

Utah Academy of Nutrition and Dietetics

2022 ANNUAL CONFERENCE AND EXPOSITION



**POWERING THE FUTURE THROUGH NUTRITION
CONNECTIONS**

March 24 & 25, 2022

UAND ANNUAL CONFERENCE AGENDA

Thursday, March 24, 7:30am-5:30pm



TIME	ACTIVITY	CEU	LOCATION
7:30-8:00	Registration		
8:00-8:10	Welcome and Announcements		Viridian ABC
8:10-9:25	General Session Panel: <i>Leveraging Partnerships for Collective Impact</i> Thank you Dairy West	1.25	Viridian ABC
9:30-10:45	General Session Rebecca Vahle & Rose Horton: <i>Head to Heart: Taking Your DEI Work from Theory to Practice</i> Thank you Mead Johnson	1.25	Viridian ABC
10:45-11:05	Exhibits	0.5	Lobby
11:05-12:00	Breakout Sessions David Aguilar-Alvarez: <i>Tailoring MyPlate Recommendations to Prevent Chronic Disease</i> Allie McLeod: <i>Quality Over Quantity: Integrating RDNs into Value-Based Payments</i> Jessica LaRoche: <i>Sports Nutrition in the Field: Experiences from the Beijing Winter Olympics</i>	1.0 1.0 1.0	Viridian A Viridian B Viridian C
12:00-1:30	Lunch Board Meeting - All are welcome to attend		Viridian ABC
	Exhibits	0.5	Lobby
1:30-2:25	Breakout Sessions Laura Holtrop Kohl and Arissa Watkins: <i>Health Equity in Chronic Disease Prevention</i> Paige Smathers: <i>Weight Inclusive Care - A Supportive, Sustainable, and Compassionate Approach to Nutrition</i>	1.0 1.0	Viridian A Viridian B
2:25-2:55	Exhibits	0.5	Lobby
3:00-4:15	General Session Kate Robinson: <i>Nutrition Therapy for Patients with COVID-19: An Update</i> Thank you Abbott Nutrition	1.25	Viridian ABC
4:15-4:30	Giveaways and Wrap Up		Viridian ABC
4:30-5:30	Networking Event - Chocolate Tasting		Viridian ABC

UAND ANNUAL CONFERENCE AGENDA

Friday, March 25, 7:30am-4:30pm



TIME	ACTIVITY	CEU	LOCATION
7:30-8:00	Registration		
8:00-8:10	Welcome and Announcements		Viridian ABC
8:10-9:05	General Session Toby Amidor: <i>Ethics in an Everchanging World of Nutrition*</i> Thank you Beef Council of Utah	1.0	Viridian ABC
9:10-10:25	General Session Kamilla Cass: <i>Mental Health on the Rise: The Psychology of Eating Disorders and the Impact of COVID-19</i>	1.25	Viridian ABC
10:30-11:10	Poster Session	0.5	Lobby
11:15-12:10	Breakout Sessions Jon Osborn: <i>Juggling Practice - The Power of Dropping</i> Katelyn Quick: <i>Nutritional Rehabilitation & Early Refeeding of Severely Malnourished Patients</i> Lacie Peterson, Nikki Kendrick, Maria Givler: <i>The Future of Dietetics Education</i>	1.0 1.0 1.0	Viridian A Viridian B Viridian C
12:15-1:30	Awards Luncheon		Viridian ABC
1:30-2:25	Breakout Sessions Scott Moore: <i>Reversing Disease with Lifestyle Medicine</i> Joy Musselman: <i>Taking the Next Step in Your Career Journey</i> Paige Smathers: <i>Social Media: The Good, The Bad, The Ugly</i>	1.0 1.0 1.0	Viridian A Viridian B Viridian C
2:25-2:55	Poster Session	0.5	Lobby
3:00-4:15	General Session Marc Potter: <i>Mindful Compassion in Medicine</i>	1.25	Viridian ABC
4:15-4:30	Closing Remarks; Conference adjourns for the year		Viridian ABC

*The Academy of Nutrition and Dietetics (Academy) and Commission on Dietetic Registration (CDR) are not responsible for the provider's interpretation of the Academy/CDR Code of Ethics for the Nutrition and Dietetics Profession or its enforcement as it relates to the scenarios and content presented in this activity.

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!



Scan here to access the speaker brochure and session slides!

The Utah Academy of Nutrition and Dietetics is pleased to announce our

UAND 2022 AWARD WINNERS

Emerging Dietetic Leader

Kayla Jessop

Award of Merit

Ellen Lechtenberg

Award of Recognition

Dairy West

Recognized Young Dietitian of the Year

Katie Brown

Outstanding Dietetic Students

Sara Saltzgeber, Coordinated Program

Madeline Peterson, Didactic Program

Asa Humpherys, Dietetic Intern



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Congratulations to those celebrating 50 years with UAND!

Joan Vann V. Eggert

Janet L. Heins

Patricia M. Guenther

Suzanne O. Ware

Laura V. Heald Watson

MASTER OF PUBLIC HEALTH NUTRITION PROGRAM

The Master of Public Health (MPH) in Nutrition degree focuses on interdisciplinary training in nutrition-related sciences and core public health disciplines.

USU MPH NUTRITION PROGRAM AND APPLICATION HIGHLIGHTS:

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- No GRE required!
- Affordable tuition for in-state and out-of-state students.
- Available to pursue either full-time or part-time.
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Dr. Mateja R.
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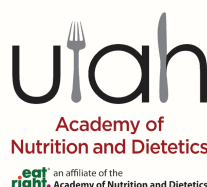
THANK YOU TO OUR SPONSORS!

We are very thankful for all of this year's UAND Conference Sponsors! Our sponsors make this event financially possible while providing helpful insights to their product and company.



College of Agriculture & Applied Sciences
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Public Health



Exhibitors

Abbott

ACUTE Center for Eating Disorders & Severe Malnutrition at
Denver Health

Dairy West

Dexa Body

Mead Johnson

Simply Thick

USU MPH Program

Bag Donations

G2G Protein Bars

Harmons

Lactalis US Yogurt

Mead Johnson

Utah Beef Council

Raffle Prizes

Dairy West

Dexa Body

Harmons

Trove Brands

Utah Beef Council

Thank You to our Annual Conference Committee:

Karlee Adams, Stacie Wing-Gaia, Kylie Hermansen, Nikki Kendrick, Suzanne Lewis, Elizabeth Mathews, Rebecca Rick, Gina Ward; and other UAND board members, affiliates, and student volunteers for their valuable support with this year's conference.

Enjoying the conference?
Share with us on social media using
#UANDconf22

Happy National Nutrition Month!

We hope you're having a successful National Nutrition month! We want to feature your favorite recipes that highlight a particular flavor or spice. It may be a childhood favorite, a personal favorite that you have created, or a cultural favorite you like to make. Submit your recipe using the QR code below!



Show us how you're celebrating National Nutrition Month! Whether at home or at work, post on Facebook, Instagram, LinkedIn, or Twitter with the hashtag #UANDNNM22. We'll reshare our favorites and spotlight them in the next newsletter!

Best wishes,
The UAND Marketing Pillar

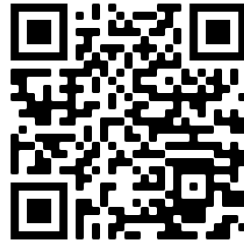
#UANDNNM22
Celebrate a World of Flavors

Thank you for attending! We want your feedback!
Please complete the evaluation for today's sessions:

Thursday Form



Friday Form



Utah

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