.6.3)

- Discuss the evidence behind the new AAP recommendations on the treatment of childhood obesity.
- Recognize what the new guidelines mean to those treating childhood obesity and the implications for patients.
- Understand how these new guidelines impact nutrition counseling for those seeking or prescribed anti-obesity medication.



Alison Wheeler, MS, RD, LD, CSOWM is a Registered Dietitian II at the Center for Better Health and Nutrition at Cincinnati Children's Hospital. She worked in clinical research for 10 years before going back to school to pursue a career in dietetics. She has found her calling in pediatric weight management and specifically a passion is discussing and combating weight stigma in healthcare.



Bob Siegel, MD is the Director of the Center for Better Health and Nutrition at Cincinnati Children's Hospital. He is currently a Professor of Pediatrics at the University of Cincinnati and diplomate of the American Board of Obesity Medicine. He has over 100 peer reviewed articles and presentations. His research interests include behavioral economic principles to improve food selection and interventions to improve weight status in children with obesity.

10:00 am – 11:00 am Concurrent Session 2

Opportunities to Close the Nutrition Equity Gap: Amplifying Cultural Relevance of Dairy Foods in Tackling Health Disparities

African Americans have disproportionately high rates of certain chronic diseases – leading to an increasing gap in health disparities. Compared to whites, African Americans have higher rates of obesity, heart disease and hypertension, metabolic syndrome and osteoporosis. While progress has been made helping people with lactose intolerance (LI) understand that dairy can still be consumed, inequities of dairy intake in the dietary patterns of African Americans remain. Health, nutrition and medical professionals, especially those early in their careers, still need to be educated about the importance of continuing to include dairy in the diets of those with LI in a culturally relevant manner.

(CPEU 1, Level 2, PI 1.7.1, 1.7.2, 2.3.4)

- Describe nutrition's role in health equity and the role of eating patterns in addressing nutrition disparities and chronic diseases that disproportionately affect African Americans.
- Discuss opportunities to support health care workforce development for culturally appropriate nutrition and dietetics service delivery to support African American communities.
- Discuss practical strategies for addressing lactose intolerance and barriers to adopting recommended servings of dairy foods.



Kuda Mako-Mushaniga MPH, MS, RD is a Registered Dietitian and public health professional with over 25 years of experience implementing nutrition, food systems and public health programs in the US and globally. She is currently Vice President Scientific Affairs for the National Dairy Council and is the relationship manager for the National Medical Association. Kuda holds a Master of Science degree in Dietetics and Nutrition and a Master of Public Health Degree from the University of Kansas Medical Center.

10:00 am – 11:00 am Concurrent Session 3

From Bedside to Headlines: How RDNs and NDTRs from various backgrounds can emerge in media

Both the US Department of Health and Human Services and World Health Organization recognize health misinformation as a serious threat. Much of this is due to social media becoming the primary way many people give and receive information. RDNs and NDTRs can and should play a role in providing evidence-based nutrition and health information to the public. Learn about the pathway two RDNs have traveled to work with media to help combat the threat of health misinformation.

(CPEU 1, Level 1, PI 2.1.4, 2.2.3, 8.1.1)

- State three ways to start in media to provide evidence-based nutrition information to the public.
- Review the key components of a media message
- Demonstrate how to answer the question "What is an RDN/NDTR and how can they help others?"



Lisa Andrews, MEd, RD, LD has been a registered dietitian for 30+ years and is the current chair of the Ohio HOD. She has served previously as OAND president, CPI chair, DEI co-chair, and media chair. She has also been on the conference committee for several years and is a member of the DEI committee. Lisa is the owner of Sound Bites Nutrition and has experience in clinical, community, and culinary nutrition. Lisa is a regular contributor to Food and Health Communications and is the author of the Healing Gout Cookbook, Complete Thyroid Cookbook, and Heart Healthy Meal Prep Cookbook.



Amy Reed, MS, RD, CSP, LD has been a pediatric dietitian for ~25 years. She has been at Cincinnati Children's for over 20 years. While at CCHMC, she has covered multiple clinical specialties and is now the education specialist for the department of nutrition therapy. In addition to her work at CCHMC, she also serves as spokesperson for the Academy of Nutrition and Dietetics and has had various leadership roles on other Academy practice groups.

**10:00 am – 11:00 am Concurrent Session 4 (Repeated at 11:15 am)
Pre-registration required – Limit 25 attendees**

Elevating the Role of the Clinical RDN: Implementing a Dietitian-Led Small Bore Feeding Tube Team

Clinical dietitians are often looking for opportunities to expand their skill set, fight malnutrition, and offer value-added services to their interdisciplinary teams. Additionally, it has been traditionally challenging to have a safe and effective method for placing small bore feeding tubes outside of the ICU setting. This program will give a brief overview of how staff at The Ohio State University Wexner Medical implemented a dietitian led small bore feeding tube team to elevate the role of the clinical RDN and to improve patient care.

(CPEU 1, Level 2, PI 4.2.1, 4.1.1, 7.1.3)

- Describe the process used for starting a dietitian-led small bore feeding tube team at the Ohio State University Wexner Medical Center
- Identify challenges with starting a dietitian-led feeding tube placement team
- Demonstrate placement of a gastric or post-pyloric small-bore feeding tube and nasal bridle in a simulated environment



Allison Krall, MS, RD, LD, CNSC is a clinical dietitian, professional lecturer, and dynamic educator with over 20 years of experience in the field of nutrition support. Throughout her career, she has worked in inpatient, outpatient, and home nutrition support. Allison is an energetic educator with a passion for educating students and professionals on the practical application of enteral nutrition.



Cassie Fackler, RD, LD, CNSC is a Staff Dietitian Lead for the last 5 years at The Ohio State University Wexner Medical Center where she has spent her entire career in the acute care hospital setting. She is a certified Nutrition Support Clinician. Over her course at Ohio State, she has also had the opportunity to get involved in many research initiatives as well as helped with several QI and student capstone projects. She helps support the growth and development of the clinical nutrition team and most recently, she helped start the RD led feeding tube team.

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

11:15 am – 12:15 pm Concurrent Session 1

Obesity Medications: Impact on Dietetic Practice?

Obesity Medications are now delivering weight loss of 15%-25% often referred to as medical gastric bypass. As these medications move into primary care what is the role of the dietitian? Influencers are suggesting no need for lifestyle interventions. What is the quality of the diet and will we be seeing a unique new form of malnutrition?

(CPEU 1, Level 2, PI 10.4.7, 1.4.1, 10.5.1)

- List 3-4 new drugs and their modes of action.
- Identify the role of lifestyle interventions in the research to date.
- Debate where dietitians can have the most impact along this new weight management continuum.



Rosemary Riley, PhD, LD was with Abbott Nutrition for 25 years before beginning her teaching at Ohio Wesleyan University. She founded the Abbott Nutrition Health Institute and continues to focus on education of students and other healthcare professionals. Her early career at Abbott was focused on weight management and piloted a drug/nutrition combination.

11:15 am – 12:15 pm Concurrent Session 2

A Roadmap to Cultural Menus

At Dayton Children’s Hospital, we’ve spent the last several years building our team and our systems to ensure we showcase the lived experiences of those we are celebrating with our cultural meals. We’ll share everything from our mistakes made to our lessons learned and a roadmap to engaging the right people to honor the subtle nuances that make each culture exceptional.

(CPEU 1, Level 2, PI 2.3.5, 8.5.2, 13.2.4)

- Identify individuals inside and outside of your institution to create a culturally competent team.
- Develop educational pieces that tie into the cultural significance of a cultural meal.
- Leverage the skills and experiences of your own kitchen staff to meet the needs and expectations required by a cultural meal.



Emilie Westcott, MS, RDN, LD is the Improvement Coordinator for the Clinical Nutrition & Lactation Department at Dayton Children’s Hospital. Her primary professional practice relates to process improvement, data analytics, and use of technology. She also serves as the Cultural Food Partner to the Dietetics and Nutrition Department and loves learning about foods from across the globe.



Amanda Brewsaugh, RDN, LD is the Manager of Clinical Foods and the Clinical Nutrition Lab at Dayton Children’s Hospital. She draws on her 12 years of experience as a clinical dietitian and serves as the Cultural Food Partner for Dietetics and Nutrition. Further, she has a bachelor’s degree in Culinary Nutrition and has worked in kitchens both at home and abroad.

11:15 am – 12:15 pm Concurrent Session 3

NDTR’s Scope of Practice and Their Role in Leadership

An NDTR's job potential is boundless; their scope of practice expands in settings ranging from food production and management/food safety to acute care clinical nutrition teams in hospitals and long-term care systems. In ambulatory settings, NDTRs are vital within public health entities such as Women Infants, and Children (WIC), prisons and currently growing in private practice and social media presence.

(CPEU 1, Level 3, PI 3.1.6, 3.2.5, 3.3.3)

- Understand the scope of practice of the NDTR.
- Learn the different roles NDTRs play a part in.
- Learn the roles of leadership NDTRs can pursue.



Sami Hupp NDTR graduated from Columbus State Community College with an associate degree in nutrition and dietetics. Sami has worked in Corrections, Clinical Nutrition, and Food Service Management, and has her own private practice called BetaCarrotTeen. She sits on several committees including OAND's DEI committee and the Academy Honors committee. Sami and a group of NDTRs took part in getting the Academy to create NDTR Day during National Nutrition Month instead of combining them into RD day.

11:15 am – 12:15 pm Concurrent Session 4 (Repeat of 10:00 am) Pre-registration required – Limit 25 attendees

Elevating the Role of the Clinical RDN: Implementing a Dietitian-Led Small Bore Feeding Tube Team

Speakers: Allison Krall, MS, RD, LD, CNSC, Cassie Fackler, RD, LD, CNSC

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

1:30 pm – 2:30 pm Concurrent Session 1

First, Do No Harm: Addressing Health Inequities and Nutrition Disparities in the LGBTQ+ Community

Healthcare has been using “biological sex” as a metric when working with individuals to prevent, improve and/or treat health and nutrition related conditions. Social acceptance of the lesbian, gay, bisexual, transgender and queer + (LGBTQ+) community is growing, but stigma and discrimination when working with healthcare professionals still exists. We will examine the health and nutrition disparities and how to “individualize” treatment. We will provide strategies to help decrease health disparities.

(CPEU 1, Level 1, PI 1.1.5, 1.7.2, 10.2.10)

- Understand health inequities and nutrition disparities that LGBTQ+ individuals experience from healthcare systems in the U.S., specifically Ohio.
- Identify within the Nutrition Care Process, assessment methods that are sex-specific and how they can be applied to transgender clients.
- Understand how to apply this knowledge to your practice to improve outcomes for patients from the LGBTQ+ culture/community.



Sara Hauke, MSN, FNP-C, (they/them) completed their BSN at the University of Cincinnati and their MS at Walden University. They are an Advanced Practice Registered Nurse and AANP Board Certified Family Nurse Practitioner. They work at Equitas Health Center in Cincinnati, serving as a Primary Care Provider focusing on Gender Affirming Care, HIV Treatment and Prevention and Reproductive Health. Sara spends their free time hiking in the woods.



CJ Jones, MEd, RD, LD, CDCES, FAND, CC received their BS degree in Nutritional Sciences from the University of Connecticut and MEd from the University of Cincinnati. CJ is the Dietetic Technician Program Chair at Cincinnati State Technical and Community College, works as a Certified Diabetes Care and Education Specialist with the Christ Hospital Health Network and teaches cooking classes as a Chef at Baker Hunt Art and Cultural Center.



Ty Owens is a member of the LGBTQ+ community who has had first-hand experience with healthcare systems in Ohio. He is an Engineering Service Technician with Metcut Research Inc who enjoys spending time with his wife and daughter.

1:30 pm – 2:30 pm Concurrent Session 2

Tips to Mastering Your Interview Skills Using the STAR Technique (Situation, Task, Actions, and Results)

The hiring process has changed significantly with the increasing internet use, job boards, artificial intelligence, and automation. This session focuses on developing a resume highlighting core strengths using the STAR technique (Situation, Task, Action, and Result). Through this technique, you will better understand how to showcase your experiences and skills to potential employers. Participants can develop their STAR methodology by describing past successes and how that translate into relevant skill sets. Resume writing is also covered. (CPEU 1, Level 2, PI 3.1.1, 3.2.4, 11.4.5)

- Revise or build a resume using the STAR technique
- List common resume writing pitfalls that recruiters and hiring managers frequently observe.
- Understand how to use the STAR technique to ace your interview.



Lorna Fuller, PhD, MS, RDN, LD is a Sr. HR/Training Manager for Sodexo, Inc. in Greater Cleveland. She supports a Regional Vice-President for HR and Training for an extensive hospital system in Northeast Ohio. She was previously employed as a Recruitment Manager supporting Sodexo RDNs and NDTRs needs across the USA. Lorna has been active in Dietetics at the local, state, and national levels. She currently serves as OAND President-Elect.

1:30 pm – 2:30 pm Concurrent Session 3

Nourishing Resilience: Fueling Strength and Vitality on the Menopause Journey

Many women walk into their menopause journey blindly, crossing their fingers and hoping for the best. This session aims to equip you with tools and techniques to empower women at every stage of menopause. Discover effective communication strategies, delve into the significance of mindset and mental storytelling, and explore straightforward nutritional and lifestyle approaches, like the importance of high-quality protein, to help women thrive through this transformative phase of life.

(CPEU 1, Level 2, PI 8.1.5, 9.1.3, 10.3.1)

- Identify physical, cultural, and personal stressors that may cause negative symptoms during the menopause journey.
- Describe the science behind why mindset can play a powerful role in the aging process.
- Implement nutrition and lifestyle strategies that can help improve quality of life and empower women to thrive at each stage of menopause.



Jenna Braddock, MSH, RDN, CSSD, LD/N, ACSM-CPT is a Registered Dietitian Nutritionist, Certified Specialist in Sports Dietetics and ACSM Certified Personal Trainer. Jenna is the author of two cookbooks and the healthy living website *MakeHealthyEasy.com*, founder of *OffSeasonAthlete.com* for teen athletes, and has a sports nutrition practice called *Rhythm Sports Nutrition*. She also is the creator of "Eating for Purpose," a group nutrition program for women 40+ to help them perform and thrive through their menopause journey.

1:30 pm – 2:30 pm

Concurrent Session 4 (Repeated at 2:45 pm)

Pre-registration required – Limit 25 attendees

Crash Course in Nutrition Focused Physical Exam: Let's Jump Right In!

This crash course in Nutrition Focused Physical Exam will guide you through the steps needed to perform a nutrition focused physical exam on a patient. The case study approach will allow the participant to work through examples to recommend an etiology-based malnutrition diagnosis. Students, new graduates, and dietitians who are new to the Nutrition Focused Physical exam or need a refresher are great participants for this course.

(CPEU 1, Level 2, PI 10.2.5, 10.2.6)

- Identify the characteristics of malnutrition as defined by the Academy of Nutrition and Dietetics and American Society for Parenteral and Enteral Nutrition.
- Demonstrate the proper technique to perform a head-to-toe physical exam including assessment of muscle and subcutaneous fat loss and potential micronutrient deficiencies.
- Utilize a case study approach to recommend an etiology-based malnutrition definition.



Casey Sliwinski MEd, RDN, LD has been a clinical dietitian for 25 years working primarily in the adult acute care as well as critical care settings. She started performing nutrition focused physical exams in 2016. In her current role as Clinical Dietitian Education Specialist, Casey utilizes both the simulation and clinical environments to provide nutrition focused physical exam training to registered dietitians and dietetic interns.



Kathryn Scheidler, MS, RDN, LD has been a registered dietitian for over 5 years after completing her undergraduate degree from the University of Cincinnati and dietetic internship with East Carolina University. She recently obtained her Master of Science in Nutrition and Dietetics from Texas Tech University. Kathryn has experience in both long term care and acute care. She feels passionate about teaching dietetics students through presentations and precepting.

2:30 pm – 2:45 pm

Break, Exhibits and Silent Auction

2:45 pm – 3:45 pm

Concurrent Session 1

Catch the Wave- Nourish the Next Generation

In this interactive session we will uncover the mysteries of child nutrition programs. See how you as a registered dietitian can be an integral part of nourishing the next generation. Learn about the latest USDA school meal standards. Become part of the movement; help engage school administrators, community members, and school boards. The next generation is counting on us!

(CPEU 1, Level 2, PI 12.1.1, 12.1.3, 12.1.4)

- Identify Institute of Child Nutrition Resources.
- Describe school meal nutrition standards.
- Analyze key touch points that RDN's can play in schools.



Shannon FitzGerald, MS, RDN is a Registered Dietitian Nutritionist who joined the Institute of Child Nutrition in 2020. She attended Indiana University as an undergrad and went on to the coordinated Master's Internship program at Case Western Reserve University. Currently, she has started coursework to obtain her PhD in Health and Kinesiology at the University of Mississippi.

2:45 pm – 3:45 pm Concurrent Session 2

RED-S: The Role of Registered Dietitians in Identifying and Treating Under-Fueling in Athletes

Formally known as the Female Athlete Triad, Relative Energy Deficiency in Sport (RED-S) can be experienced by athletes and active individuals of all genders. In this session, RED-S, its causes and potential consequences will be explored. Focus will be placed on the role of the Registered Dietitian as an expert in identifying and treating RED-S and supporting athletes in safe return to sport.

(CPEU 1, Level 2, PI 8.1.2, 8.3.4, 8.3.8)

- Describe RED-S.
- Identify three risk factors for the development of RED-S.
- Identify three ways in which the Registered Dietitian may intervene in the treatment of RED-S.



Heather Petraszko, MS, RDN, LD is a Registered Dietitian-Nutritionist and Founder of Power 10 Sports Nutrition. Heather specializes in sports nutrition and disordered eating amongst athletes and active individuals. With more than 12 years of experience in the field of nutrition, Heather is passionate about supporting athletes in developing sustainable fueling habits for optimal performance and long-term health.

2:45 pm – 3:45 pm Concurrent Session 3

House of Delegates Update

The Delegate Chair will provide an update from the most recent House of Delegates meeting, the critical issues affecting members, and ways members can be more involved.

(CPEU .5, Level 2, PI 2.2.5, 3.2.8, 12.1.4)

- To update OAND members about the latest critical issues discussed in HOD.
- Highlight district challenges and work.
- Discuss ways members can be more involved and informed with the HOD.



Lisa Andrews, MEd, RD, LD, Delegate Chair, has been a registered dietitian for 30+ years and is the current chair of the Ohio HOD. She has served previously as OAND president, CPI chair, DEI co-chair, and media chair. She has also been on the conference committee for several years and is a member of the DEI committee. Lisa is the owner of Sound Bites Nutrition and has experience in clinical, community, and culinary nutrition. Lisa is a regular contributor to Food and Health Communications and is the author of the *Healing Gout Cookbook*, *Complete Thyroid Cookbook*, and *Heart Healthy Meal Prep Cookbook*.

Ohio Legislative News

Current information for OAND Members regarding the Dietitian Licensure Compact and they may choose to use this for licensed practice in other states.
(CPEU .5, Level 2, PI 1.1.3, 1.2.2, 3.3.3)

- Increase understanding of the importance of the status of licensure across various Academy state affiliates
- Learn of the dietitian licensure compact and what it means for Ohio dietitians who want to practice in other states.
- Brainstorm strategies and advocacy plans for district members to learn of the dietitian licensure compact.



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, 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.

2:45 pm – 3:45 pm Concurrent Session 4 (Repeat from 1:30 pm)
Pre-registration required – Limit 25 attendees

Crash Course in Nutrition Focused Physical Exam: Let’s Jump Right In!
Speakers: Casey Sliwinski MEd, RDN, LD, Kathryn Scheidler, MS, RDN, LD

3:45 pm – 4:00 pm Break, Exhibits and Silent Auction

4:00 pm – 5:00 pm General Session Closing Keynote

Humor as Your Secret Sauce: Creating your own Recipe for Resilience
Humor can create new perspectives and possibilities that help build resilience. When faced with setbacks, challenges, and even positive opportunities like a promotion, you can rise to the occasion and use these events as a springboard for personal and professional growth. In this fun and engaging session, we’ll discuss how and why humor helps and you’ll take home some tools you can use on your own and with those you lead.
(CPEU 1, Level 1, PI 4.2.7, 4.2.2, 14.4.9)

- Explain how using humor can help create new perspectives.
- Identify the benefits of using humor to boost resilience.
- Describe 2 humor-based tools that can be used to gain perspectives.



Kathleen Luhn, MS, RDN, LD, MCHES, NBC-HWC enjoys finding the fun in whatever needs to be done and uses therapeutic humor in her health coaching and consulting work. Entering the profession as a clinical dietitian, she went on to spend the core of her career in public health, including the last 10 years as a Health Commissioner. She now pursues her passion of promoting self-care, especially for those in caring professions.

5:00 pm

Closing Remarks and Drawings