

Thank You

UAND would like to thank this year's Conference Sponsors! Our Sponsors make this event financially possible while providing helpful insights to their product and company. We aim to find sponsors and exhibitors that promote a wide variety of products and options. As dietitians, we strive to be considered the nutrition experts in the field of health and medicine. To be experts, we must be aware and knowledgeable of the many options that our patients and clients face and have questions about. We hope to expose dietitians to a wide variety of products and companies to help assist you in making informed decisions and recommendations for your individual patient and client needs.

Educational Sponsors

The Academy of Nutrition and Dietetics
Beef Council of Utah
Center for Change
Dairy Council of Utah/Nevada
Vegetarian DPG

Exhibitors

Abbott Nutrition
Center for Change
Coram CVS/Specialty Infusion
Dairy Council of Utah/Nevada
Fresenius Kabi
Jones and Bartlett
Kate Farms
Mead Johnson Nutrition

Pharmics
Prolacta Bioscience
QOL Medical
Simply Thick, LLC
ThriveRx
UAND Advocacy Pilar
Utah Beef Council
Vegetarian Nutrition DPG

The Annual Meeting Planning Committee would like to acknowledge other organizations which have made in-kind donations, the UAND board, and volunteers for their valuable support with this year's conference.

Utah Academy of Nutrition and Dietetics
2018 SCHOLARSHIPS AND AWARDS

AWARD OF MERIT

Tamara Steinitz, MS RD CD

EMERGING DIETETIC LEADER

Amelia Stocking, MBA Candidate, RDN CD

RECOGNIZED YOUNG DIETITIAN OF THE YEAR

Jaqueline Neid-Avila, MDA RDN CD

OUTSTANDING DIETETICS STUDENTS

Ashleigh Libs (CP)

Natalie Cottle (DI)

Raquelle Weight (DPD)

SCHOLARSHIP RECIPIENTS

Emily Barrett

Alyssa Gomez

Sharee Thompson

Ivon Carrillo

Continuing Education for RDs and DTRs

Thursday Educational Sessions	5 CPE
Exhibitors	1 CPE
Harmon's Store Tours	1 CPE
Friday Educational Sessions	5 CPE
Posters	1 CPE
Yoga Session	1 CPE
Total CPE credits	14 CPE

For CPE certificates and handouts, please visit the Annual Conference website:
http://www.eatrightutah.org/uda.cfm?page=annual_mtg_3
Materials will be available until May 31, 2018

WE WANT YOUR FEEDBACK!

Please visit http://www.eatrightutah.org/uda.cfm?page=annual_mtg_3
to complete the evaluations.

Let's get social:

Facebook: eatrightUtah | Twitter: eatrightUT | Instagram: eatrightUtah

Social Media Tags:

#UAND18 #eatrightUtah #RDinUT #NNM2018

*Stop by Rooms 6/7
to learn about
UAND's
Advocacy Pillar
during breaks!*

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	General Session Vegetarian DPG Grant Speaker Irana Hawkins <i>Putting Zero Waste Principles Into Dietetics Practice</i> Discuss food waste and its subsequent impact on planetary health. Delineate three ways to reduce impact on the environment while improving health outcomes.	Auditorium
9:25a-10:15a	1	General Session Lacie Peterson and David Peterson <i>Weight Loss Pharmacology for the RDN: Safety and Efficacy</i> Review prescription medications for weight loss. Describe safety and effectiveness for popular weight loss dietary supplements. Discuss medications and dietary supplements for weight loss in a knowledgeable and nonjudgmental way to set realistic goals for patients.	Auditorium
10:15a-11:15a	1	Exhibitors	Classrooms 6 & 7, Hall
11:15a-12:05p	1	Breakouts 1. Robin Aufdenkampe, Amelia Stocking, & Emily Patten <i>Healthy Eating Environments (HEE): What are they and why do we need them?</i> Learn specifics of HEE, rationales for HEE and implementation plans for transitioning to HEE. 2. Paige Smathers <i>The Art and Science of Nutrition Therapy: Tools for integrating intuitive eating and body positivity into your practice</i> Develop skills to empower clients to incorporate intuitive eating principles into their lives. Develop skills to teach clients how to foster body positivity to generate a greater ability to make nutritious food choices. 3. Anne Boney <i>Sucrase-Isomaltase (SI) Deficiency – What every dietitian should know</i> Understand the basics of SI Deficiency. Learn how patients present with SI Deficiency, what to probe for, and what diagnostic tools are available. Gain confidence in educating patients on eliminating and reintroducing foods high in sucrose and starch. (Sponsored by QOL)	West Auditorium East Auditorium Classrooms 3, 4 & 5

UAND Annual Conference Agenda: Thursday, March 29, 2018			
12:10p-1:35p	-	Lunch and Exhibitors	Auditorium
1:40p - 2:30p	1	Breakouts 1. Ginger Bailey <i>The Realities of Billing Insurance in the Private Setting.</i> Obtain a realistic understanding of billing insurance companies and have your questions about billing in private practice answered. 2. Ellen Karlin <i>Eating Well with Food Allergy and Intolerance: Allergen-friendly Cuisine</i> Gain an increased understanding of the pathophysiology of the immune system, risk factors for developing food allergy and other food related intolerances. Guidelines will be provided on how to easily and safely provide medical nutrition therapy these patients. 3. Steven Godin <i>Multicultural night: Family recipe sharing to promote healthy eating</i> Introduce the concept of family recipe sharing to promote healthy eating to be used in assisted living, elder care, and with youth.	West Auditorium East Auditorium Classrooms 3, 4 & 5
2:30p-2:55p		Exhibitors	Classrooms 6 & 7, Hall
3:00p - 4:15p	1	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> Participants will learn to effectively dispel common myths about sustainable diets with evidence-based science. Consider domestic and global implications of misleading information about sustainable food systems and identify opportunities for RDNs in sustainable nutrition	Auditorium
4:15p - 4:20p		Announcements	Auditorium
	1	Optional: Harmon's Grocery Tour with your Harmon's RD Join our Harmon's Dietitians to learn the roles and duties of in-store supermarket dietitians. We'll identify common misconceptions of nutrition recommendations and how to address them and learn marketing methods.	

Auditorium

1

West
Auditorium

East
Auditorium

Classrooms
3, 4 & 5

Classrooms
6 & 7, Hall

1

Auditorium

Auditorium

1

Optional: Harmon's Grocery Tour with your Harmon's RD

Join our Harmon's Dietitians to learn the roles and duties of in-store supermarket dietitians. We'll identify common misconceptions of nutrition recommendations and how to address them and learn marketing methods.

UAND Annual Conference Agenda: Friday, March 30, 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	General Session Sponsor: Utah Beef Council Sara Place <i>Where's Beef in a Sustainable Future</i> Gain an understanding of issues related to economic, environmental, and social sustainability of beef. 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.	Auditorium
9:25a-10:15a	1	General Session Lucille Beseler <i>Academy Update 2018</i> Highlight current activities and recent developments at AND and the Foundation. Spotlight new and continuing benefits of Academy membership. Update members on the progress of the Second Century initiative and on the Academy's activities and successes.	Auditorium
10:15a-11:15a	1	Posters	Classrooms 6 & 7, Hall
11:15a-12:05p	1	Breakouts 1. Lucille Beseler <i>Feeling the burn?: BURNOUT that is...</i> Assist RDNs and NDTRs on identifying early signs of burnout, how to manage change in a rapidly changing health care environment and develop mentoring paths to support success and prevent burnout. 2. Nicole Withrow <i>Nutritional concerns in children with an Autism Spectrum Disorder (ASD) and an innovative way to screen nutritional risk</i> Understand the medical conditions that affect dietary intake and food selectivity in individuals with an ASD. Describe the development of a screening tool for identifying nutritional risk in individuals with an ASD. 3. Celesta Lyman <i>Achieving Professional Respect & Credibility</i> Identify aspects of professionalism that can improve credibility. Recognize the impact of professional dress and speech in achieving credibility. Learn tools of communication with clients, employees and colleagues.	West Auditorium East Auditorium Classrooms 3, 4 & 5

UAND Annual Conference Agenda: Friday, March 30, 2018

12:15p-1:35p	-	Awards Luncheon	Auditorium
1:40p - 2:30p	1	Breakouts 1. Lori Spurance <i>Food for Thought: Environmental Determinants of Child Nutrition</i> Summarize current research surrounding child nutrition through environments contributing to their intake of fruits and vegetables, and sugar sweetened beverages using a public health approach. 2. Rebecca Clyde <i>A Dietitian's Crash Course to Food Photography</i> Learn how food photography can help build your business/promote healthful eating. Discover the basic components of good food photography and explore food photography style. 3. Melissa Baugh <i>Nutrition and Mental Health: Delusions, Medications, and Everything in Between</i> Understand mental illness and how symptoms can relate to diet. Address how RDNs can positively impact their client's well-being.	West Auditorium East Auditorium Classrooms 3, 4 & 5
2:30p-2:55p	-	Break	
3:00p - 4:15p	1	General Session Sponsor: Center for Change Jennifer Gill <i>What working with people with eating disorders teaches us about working mindfully in all areas of dietetic professions.</i> Explore the contribution of the medical and dietetic fields on current diet culture; dangers of moralizing food intake and exercise; and impacts of dieting culture and weight stigma on society. Identify changes RDNs can make in dietary counseling, media appearances/postings, and marketing to promote Health at Every Size®, Gentle Nutrition®, self-care and body kindness.	Auditorium
4:15p - 4:20p		Announcements	Auditorium
	1	Optional Activities: Yoga with Elizabeth Elsmore 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.	

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Thank you for your support of the Utah Academy of Nutrition and Dietetics Annual Conference and Exposition. We hope you enjoy your time with us!

WE WANT YOUR FEEDBACK!

Please visit

http://www.eatrightutah.org/uda.cfm?page=annual_mtg_3
to complete the evaluations.

I would like to express my thanks to the Annual Meeting planning committee for their hard work throughout the last several months. This conference has been a tremendous undertaking. Thank you for making it a success!

**Karlee Adams
Wendy Philips
Emily Patten
Suzanne Lewis**

**Kelli Boi
Laura Bain
Lynette Meek**

**Tacie Hall
Sarah Callison
Mikeala Call**

If you would like to participate on the planning committee for next year, please sign up at the registration table or email Stephanie Ashmore at sashmore.rd@gmail.com

*Let's get social! Find us on
Facebook, Twitter, and Instagram
@eatrightUtah*



Social Media Tags:
#UAND18 #eatrightUtah #RDinUT #NNM2018

*Stop by the UAND Photo Booth in Rooms
6/7 during the breaks!*