

105th Annual OAND Conference

Evidence to Action: Leading Change in Nutrition

April 10th – Ohio University Dublin, Columbus, Ohio

Friday, April 10, 2026

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

Guides in the AI Era: Reimagining Our Role in 2026 and Beyond

Artificial intelligence is transforming the world around us, and our clients are already turning to it for answers. For some dietitians, that sparks excitement. For others, uncertainty. But one truth remains: dietitians have always been trusted guides who help people navigate complex questions about health and food. In this keynote, we'll reimagine what that guiding role looks like in the AI era. With stories that stir, examples that inspire, and practical insights that empower, you'll discover how AI can amplify the human qualities that make our profession invaluable: compassion, credibility, and connection.

(CPEU 1, PI 3.1.3, 4.1.3, 6.1.7)

Learning Objectives

- Recognize how and why the public is using AI for food and nutrition assistance
- Explore how AI can complement our roles in research, communications, and leadership
- Envision and plan for your practice and our profession where AI is the new normal

Drew Hemler, MSc, RD, CDN, FAND helps healthcare practitioners see their impact in new ways. A Canadian- and U.S.-credentialed dietitian, Drew has worked across academia, regulation, tech, health, and nonprofit sectors. Nationally recognized for advancing emerging topics like AI, communications, MNT, and instructional design, he's delivered 100+ sessions for Academy affiliates, universities, corporate clients, and adult education programs, inspiring innovation grounded in compassion, connection, and collaboration. A proud Fellow, Drew serves on the Academy's National Nominating Committee. Drew received his MS in Adult Education from Buffalo State University, BS in Dietetics from Buffalo State University, BS in Business Administration from SUNY Oswego, AAS in Business Management from Cayuga Community College and AS Studio Art & Design from Cayuga Community College.

**9:00 am – 9:30 am Awards, Annual Business Meeting and New
Board Installation**

***Tiana Montella, MS, RD, LD, CD, CLS, President,
Julie Kennel, PhD, RDN, LD, President Elect,
Christine Zachrich, MS, RD, LD, CPI Chair***

9:30 am – 10:00 am Break, Booth Bingo, Exhibits and Silent Auction

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

Exploring the Clinical and Economic Impacts of Nutrition Care for Patients with Cancer

This program explores the prevalence and underlying causes of malnutrition in patients with cancer, emphasizing its impact across the cancer care continuum. Participants will review current oncology nutrition guidelines and examine the evidence supporting nutrition interventions to improve clinical outcomes, reduce healthcare costs, and enhance quality of life. Special attention will be given to the role of nutrition in supporting long-term survivorship, including its influence on recovery, functional status, and overall well-being after treatment.

(CPEU 1, PI 9.2.2, 11.3.4, 5.1.2)

Learning Objectives:

- Review the prevalence of malnutrition and the association between malnutrition and cancer outcomes
- Discuss health economics and outcomes research supporting nutrition interventions
- Describe the consequences of inadequate nutrition in patients with cancer

Jillian Hyttenhove, MA, RD, CSOWM, LD, CHES works in Medical Affairs & Research at Abbott. She brings a diverse background in nutrition and health, having worked across multiple areas including corporate wellness, weight management, clinical trials, and oncology. Jillian earned her Bachelor's degree in Dietetics from Bowling Green State University and completed both her Dietetic Internship and Master's degree in Health Education at East Carolina University. She is also board certified in obesity and weight management, along with board certified in health education.

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

Navigating AI in Dietetics: A Roadmap for NDTRs

Artificial Intelligence (AI) is changing the landscape of healthcare and nutrition, with tools that promise more efficient workflows, personalized nutrition care, and expanded access. For Nutrition and Dietetics Technicians, Registered (NDTRs), these changes present both opportunities and challenges. How can NDTRs harness AI responsibly to enhance their practice? What are the risks of relying on tools that may not yet be evidence-based? And how do ethics and scope of practice guide the way forward?

(CPEU 1, PI 6.3.5, 5.1.2, 1.1.1)

Learning Objectives:

- Identify current and emerging AI applications relevant to dietetics and NDTR practice
- Critically evaluate the evidence base and limitations of AI tools in nutrition care
- Recognize ethical considerations

Sami Hupp, NDTR, is a nationally credentialed Nutrition and Dietetic Technician, Registered, with extensive experience across clinical nutrition, corrections, foodservice management, and private practice. Since earning her Associates Degree from Columbus State Community College in 2017, she has demonstrated a

strong commitment to advancing patient-centered nutrition care. Sami currently works in clinical nutrition at The Ohio State University Wexner Medical Center, where she supports inpatient care and interdisciplinary collaboration. In addition to her clinical work, Sami is the founder of BetaCarrotTeen Nutrition, where she mentors emerging NDTRs and empowers busy moms to make sustainable, health-focused lifestyle changes. As a first-generation college student, she is actively pursuing further education through the Health Sciences program at The Ohio State University, with aspirations to integrate clinical and culinary nutrition to improve health outcomes and address nutrition misinformation. A passionate advocate for the NDTR credential, Sami frequently presents on the importance of fully utilizing NDTRs in the nutrition workforce. She recently spoke at the 2025 FNCE in Nashville.

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

Find Your Voice: How Public Speaking Empowers Dietitians to Lead, Educate, and Inspire

Public speaking is an essential yet often overlooked skill for dietitians. This session helps nutrition students and dietetic professionals discover how confident communication can strengthen leadership, expand reach, and inspire impact. You'll learn how to tailor your message, connect authentically with patients and audiences, and transform nerves into confidence, empowering you to find your voice and lead with purpose in every setting.

(CPEU 1, PI 3.1.3, 3.2.3, 3.1.2)

Learning Objectives:

- Explain why strong public speaking skills are essential for leadership, communication, and professional growth in dietetics
- Identify strategies to tailor nutrition messages and connect authentically with different audiences
- Demonstrate practical techniques to manage nerves, build confidence, and deliver clear, impactful presentations in any professional setting

***Stefani Sassos, MS, RDN, CDN, NASM-CPT, NASM-WFS**, is the Nutrition & Fitness Director of the Good Housekeeping Institute at Hearst Magazines. A nationally recognized media dietitian featured on TODAY, Good Morning America, and CBS Mornings, she specializes in translating nutrition science into engaging messages. Stefani is passionate about helping dietitians strengthen their communication skills, build confidence, and find their voice as leaders. She received her Master's in Clinical Nutrition from NYU and Bachelors in Nutrition Sciences from Penn Station University.*

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

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

Adopted: The Marginalized Identity No One is Talking About and Why the Field of Dietetics Needs to Care

Adoptees represent a marginalized population with elevated rates of mental illness and eating disorders, yet few clinicians possess adoption competence. Given adoption's origins in loss and attachment disruption, adoptees may experience enduring challenges with rejection, guilt, grief, identity, and self-

worth that influence their relationships with food and body. Rebecca, a domestic infant adoptee and clinician, will integrate lived experience and clinical expertise to advance adoption-competent, trauma-informed frameworks for nutrition assessment and intervention.

(CPEU 1, PI 2.1.1, 2.1.6, 10.6.8)

Learning Objectives:

- Describe the routine/normalized aspects of adoption that increase risk of chronic disease (e.g. GI distress, eating disorders)
- Conceptualize adoption as a primary early life trauma and recognize microaggressions throughout the life span that can contribute to disordered relationships with food and body
- Identify where traditional approaches in treatment may fall short and describe effective nutrition interventions to support adoptees in recovery and healing

Rebecca Berg, MS, RDN, is a Los Angeles–based Registered Dietitian, adoptee, and owner of *No Strings Nutrition*, a weight-inclusive virtual practice specializing in eating disorders, disordered eating, and body image. She empowers clients to challenge diet culture and systemic oppression through relational nutrition counseling. Rebecca’s expertise and lived experience as a domestic infant adoptee inform her advocacy for adoption-competent nutrition care. She received her Master of Science in Nutrition from Hunter College School of Urban Public Health and Bachelor of Arts in Religious Studies from Northwestern University.

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

From Evidence to Usable Action: Leading Change in Dietetics through Digital Accessibility

Digital accessibility applies to websites, apps, software, social media, email, and downloadable documents. It is a legal requirement and best practice that enhances usability, expands reach, and supports inclusion. People of all ages with disabilities often face barriers to digital content in healthcare, education, employment, and daily living. This session will review digital accessibility fundamentals, identify common barriers, and highlight steps for dietetics practitioners to create usable digital content for patients, students, interns, and colleagues.

(CPEU 1, PI 2.1.6, 10.4.1, 1.7.4)

Learning Objectives:

- Explain 3 reasons why digital accessibility is important for dietetic practitioners
- State the 2 most common digital accessibility failures
- Describe 5 basics of digital accessibility

Suzanne Domel Baxter, PhD, RD, LD, FADA, FAND awards include the South Carolina Affiliate 2012 Outstanding Dietitian of the Year, Academy 2017 Monsen Award for Outstanding Research Literature, and Today’s Dietitian 2025 TD10. She has 99 peer-reviewed publications including several on disabilities, 2 books, and 13 book chapters. Her acquired disability in 2010 caused her to resign her Research Professor position in late 2016; since then, she has become a disability speaker and advocate. She devoted 7 years to co-found the Disabilities in Nutrition and Dietetics MIG which launched in June 2023 with her as the Inaugural Chair. Suzanne received her Coordinated Undergraduate Program in Dietetics from Texas Christian University, MS and PhD in Nutrition from Texas Woman’s University and Post-Doctoral Fellowship in Pediatrics from Medical College of Georgia.

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

Adolescent Nutrition: Impact on performance, cognition and mental health

Adolescent nutrition has been ignored. Recent NHANES data reveals the HEI of male adolescents to be 42/100 and females 46/100. Failing grades and not much being done. This is impacting their bone health, cognitive function, physical function and mental health. Nutrients of concern are calcium, iron, Vitamin D, omega-3 fatty acids, fiber, magnesium with excess simple sugars, ultra-processed snack foods and in some cases caffeine. Low HEI scores suggest poor gut-brain nutrition status. There are programs with positive outcomes working with adolescents. We will share these curriculums that are available to all.

(CPEU 1, PI 9.1.5, 10.1.1, 13.1.3)

Learning Objectives:

- Describe the current state of adolescent nutrition, risk for chronic disease and mental health challenges
- Describe the known relationship between inadequate intake of key nutrition and current and future health conditions such as bone, cognition, depression and anxiety
- Identify current adolescent nutrition interventions that address some of these issues and how nutrition infused health classes at the middle school/high school could inter mix with current curriculums

Rosemary Riley, PhD, LD is an experienced and accomplished nutrition educator. She received her MS and PhD in Human Nutrition and MA in Exercise Physiology from The Ohio State University. She retired from Abbott Nutrition after 25 years of nutrition research and education for healthcare professionals and consumers. She currently teaches Lifespan Nutrition at Ohio Wesleyan University and assists with the Cooking Matters program that students implement. She is currently Culinary Instructor for Cooking Matters for Diabetes at the OSU Healthy Living Center as well as dietitian consultant for the Culinary Medicine program taking place at the same facility.

Brandon Spickler, MS, CSCS, SCCC, RDN, LD has been a strength and conditioning professional at the collegiate and high school levels for the past 16 years. He completed his exercise science degree at The Ohio State University. He obtained his MS in nutrition at Kent State. Brandon returned to OSU to complete his DPD program and dietetic internship before becoming a registered dietitian in September 2022. He holds credentials from the National Strength and Conditioning Coaches Association (NSCA), The Collegiate Strength & Conditioning Association and the Commission on Dietetic Registration and is licensed in the State of Ohio. He created his own sports nutrition business, Power Play Performance Nutrition LLC.

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

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

The SnackTime Explorers Story: Connecting Classrooms to School Cafeterias

Discover how the SnackTime Explorers partnership between Pilot Light and DNO Produce transforms the Fresh Fruit and Vegetable Program from a simple snack into a powerful educational tool. Learn evidence-based strategies for bridging nutrition services and classroom learning to enhance student food literacy, strengthen local food systems, and maximize child nutrition program impact. This session translates research into actionable steps for building cross-functional partnerships that drive meaningful change in school food culture.

(CPEU 1, PI 1.3.1, 3.4.2, 4.2.4)

Learning Objectives:

- Identify evidence-based strategies for integrating nutrition education with existing child nutrition programs to enhance student food literacy and program impact
- Describe a program for fostering collaboration between school nutrition professionals, teachers, and local food producers to strengthen farm-to-school connections
- Apply practical implementation steps for creating cross-departmental partnerships within their own school districts or organizations that translate nutrition evidence into classroom action

***Shannon FitzGerald, PhD, RDN** is a Registered Dietitian Nutritionist at the Institute of Child Nutrition, University of Mississippi, with nearly two decades in child nutrition programs. A Nutrition and Obesity Policy Research and Evaluation Network (NOPREN) Fellow and Chair of the Academy's School Nutrition Services DPG, she collaborates with DNO Produce and Pilot Light on SnackTime Explorers, bridging evidence-based research with practical implementation in schools to enhance student food literacy and farm-to-school connections. Shannon received her BS in Dietetics from Indiana University, MS in Nutrition from Case Western Reserve University and PhD in public health/health promotion from the University of Mississippi.*

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

Drug Nutrition Interactions in Behavioral Health Nutrition

This session reviews the underlying mechanisms, including pharmacokinetics, pharmacodynamics, nutrient kinetics and impact on overall nutritional status that may lead to clinically significant drug nutrition interactions in patients with behavioral health conditions. Selected examples of commonly encountered drug nutrition interactions and their proposed management in this practice area are reviewed.

(CPEU 1, PI 11.2.3, 5.1.2, 6.1.10)

Learning Objectives:

- Explain mechanisms involved in drug nutrition interactions (DNIs): How nutrients can alter - pharmacokinetics (what the body does to a drug) and pharmacodynamics (what a drug does in the body)

- Explain how drugs can alter nutrient kinetics and overall nutritional status, manage the effects of drug therapy on nutrition, and the effects of nutrients on drug action for selected examples encountered commonly in the behavioral health population
- Educate patients and families on safe and effective management of commonly occurring drug nutrition interactions in this practice area

Dean Elbe, PharmD, BCPP is a Doctor of Pharmacy, Residency Trained and Board-Certified Psychiatric Pharmacist from BC Children's Hospital in Vancouver, British Columbia, Canada. Dean is the president of Drug Nutrition Interactions Ltd. and in 2024 launched www.DrugNutritionInteractions.com which is used by over 40 Dietetics Training Programs and Internships across the US. Dean is an international speaker on Child and Adolescent Psychopharmacology and Drug Nutrition Interactions. He received his Bachelor of Science (Pharmacy) from the University of British Columbia and Doctor of Pharmacy from the University of Washington.

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

Reignite Your Passion and Rediscover Compassion: Overcoming Compassion Fatigue

Registered Dietitian Nutritionists (RDNs) face emotional and physical demands that can lead to compassion fatigue. This session offers strategies to reignite passion, strengthen resilience, and prevent burnout through evidence-based tools from Mindful Self-Compassion (MSC) and Mindfulness-Based Stress Reduction (MBSR). Participants will learn small, intentional mindfulness practices to manage stress, nurture compassion for themselves and others, and rediscover joy and fulfillment in their professional lives. (CPEU 1, PI 1.1.6, 1.3.1, 2.1.2)

Learning Objectives:

- Identify the signs of compassion fatigue and its impact on dietitians' well-being and professional performance
- Apply Mindful Self-Compassion (MSC) and MBSR techniques to manage stress, build resilience, and maintain emotional balance
- Develop a personalized self-care plan to sustain passion, prevent burnout, and foster long-term well-being

Mandy Enright, MS, RDN, RYT, is the award-winning FOOD + MOVEMENT® Dietitian who brings energy and humor to wellness. A former advertising exec turned dietitian, she helps busy professionals find realistic ways to eat well, move more, and stress less. Mandy is the author of 30-Minute Weight Loss Cookbook and a go-to media expert for practical, real-world wellness. She received her BA from Pennsylvania State University, MS in Nutrition & Food Science, Nutrition Education Concentration from Montclair State University and Internship Program from Rutgers, The State University of New Jersey.

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

2:45 pm – 3:45 pm Concurrent Session 1

Ohio leads the way: Translating Evidence into Action through NDTRs

Ohio is leveraging NDTRs to strengthen healthcare and community systems. This session will highlight Ohio's innovative education pathways and workforce strategies that empower NDTRs to expand access, improve efficiency, and enhance patient outcomes. We will look at best practices, case examples and action steps for integrating NDTRs across care settings to build a more resilient and effective nutrition workforce. (CPEU 1, PI 4.2.5, 4.2.4, 4.2.8)

Learning Objectives:

- Analyze how expanding NDTR utilization can address workforce shortages and improve care in Ohio and beyond
- Evaluate opportunities to advocate for NDTR career pathways that strengthen public health and health care systems
- Develop action steps to enhance workforce capacity and collaboration between NDTRs and RDNs to improve outcomes

Michelle Palumbo, NDTR is dedicated to the field of dietetics. Currently she sits on the (ACEND) Board and the NDTR 2027 Standards and Accreditation Committees. Michelle serves as Delegate on the OAND Board. She developed a career ladder for NDTRs in clinical/management areas and presented a Poster (FNCE) 2024 and was part of a Panel presentation at (FNCE) 2025. Michelle received her Associates Degree in Applied Science in Nutrition and Dietetics from Cuyahoga Community College.

Julie Nowak, NDTR, BA is a natural leader who not only strives for exceptional patient care, but who also has a passion for learning and taking on new challenges. The empathy and commitment she shows to her patients especially her Oncology patients is an ideal attribute for clinical care. She is recognized by her peers and the interdisciplinary team as an advocate for optimizing her patients' nutritional needs. Julie received her Bachelor of Arts in Nutrition and Dietetics from Bluffton University.

Lauren Sullivan, MS has held various leadership roles, such as Lead Clinician, Regional float CNM, CNM, and Food Service Director in clinical nutrition, skilled long-term care, and patient services. Currently, Lauren is the CNM at the Cleveland Clinic Foundation and leads an engaged Inpatient Therapy Team of 6 NDTRs and 20 RDNs. She promotes highly dependable teams in evidenced-based practice, professional development, and strategically promotes the impact of medical nutrition therapy. Lauren received her Masters of Applied Nutrition from the University of New England and Bachelor of Science in Dietetics from the University of Akron.

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

The Micronutrient Maze: Navigating Clinical Challenges with Care

Research and training on the nutrition-focused physical exam has increased awareness about micronutrient deficiencies. Yet, interpreting serum micronutrient levels and determining appropriate micronutrient replacement regimens without overtreating the patient are ongoing challenges and may present a clinical dilemma for practicing dietitians. This session will summarize current limitations to the management of

micronutrient deficiencies and walk the attendees through actual case examples that highlight the importance of timely follow up for patients receiving micronutrient therapy.

(CPEU 1, PI 5.2.8, 11.2.8, 9.1.3)

Learning Objectives:

- Describe the influence of inflammation and hepatic dysfunction on serum micronutrient levels
- Discuss considerations for benefit versus cost when initiating therapeutic micronutrient dosing regimens
- Identify strategies for monitoring patients receiving micronutrient replacement therapy

Holly Estes-Doetsch, DCN, RDN, LD is a dietitian since 2006, and currently serves as an Assistant Professor in the Master of Dietetics and Nutrition program at The Ohio State University. She has presented locally and nationally on the assessment of micronutrient deficiencies and is a co-editor and author of the *Pocket Guide to Micronutrient Management*, which was published in 2024 by the Academy of Nutrition and Dietetics. Holly received her Doctor of Clinical Nutrition from Rutgers University, Master of Science Nutrition from the University of Utah, Master of Science Exercise and Sport Science from the University of Utah and Bachelor of Science Exercise and Sport Science from the University of Utah.

Kristen Roberts, PhD, RDN is a Registered Dietitian Nutritionist with 20 years of clinical experience in medical nutrition therapy for Gastroenterology, Pancreatology, and nutrition support. Currently, she holds a joint appointment within the Division of Gastroenterology, Hepatology and Nutrition and the School of Health and Rehabilitation Sciences at The Ohio State University. Kristen received her PhD in Human Nutrition from The Ohio State University, MS in Human Nutrition from Arizona State University and BS in Dietetics from Bowling Green State University.

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

Starting Strong: Building Your Foundation for Success in a New Job

Whether you're starting your first job, taking on leadership responsibilities, or starting a new job, the early months set the tone for success. This interactive session provides a practical framework to navigate those first 90 days with clarity and confidence. Participants will explore evidence-based strategies to align expectations, build trust, and grow new competencies—transforming early uncertainty into meaningful momentum.

(CPEU 1, PI 3.3.4, 8.2.2, 2.1.3)

Learning Objectives:

- Identify key behaviors and habits that promote success in the first 90 days of a new role
- Apply intentional strategies for building trust and relationships with leaders, peers, and mentors
- Develop a personalized transition roadmap

Julie Jones, MS, RDN, LD, CPTD is Director of Performance Learning for Ruck-Shockey Associates and an educator passionate about developing future and current leaders in dietetics and healthcare foodservice. A longtime Ohio State faculty member and former Director of Food and Nutrition Services at OSUWMC, she brings award-winning leadership, operational expertise, and a deep commitment to helping others thrive through learning, mentorship, and career growth. Julie received her Bachelor of Science, Dietetics from The Ohio State University and Master of Science, Allied Health Professions from The Ohio State University.

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

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

The Resilience Recipe: Practical Strategies for Nutrition Professionals to Sustain Energy, Focus, and Fulfillment

Nutrition professionals, including both RDs and NDTRs, face increasing demands that can lead to stress, fatigue, and burnout. This session explores evidence-based strategies to build resilience, enhance mindfulness, and support long-term well-being. Participants will learn practical tools for managing stress, avoiding burnout, and increasing energy and resilience in their personal and professional lives.

(CPEU 1, PI 4.1.1, 5.2.7, 15.1.9)

Learning Objectives:

- Describe the relationship between stress, emotional regulation, and professional burnout among RDs and NDTRs
- Apply evidence-based mindfulness and resilience strategies to manage daily professional and personal challenges
- Develop a personalized “Resilience Recipe” to sustain energy, focus, and well-being in nutrition practice

***Niki Campbell, MS, NDTR** is business owner, wellness strategist and NDTR specializing in empowering professionals and organizations to thrive. As Founder and CEO of The Flourish Group, she partners with healthcare and education leaders to promote well-being, resilience, and sustainable performance. A dynamic speaker and educator, Niki combines science, storytelling, and practical tools to help professionals flourish in work and life. Niki received her BS in English Writing from Slippery Rock University, AS in Nutrition and Dietetics from Allegheny County Community College and MS in Health and Human Performance from the University of the Cumberlands.*

5:00 pm Closing Remarks and Drawings

Please note: Agenda subject to change.