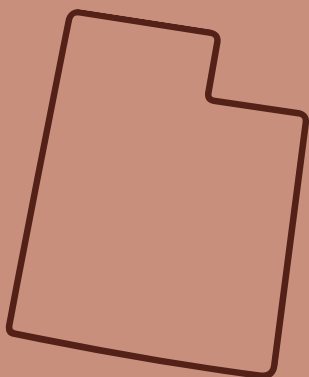
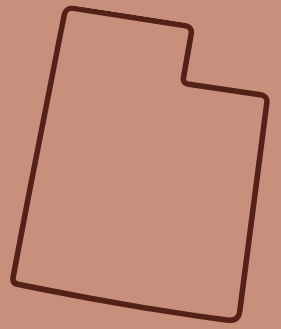


UAND 2023 ANNUAL CONFERENCE SPEAKERS



Learn the **E**vidence
Advocate for **D**iversity

March 3 & 4, 2023

UAND 2023 ANNUAL CONFERENCE SPEAKERS



SANGEETA SHRIVASTAVA, PHD, RDN, FAND

Diversify your practice: The need of the time for RDNs and RDNs to be

The United States is a diverse country. There are various health disparities among specific populations and their needs vary. People have various beliefs about the type of care they receive. RDNs are uniquely trained to provide evidence based nutritional services in diverse manner.

Food is such a personal thing, and if we RDNs do not personalize our services to meet the needs of our diverse population, we won't be successful in a true manner. I believe a solution exists within us, we RDNs need to open our minds and extend our hands for collaboration to serve our patients and clients better. It's time that we identify those tools and equip ourselves to go beyond our comfortable boundaries and put our diverse patient's unique needs first so we can L.E.A.D the way forward, coming to the forefront of healthcare.

Bio

Dr. Sangeeta Shrivastava is the owner of insurance based private practice Dr. Sangeeta Nutrition and a part time faculty at California State Polytechnic University Pomona, CA. She holds a Ph.D. in Nutritional Biochemistry.

Nutrition and Dietetics are not only her profession but true passion where she visualizes to empower each person about a healthy lifestyle to reduce the burden of health disparities in the community. As a clinical dietitian, she strongly believes that if nutrition is at the forefront of the care, the cost of health care, length of hospital stay, and rate of readmission will be significantly reduced.

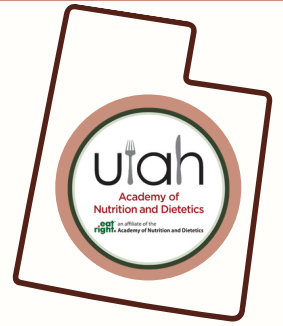
Sangeeta is the winner of the Emerging Dietetic Leader Award in CA in 2018, she also earned AIND: MIG Star Award during FNCE® in Washington DC. Sangeeta was named Outstanding Faculty by CPP athletic department based on her student nomination in 2019, Sangeeta is also the recipient of Excellence in community nutrition award from CA Academy in 2022. Sangeeta has co-authored a chapter on Ayurveda in a functional medicine textbook.

She is immediate past chair of IND-MIG and CA coordinator for DIFM DPG. She also served as president of the California Academy- Orange District 2013-2016.

She lives in Southern California with her husband and 2 sons.

Sangeeta can be reached at a.sangeeta.aa@gmail.com, <http://drsangeetanutrition.com/>

UAND 2023 ANNUAL CONFERENCE SPEAKERS



MELISSA JOY DOBBINS, MS, RDN, CDCES

A Sustainable Nutrition Conversation: Making a Meaningful Connection



From mainstream media to social media, misinformation and disinformation abounds when it comes to conversations about food. The same holds true for discussions around agriculture's impact on the environment. Many aspects of this complex topic are misunderstood, lost in translation and oversimplified.

Registered Dietitian Nutritionists have the unique opportunity to learn about and differentiate between perceptions/misperceptions and evidence-based information, and engage the public in more meaningful and productive conversations about food, farming and sustainable nutrition.

Bio

As an expert food and nutrition communicator, Melissa Joy Dobbins is keenly aware of what gets lost in food and farming conversations. She provides a valuable and visible platform for sharing the facts and translating the science through her Sound Bites® Podcast, traditional media interviews, and social media outreach. She helps people digest nutrition information so they can make well-informed food decisions based on facts, not fear - and ultimately enjoy their food with health in mind.

UAND 2023 ANNUAL CONFERENCE SPEAKERS



CARISSA CHRISTENSEN, MS, MPH, RD
ELLEN MAXFIELD, MSPH, CHES
KARLEE KUMP, MS

Addressing Food Insecurity within the Healthcare System

Learning Objectives:

1. To better understand how dietitians can help address food insecurity within a hospital system at the clinical inpatient, outpatient, and community/wellness level.
2. To emphasize the concept of “food is medicine” and address the disparities when patients with chronic related nutrition diagnoses are unable to access the foods that could help them heal.
3. To highlight the current initiatives being supported in the area of food insecurity and to encourage further team-building and collaboration to better support the growth of these initiatives.

Bio

Carissa Christensen is a Registered Dietitian and the Nutrition Care Services Director for U Health. Carissa’s background in community nutrition and public health led her to pursue a career as a Public Health Officer in the United States Air Force where she had the opportunity to research the strategic impacts of food insecurity in developing nations.



For the past 15 years, Carissa has worked at U Health and is especially proud of the projects her and her colleagues have worked together on to address food insecurity in the Salt Lake community. She has led the NCS Department to play an important role in the development of the Feed U Pantry located at the Health Sciences Education Building and the Food Pharmacy mobile trailer, serving patients at both the Sugarhouse and Redwood Health Centers. Carissa hopes to continue to be involved in the expansion of these programs and is very interested in addressing the ongoing concerns of food insecurity in Utah.

UAND 2023 ANNUAL CONFERENCE SPEAKERS



Bio

Ellen Maxfield, MSPH, CHES is the Clinical Operations Manager at the University of Utah's Osher Center for Integrative Health (OCIH) and an adjunct Assistant Professor in the Department of Physical Therapy and Athletic Training. She oversees the University of Utah's National Diabetes Prevention Program and the daily operations of the L.S. Skaggs Patient Wellness Center.

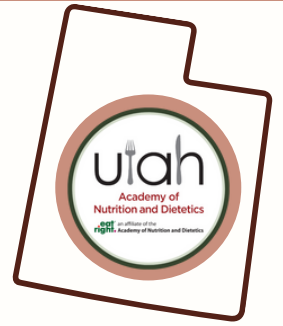
Ellen is passionate about the prevention of diabetes and has become a Master Trainer Select and Lifestyle Coach for the National Diabetes Prevention Program. She has been actively engaged in the development of the Food Pharmacy program, serving patients at both the Sugar House and Redwood Health Centers.



Bio

Karlee Kump, a community health program manager at Primary Children's Hospital brings 10 years of diverse public health experience to the table. Throughout Karlee's career, Karlee has demonstrated a passion for improving health outcomes and creating programs that meet the unique needs of communities. She is dedicated to making a lasting impact. Karlee has a B.S. in Public Health and an M.S. in Health Promotion and Education.

UAND 2023 ANNUAL CONFERENCE SPEAKERS



REBECCA BROWN, RDN, CNSC

Enteral and Parenteral Nutrition Therapy in the Home Setting



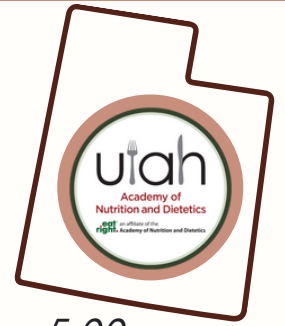
Learning Objectives:

1. Discuss common indications for enteral and parenteral in the home setting
2. Identify the appropriateness of enteral and parenteral orders for the home setting
3. Describe ways to help prepare the patient for home nutrition support
4. Explain methods to troubleshoot and help the patient be successful long term on nutrition support

Bio

Rebecca Brown, RDN, CNSC is currently the Director of Nutrition Services at Amerita Specialty Infusion and has been a Registered Dietitian since 2004. She received her undergrad at Colorado State University in Ft. Collins and completed her dietetic internship at Cornell University in Ithaca. Rebecca started her career in the ICUs and step-down units in the hospital setting and then went to dialysis to get experience with renal patients. Her passion for home nutrition support began in 2007 when she stepped into a role as a nutrition support specialist. She has been certified in nutrition support and a member of ASPEN since 2010 (CNSC). Rebecca has been an author in multiple research publications for the home nutrition support industry or the past 5 years. Her experience includes working with all ages of patients with many different types of diagnosis needing home enteral and parenteral nutrition.

UAND 2023 ANNUAL CONFERENCE SPEAKERS



DAY 1

Friday, March 3, 8:00am-5:00pm

**KELEE HANSEN, MBA, RDN, LD, CD,
ALEX GOVERN, CDM, CFPP
AMELIA STOCKING, MBA, RD
MODERATED BY: LEVIN DOTIMAS, MS, RD, CD**

Successfully Implementing IDDSI: Collaborating Culinary Processes & Procedures to Ensure Patient Satisfaction and Safety

Learning Objectives:

1. Identify key team members and their respective roles and responsibilities for implementing IDDSI.
2. Describe three IDDSI testing methods to ensure for safety for patients/residents on IDDSI diets.
3. Define three best practices to enhance patient/resident safety with IDDSI.

Bio



Kelee Hansen is the owner of S&S Nutrition Network, which provides Registered Dietitian clinical and food services consulting to health care, senior living, and residential living facilities and meal programs across the West and Midwest. She earned a BS in Food and Nutrition with a Dietetics emphasis and an MBA from Utah State University. She has over 20 years of experience in acute care, long term and rehabilitation care, and senior living. She helps clients build, develop, and lead food and nutrition services teams; refine menus and production systems; enhance dining service models; manage operating and capital budgets; identify and implement food cost and labor savings; improve regulatory compliance; and develop programs and systems to improve outcomes and enhance the patient, resident, and team member experience.

Continued

UAND 2023 ANNUAL CONFERENCE SPEAKERS



Bio

AMELIA STOCKING

Bio

Over the past 16 years, Alex has worked in a variety of food service establishments, as well as graduating from The Culinary Institute of America in Hyde Park New York.

From 2009-2019 he worked with with Thomas Cuisine as an Executive Chef opening & managing a variety of locations in Utah, Washington, and Nevada. Since joining Intermountain in 2019 Alex has created new menus and implemented room service across the entire Intermountain System for patient guests, created an updated rebrand concept for the Intermountain Cafes, implemented a new dysphagia menu, increased satisfaction scores, and pushed forward a culture of food excellence



Bio

Levin graduated in 2017 from Brigham Young University with a BS in Dietetics and a minor in French. He later graduated from Oklahoma State University (Stillwater, OK) in 2021 with an MS in Nutritional Science, which included his dietetic internship. He passed his RD exam shortly thereafter. He is the Patient Meal Lead Dietitian at Utah Valley Hospital in Provo, UT. He is also the current Chair of the Asian Americans and Pacific Islanders MIG of the Academy of Nutrition and Dietetics and was also previously on the Diversity and Inclusion Committee.



UAND 2023 ANNUAL CONFERENCE SPEAKERS



SARAH BRUNELLE, MS, RD, CNSC, LD
CHANTELLE BERNIER, OTD, OTR/L, CNT

Evaluation of the use of an infant-driven feeding algorithm for infants born before 34 weeks

Learning Objectives:

1. Discuss the importance of infant-driven oral feeding in the neonatal population.
2. Review quality improvement outcomes of infant's who followed an infant-driven oral feeding algorithm.
3. Discuss the importance of interdisciplinary collaboration within a neonatal ICU to improve oral feeding safety and outcomes in a high-risk population.

Bio

Sarah M.C. Brunelle, MS, RD, CNSC, LD is a registered dietitian, board certified in nutrition support. Her current area of career focus is neonatal intensive care and infant nutrition. Sarah has been with St. Luke's Health System in Boise, ID for 3.5 years. Prior to joining St. Luke's, she worked in sports nutrition, adult and pediatric acute clinical care, and community nutrition to educate pregnant and breastfeeding women about proper nutrition.

Sarah earned a master's and bachelor's degree in nutrition and dietetics from Idaho State University, where she also completed her dietetic internship. During her master's program, Sarah completed a quality improvement initiative with Chantelle Bernier where the two collaborated within St. Luke's NICU and worked alongside a neonatologist and nurse practitioner to evaluate the use of an infant-drive oral feeding algorithm to improve oral feeding progression safety and outcomes for the high-risk neonatal population. Since completion of her master's degree and the QI project, Sarah hopes to continue to conduct ongoing QI initiatives to improve the collaboration and expand the role of the registered dietitian and involvement with patient care in neonatal ICUs.



UAND 2023 ANNUAL CONFERENCE SPEAKERS



Bio

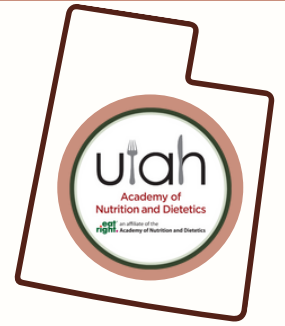
Chantelle specializes in infant feeding and developmental disorders. She helped develop the breast- and bottle-feeding algorithm (BBFA) that focuses on enabling the infant to participate and control their own feeding as well as empowers nurses to use sound evidence based on judgement whether to feed or not to feed. She is also the clinical program coordinator for her rehabilitation team within St Luke's Children's hospital, which provides direct patient care and is responsible for developing consistent, evidence-based and patient centric care for a variety of complex programs throughout pediatrics, the NICU and PICU.



Chantelle is passionate about improving the health and wellbeing of her patients and their families through the understanding of their needs and by providing a compassionate environment where they can succeed in their occupational roles.

She earned her doctorate in occupational therapy from Pacific University of Oregon and completed her residency in Canada, conducting research and program development related to technology and its impact on children. Chantelle is also an adjunct professor for the School of Occupational Therapy at Pacific University of Oregon.

UAND 2023 ANNUAL CONFERENCE SPEAKERS



KATIE ROBINSON, PHD, MPH, RD, LD, CNSC

Nutrition and Wound Healing: An Overview of Mechanisms and Guidelines

This presentation reviews complexities associated with wound care and best practices to promote wound healing. Different wound types are described including information about particular nutrient requirements needed for the management of pressure injuries, diabetic foot ulcers, burns and beyond.

Bio

Katie Robinson serves as a Senior Medical Science Liaison with the Adult Therapeutics MSL Team. Prior to joining Abbott, she conducted research on the impact of nutrition and genetics on outcomes of behavioral and surgical weight loss interventions. Dr. Robinson completed her bachelor's degree in Dietetics at Iowa State

University and her dietetic internship at the University of Illinois in Urbana- Champaign (UIUC). She earned her Master of Public Health and PhD in

Nutritional Sciences in the Illinois Transdisciplinary Obesity Prevention Program at UIUC. Her graduate research sought to understand how preoperative dietary interventions and individual genetic variation contribute to improved insulin sensitivity following bariatric surgery. During her time at UIUC, she taught multiple undergraduate and graduate courses and assisted with coordinating the undergraduate didactic program in dietetics. Following graduate school, she completed postdoctoral training at the University of Iowa in the Fraternal Order of the Eagles Diabetes Research Center. Dr. Robinson has numerous publications in peer-reviewed journals and has presented her research at national and international conferences.

UAND 2023 ANNUAL CONFERENCE SPEAKERS



GINA WARD, MS, RDN, CDCES, UAND PRESIDENT 2022-2023

*Advocating For Food, Nutrition, & Health: How
National & State Leadership Policies Affect You!*

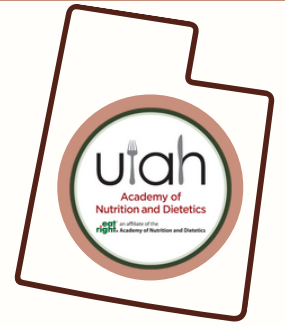
Learning Objectives:

1. Name at least three reasons why access to MNT by RDNs is good public policy.
2. Define the difference between “licensure, certification, and title protection only” regulation of RDNs.
3. List at least two advocacy efforts currently happening on the State or National Level to benefit RDNs
4. Identify 1-2 ways YOU can become involved in advocacy efforts for RDNs.

Bio

Gina Ward has practiced dietetics at Davis Hospital & Medical Center for the past 22 years. She currently serves as the Clinical Nutrition Manager and ADA-certified Diabetes Program Quality Coordinator, supervising staff in two departments as well as providing patient care. She loves the fast pace (most of the time) and the variety that clinical dietetics provides. Advocacy and public policy have been an interest of Gina's since working as a legislative intern and being on the debate team in high school. As the Utah Affiliate President of the Academy of Nutrition & Dietetics, she works with the Advocacy Pillar to impact legislation that affects Utah RDNs. This presentation updates RDNs on public policy initiatives related to food, nutrition and health, as well as RDN credential and licensure concerns on state and national levels. Discover simple ways YOU can make a difference and promote our profession!

UAND 2023 ANNUAL CONFERENCE SPEAKERS



DR. AHMED EL-SOHEMY, PHD

Precision Nutrition – Recent Advances and Controversies in Genetic Testing



There is increasing awareness among researchers, educators, healthcare professionals and consumers that the one-size-fits-all, population-based approach to nutritional guidance is inefficient and sometimes ineffective. Genetic differences can explain these different responses and randomized controlled trials show that DNA-based dietary recommendations can improve compliance. With increasing awareness and demand for nutrigenetic testing, there is a need for registered dietitian nutritionists to have sufficient knowledge to understand and determine the benefits and limitations of the science and testing.

Bio

Dr. Ahmed El-Sohely is a Professor and Associate Chair at the University of Toronto and held a Canada Research Chair in Nutrigenomics. He is also the founder of Nutrigenomix Inc., serves as the company's Chief Science Officer and Chair's the company's International Science Advisory Board. Dr. El-Sohely earned his PhD in Nutritional Sciences from the University of Toronto and a postdoctoral fellowship at Harvard. The goal of his research is to understand how genetic differences modify response to diet for optimal health and performance. Dr. El-Sohely has published almost 200 peer-reviewed articles and given over 300 invited talks around the world. He is on the editorial board of 10 scientific and medical journals and served as an expert reviewer for more than 30 other journals and 12 granting agencies. He is also Editor-in-Chief of the journal *Genes & Nutrition*. Dr. El-Sohely has served on Health Canada's Scientific Advisory Board and several international expert advisory panels. Dr. El-Sohely received several awards for excellence in research by the Canadian Nutrition Society, the American College of Nutrition and the American Nutrition Association.

UAND 2023 ANNUAL CONFERENCE SPEAKERS



DAY 2

Saturday, March 4, 8:00am-5:15pm

HEATHER FINLEY, DCN, MS, RD, LD, CEDRD, CLT

Functional Foods Deep Dive: Research and Trends



This presentation will take a deep dive into the benefits of functional foods on various aspects of health, including gut health, brain health, energy, and stress. Dr. Finley will explore the “why” behind these benefits, highlighting how different types and components of functional foods, including probiotics, B-vitamins, nootropics, and various antioxidants, potentially contribute to reducing inflammation, supporting healthy neurotransmitter production, and more. Participants will walk away with an understanding of the state of the science around functional foods and practical ways to engage with clients around this topic.

Bio

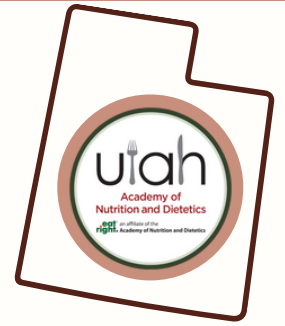
Dr. Heather Finley is a registered dietitian and gut health specialist. She helps people struggling with bloating, constipation, and IBS find relief from their symptoms and feel excited about food again.

Heather struggled with her own digestive issues for nearly 20 years and understands first hand the impact that nutrition, lifestyle, and mindset have on digestive health. Gut health shouldn't be restrictive, stressful, and all-consuming. She developed the gutTogether® method to help individuals reduce digestive symptoms and add foods back into their diet.

Dr. Heather has a doctorate in clinical nutrition from Maryland University of Integrative Health. Her work has been featured in Mind Body Green, Yahoo! Life, and Very Well Health.

Visit <https://guttogetherprogram.com> to book a discovery call with Heather and her team and start improving your digestive symptoms today.

UAND 2023 ANNUAL CONFERENCE SPEAKERS



STEPHEN VAN VLIET, PHD

Dietary Protein to Preserve Muscle and Physical Function into Old Age



Dr. Stephan van Vliet is a nutrition scientist and metabolomics expert in the Center for Human Nutrition Studies at Utah State University. Dr. Stephan van Vliet earned his PhD in Kinesiology as an ESPEN Fellow from the University of Illinois at Urbana-Champaign, and received training at Washington University in St Louis School of Medicine and Duke University School of Medicine. Dr. van Vliet's studies evaluate the effects of dietary patterns and food sources on protein and lipid metabolism, inflammation, insulin action, body composition, and intracellular signaling pathways that regulate metabolic health. His work has been published in the American Journal of Clinical Nutrition, Frontiers in Sustainable Food Systems, the Journal of Nutrition, and the Journal of Physiology.

Bio

Dr. Stephan van Vliet is a nutrition scientist and metabolomics expert in the Center for Human Nutrition Studies at Utah State University. Dr. Stephan van Vliet earned his PhD in Kinesiology as an ESPEN Fellow from the University of Illinois at Urbana-Champaign, and received training at Washington University in St Louis School of Medicine and Duke University School of Medicine. Dr. van Vliet's studies evaluate the effects of dietary patterns and food sources on protein and lipid metabolism, inflammation, insulin action, body composition, and intracellular signaling pathways that regulate metabolic health. His work has been published in the American Journal of Clinical Nutrition, Frontiers in Sustainable Food Systems, the Journal of Nutrition, and the Journal of Physiology.

UAND 2023 ANNUAL CONFERENCE SPEAKERS



KEVIN SAUER, PHD, RDN, LD, FAND

Actions and Initiatives: The Academy of Nutrition and Dietetics Accelerates Innovation in Our Practice

The Academy of Nutrition and Dietetics – our members, our leaders and our headquarters team – have made a strong commitment to seeking, creating and implementing policy solutions to the food and nutrition issues that affect all people, to envisioning a preferred future for our profession, and for making that future happen. This presentation will spotlight

current activities and successes by the Academy and its Foundation in vital areas including public policy and advocacy, malnutrition, and evidence-based scientific research. The role of such initiatives as the Leadership Institute and President's Strategic Advisory Groups will be featured as notable examples of ways in which innovation accelerates our tactical impact in practice to improve everyone's nutritional health.

Bio

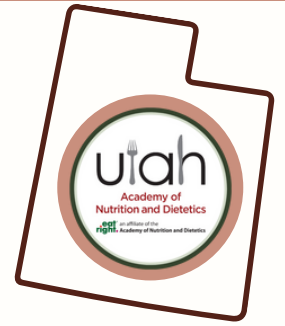
Sauer is a professor in the department of food, nutrition, dietetics and health at Kansas State University and co-director of the national Center for Food Safety Research in Child Nutrition Programs. Sauer specializes in administrative dietetics and has previous experience in health care and food and nutrition services, school nutrition and university dining.

Sauer's extensive service to the Academy includes serving as President in 2021-2022. He is a former chair of the Commission on Dietetic Registration and CDR's Examination Panel as well as the chair of the 2020 CDR RDN/NDTR Entry-Level Practice Audit. He was a director at-large on the Academy's Board of Directors in 2017-2020 and served on the Council on Future Practice; House of Delegates Evolution Design Team; Council on Research; Nutrition and Dietetics Educators and Preceptors Council; Research Priorities and Development Task Force; Code of Ethics Revision Task Force and the Academy Foundation's Healthy and Sustainable Food Systems collaborative.

His honors include Kansas State University's Mary Ruth Bedford Distinguished Faculty Award; the K-State Presidential Award for Excellence in Teaching; the Kansas Academy of Nutrition and Dietetics' 2015 Distinguished Dietitian of the Year Award; and the Academy's 2019 Mentoring Award and Outstanding Educator Award.

Sauer earned undergraduate, master's and doctoral degrees from Kansas State University.

UAND 2023 ANNUAL CONFERENCE SPEAKERS



**PANELISTS: REBECCA CHARLTON, MPH, RDN
LAURA HOLTROP KOHL, MS, RDN
ANN LOKUTA MPH, RDN
LEA PALMER MPH, RDN
MODERATOR: CASEY COOMBS, MS, RDN**

Diverse Career Paths in Public Health

Learning Objectives:

1. Participants will be able to define public health nutrition and identify a variety of opportunities and jobs within the field.
2. Participants will be able to describe how public health approaches can be used to strengthen various positions within the field of dietetics including community programming, clinical practice, and research.



Bio

Rebecca Charlton MPH, RDN-AP, obtained her public health training at UCLA. She has worked as a clinical dietitian and educator for over twenty years. She lives in Logan, Utah, in where she has been the Program Director for the Coordinated Program in Dietetics.

Bio

Laura Holtrop Kohl is a Public Health Dietitian on the Healthy Environment, Active Living (HEAL) program at the Utah Department of Health and Human Services. She works to improve food environments and increase healthy food access with initiatives across the state. Laura completed her Master's degree in Human Nutrition at the University of Utah and has experience as a retail dietitian at Harmons grocery store and as a nutrition coordinator at Utahns Against Hunger.



UAND 2023 ANNUAL CONFERENCE SPEAKERS



Bio

Ann Lokuta is a registered dietitian and health and wellness manager with Dairy West. Ann leads Dairy West's outreach and offerings for health professionals, including nutrition promotion partnerships, continuing education offerings, and thought leader networking events. Ann enjoys challenging herself and teammates to embrace curiosity and out-of-the-box thinking to produce boundary-pushing work and programs that have a positive impact on our communities.

Bio

Lea Palmer is a Registered Dietitian and the Create Better Health (SNAP-Ed) Assistant Director/ Program Manager. Prior to her current position, Lea worked as an instructor for University of Alaska Fairbanks and as a pediatric research dietitian and food service coordinator for the community action program of Alaska (RurAL CAP). Lea has a passion for helping people live a healthy life that they love. Lea strongly believes that every person has the right to high quality health education and food access in a way that celebrates that person's culture and individuality.



Bio

Casey Coombs is a registered dietitian and a professional practice assistant professor at Utah State University. Casey primarily teaches courses for the Master of Public Health (MPH) program in the Nutrition, Dietetics and Food Sciences Department. Prior to her current position, Casey worked in the field of public health nutrition for over 15 years with the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) programs in New York and Utah, and as Peace Corps volunteer in Ecuador. Casey's primary interests are the social determinants of health and global public health.



UAND 2023 ANNUAL CONFERENCE SPEAKERS



ANNIKA WEEKS, NDTR

*Bridging the Gap & Avoiding Burnout By Utilizing NDTRs
In Your Practice*



Learn how to better utilize NDTRs in your private practice or business. Integrating highly-competent diet techs into your business model can contribute to a thriving (not just surviving) business. Understanding the NDTR scope of practice can help you scale your business while avoiding burnout. NDTRs can help RDs minimize headaches in assessment and intake, especially when running an online business. With the dietetics major requiring graduate degrees in the near future, now more than ever, it's important to encourage and empower a rising generation of NDTRs.

Bio

With expertise as a health professional and experience as a patient in the healthcare system, Annika ("Anni") Weeks hopes to bridge gaps. Specializing in copywriting, Annika provides dietitians and their clients more accessible online resources, such as evidence-based blogs and helpful patient handouts. Annika is also passionate about mentoring NDTRs entering the nutrition industry.

UAND 2023 ANNUAL CONFERENCE SPEAKERS



SUSAN FULLMER, PHD, RDN, CD
MEGAN JENSEN, RD
ANNALISA FREIRE, MS, RDN

Factors related to bone density and the female athlete triad in female missionaries of the LDS Church

Learning Objectives:

1. Participants will gain knowledge of the female athlete triad (FAT) and its associated risk factors.
2. Participants will identify how FAT risk factors might affect the health of young adult women who spend extended time away from home while potentially experiencing significant lifestyle changes
3. Participants will learn about nutritional concerns among young adult women who live away from home in countries of diverse income and developmental status

Bio

Susan Fullmer earned her bachelor's and master's degrees at the University of Utah in Foods and Nutrition and earned her doctorate degree in Exercise physiology at Brigham Young University. She has been a professor at BYU in the Department of Nutrition, Dietetics and Food Science since 1997. Her course load has included medical nutrition therapy, research methods, sports nutrition and essentials of nutrition. Her research interests have focused on the effects of diet and exercise on metabolic rate and bone density. More recently she has been evaluating nutritional issues in missionaries for the Church of Jesus Christ of Latter-day Saints. She is a past president of the Utah Dietetic Association (now the Utah Academy of Nutrition and Dietetics). She also served as its Legislative Network Coordinator.

UAND 2023 ANNUAL CONFERENCE SPEAKERS



Bio

Megan Jensen has been a dietitian since spring 2020 and has since worked at Timpanogos Regional Hospital and the Center for Change as an inpatient dietitian. She currently works at Primary Children's Hospital as an outpatient dietitian and sees a wide range of populations including weight management, dyslipidemia, inflammatory bowel disease, failure to thrive, and the group she is most passionate about, eating disorders. She loves to help patients heal their relationship with their bodies through balanced nutrition and intuitive eating. In her spare time she loves to read, craft, test recipes for a cookbook she's writing, and take her 8 months old puppy, Gromit, to the dog park. She is excited to share her research findings from her master's thesis and hopes that it will make an impact on how the Church of Jesus Christ of Latter-Day Saints approaches nutrition with their female missionaries.

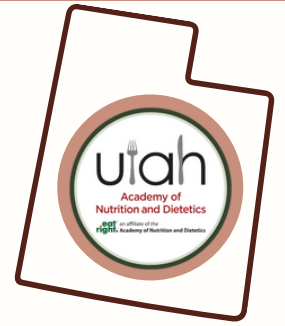


Bio

Annalisa Freire, MS, RDN graduated from BYU with her Bachelor's and Master's degrees in dietetics. Since starting the dietetics undergraduate program, Annalisa has enjoyed expounding her clinical nutrition knowledge and teaching others about health and nutrition. She is currently working as an outpatient dietitian at Utah Valley Hospital in Provo, Utah.



UAND 2023 ANNUAL CONFERENCE SPEAKERS



JENNA DYCKMAN, MS, RDN
APRIL LITCHFORD, PHD, RDN, CD

Increasing Ability to Manage Diabetes Symptoms through Community Cooking Classes

Learning Objectives:

1. Describe educational techniques that increase individual diabetes self-management behaviors as demonstrated in the Diabetes Cook Along course.
2. Discuss the research connected to the Diabetes Cook Along course and the benefits realized by participants.
3. Connect with local USU Extension faculty in their county to encourage their clients and patients to attend the Diabetes Cook Along course.

Bio

Jenna is an USU Extension Assistant Professor based in Cache County. She is a registered dietitian and graduated with her master's in nutrition and dietetics from the University of Idaho. She became a dietitian because she loves helping others and teaching them how to achieve optimal health by making healthy and sustainable food and lifestyle choices. Her go to mantra with food is "all foods fit!". In her position with USU Extension, she loves working with community members across Cache County!



Bio

April Litchford is an Extension Assistant Professor for Utah State University in Box Elder County. She is also a registered dietitian nutritionist with a PhD in nutrition science. She has expertise in general nutrition counseling, managing special dietary needs, child and family nutrition, and diabetes management. April also enjoys gardening, home food preservation, yoga, and helping others build habits necessary for optimal health and wellness.

UAND 2023 ANNUAL CONFERENCE SPEAKERS



REBEKAH COOK, RD, CD, CEDS

Making a Difference with Clients who have Eating Disorders



It can be challenging to work with clients who have eating disorders, but it can also be very rewarding. It can take knowledge and practice to know how to move a client towards intuitive eating while still meeting them where they are in the recovery process. In this presentation, we will discuss a collaborative care approach. We will also review weights and measures as well as commitments to recovery and nutrition interventions that increase the client's participation in their care and moves them toward recovery.

Bio

Rebekah Cook received her Bachelor of Arts in Dietetics from the University of Northern Colorado and completed her dietetic internship at the James A Haley VA Hospital in Tampa, Florida. Rebekah has been a dietitian in the field of eating disorders since 1998, which is when she first worked at Center for Change and was fortunate to be able to introduce the concept of intuitive eating into the treatment of eating disorders. She has lived experience from both the patient's and family members' perspectives. Over the past twenty-four years, Rebekah has worked in all levels of care in Utah and California. She has spoken at several eating disorder conferences and enjoys creating books and manuals. She likes learning and is currently in a Master's program for Marriage and Family Therapy.