

Agenda Draft – Subject to Change

UAND Annual Conference Agenda: Thursday, March 29, 2018			
Time	CEU	Activity	Location
7:15a-8:00a	-	Morning Social Breakfast, and Registration	Auditorium
8:00a-8:10a	-	Welcome & Announcements	Auditorium
8:10a - 9:20a	1	<p>General Session Vegetarian DPG Grant Speaker Irana Hawkins <i>Putting Zero Waste Principles Into Dietetics Practice</i></p> <ul style="list-style-type: none"> Describe how planetary health and planetary boundaries impacts dietetics practice. Discuss the magnitude of food waste and its subsequent impact on planetary health. Delineate three ways to simultaneously reduce impact on the natural environment and improve health outcomes in dietetics practice. 	Auditorium
9:25a-10:15 a	1	<p>General Session Lacie Peterson and David Peterson <i>Weight Loss Pharmacology for the RDN: Safety and Efficacy</i></p> <ul style="list-style-type: none"> List available prescription medications labeled for weight loss, briefly describe the expected amount of weight loss associated with each agent; and discuss key side effects or safety concerns with each agent. Describe safety and effectiveness data specific to a few popular dietary supplements used for weight loss. Discuss medications and dietary supplements for weight loss with patients in a knowledgeable and nonjudgmental way to help the patient set realistic goals for weight loss. 	Auditorium
10:15a-11:15a	1	Exhibitors	Hall, Classrooms 6 & 7
11:15a-12:05p	1	<p>Breakouts</p> <p>1. Robin Aufdenkampe, Amelia Stocking, and Emily Patten <i>Healthy Eating Environments: What are they and why do we need them?</i></p> <ul style="list-style-type: none"> This presentation will provide our members with the definitions, rationales and implementation plan for transitioning to Healthy Eating Environments (HEE). Members will learn the specifics of HEE and how to implement an HEE in their organization. <p>2. Paige Smathers <i>The Art and Science of Nutrition Therapy: Tools for integrating intuitive eating and body positivity into your practice</i></p> <ul style="list-style-type: none"> Participants will develop practical skills in how to empower their clients to incorporate intuitive eating 	West Auditorium East Auditorium

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		<p>3. Steven Godin <i>Multicultural night: Family recipe sharing to promote healthy eating</i></p> <ul style="list-style-type: none"> • Introduce the concept of family recipe sharing to promote healthy eating • Share how this approach can be used in assisted living, elder care, and with youth. 	Classrooms 3, 4 & 5
2:30p - 2:55p		Exhibitors	Hall, Classrooms 6 & 7
3:00p - 4:15p	1	<p>General Session Sponsor: Utah Nevada Dairy Council Katie Brown <i>Responsible Communications: Using Sound Science to Inspire a Healthy Tomorrow with Hope Not Fear</i></p> <ul style="list-style-type: none"> • Effectively dispel common myths about sustainable diets with evidence-based science; • Consider domestic and global implications of misleading information about sustainable food systems; • Identify professional opportunities for RDNs in sustainable nutrition 	Auditorium
4:15p - 4:20p		Announcements	Auditorium
	1	<p>Optional: Harmon’s Grocery Tour with your Harmon’s RD</p> <ul style="list-style-type: none"> • Be better informed about the roles and duties of in-store supermarket dietitians • Identifying common misconceptions of nutrition recommendations and how to address them • Know at least three different ways supermarket dietitians partner with businesses and community groups to promote healthful nutrition • Have greater knowledge of different methods of marketing healthful food to customers <p>Dietitians in charge of the tours: Laura Holtrop-Kohl, MS, RD; Ashley Quadros, MS, RD; Genevieve Daly, RD</p>	

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7:15a- 8:00a	-	Morning Social Breakfast, and Registration	Auditorium
8:00a- 8:10a	-	Welcome & Announcements	Auditorium
8:10a - 9:20a	1	<p>General Session Sponsor: Utah Beef Council Sara Place <i>Where’s Beef in a Sustainable Future</i></p> <ul style="list-style-type: none"> • Participants will gain an understanding of issues 	Auditorium

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		<p>related to environmental, economic, and social sustainability of beef.</p> <ul style="list-style-type: none"> Participants will learn how the environmental impacts of U.S. beef production have changed over time, how cattle upcycle protein, and how beef production makes use of land unsuitable for crop production. 	
9:25a-10:15 a	1	<p>General Session Lucille Beseler <i>Academy Update 2018</i></p> <ul style="list-style-type: none"> Highlight current activities and recent developments at AND and the Foundation. Spotlight new and continuing benefits of Academy membership, such as resources available to assist members in their personal and professional growth; emphasizes the value of the Academy and members to our profession and challenges we face; Update members on the progress of the Second Century initiative. The Academy’s activities and successes in such areas as public policy and advocacy, media outreach and scientific research are addressed. 	Auditorium
10:15a-11:15a	1	<p>Posters</p>	Hall, Classrooms 6 & 7
11:15a-12:05p	1	<p>Breakouts</p> <p>1. Lucille Beseler <i>Feeling the burn: BURNOUT that is...</i></p> <ul style="list-style-type: none"> Assist RDNs and NDTRs on identifying early signs of burnout Teach RDNs and NDTRs how to manage change in a rapidly changing health care environment Identify and develop leadership and mentoring paths to support success and prevent burnout. <p>2. Nicole Withrow <i>Nutritional concerns in children with an Autism Spectrum Disorder (ASD) and an innovative way to screen nutritional risk</i> Participants will be able to:</p> <ul style="list-style-type: none"> Better understand the medical conditions that affect dietary intake in individuals with an Autism Spectrum Disorder (ASD) Understand how sensory processing difficulties, aberrant mealtime behaviors, motor impairments, and dietary intake impact food selectivity in children with an ASD Better understand why RDNs receive nutrition referrals Describe the development of a new screening tool for identifying nutritional risk in individuals with an ASD 	<p>West Auditorium</p> <p>East Auditorium</p>

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		<p>and its utility in residential and community programs</p> <p>3. Celesta Lyman <i>Achieving Professional Respect & Credibility</i></p> <ul style="list-style-type: none"> • RDNs will be able to identify aspects in their professionalism that could improve their credibility • RDNs will recognize the impact of professional dress and speech in achieving credibility • RDNs will learn tools of communication with their clients, employees and medical teams 	Classrooms 3, 4 & 5
12:10p-1:35p	-	Awards Luncheon	Auditorium
1:40p - 2:30p	1	<p>Breakouts</p> <p>1. Lori Spurance <i>Food for Thought: Environmental Determinants of Child Nutrition</i></p> <ul style="list-style-type: none"> • Summarize the current research surrounding child nutrition through environments contributing to their intake of fruits and vegetables, and sugar sweetened beverages using a public health approach. • Draw upon research conducted about school-based salad bars, school breakfast, and youth recreational sports. <p>2. Rebecca Clyde <i>A Dietitian's Crash Course to Food Photography</i></p> <ul style="list-style-type: none"> • Participants will learn how food photography can help them build their business/promote healthful eating • Participants will discover the basic components of good food photography • Participants will explore their own food photography style <p>3. Melissa Baugh <i>Nutrition and Mental Health: Delusions, Medications, and Everything in Between</i></p> <ul style="list-style-type: none"> • Help participants to understand more about mental illness. • Explain some symptoms related to food and how to improve them. • Discuss how participants can positively impact their client's well-being. 	<p>West Auditorium</p> <p>East Auditorium</p> <p>Classrooms 3, 4 & 5</p>
2:30p-2:55p	-	Break	
3:00p - 4:15p	1	<p>General Session Sponsor: Center for Change</p> <p>Jennifer Gill <i>What working with people with eating disorders teaches us about working mindfully in all areas of dietetic professions.</i></p> <ul style="list-style-type: none"> • List impacts of dieting culture and weight stigma on 	Auditorium

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		<p>our society.</p> <ul style="list-style-type: none"> • Explore the contribution of the medical and dietetic fields on current culture. • List dangers of moralizing food intake and exercise. • State our own professional mission statement and identify changes we can make now in dietary counseling, media appearances/postings, advertising/marketing and educational articles to promote Health at Every Size®, Gentle Nutrition®, self-care and body kindness. 	
4:15p - 4:20p		Announcements	Auditorium
	1	<p>Optional Activities: Yoga with Elizabeth Elsmore</p> <ul style="list-style-type: none"> • Help students connect deeply to breath and their bodies in a unique and insightful way. • Blend breath techniques for calming and re-centering, and integrate both yin postures for meditation and connective tissue restoration with gentle yoga moves that stretch and release tension. • Practice will conclude with a final rest period for assimilating the practice and rejuvenating the mind, body, spirit connection. 	