

Register NOW for the 2012 *Illinois Dietetic Association Spring Assembly*



Registration deadline is April 6



P.O. Box 26, Henry Illinois 61537



Prst. Std.
 U.S. Postage
 PAID
 Henry, Illinois
 Permit No. 6

Schedule for Friday, April 20th

| TIME | PROGRAM (TOTAL CPE 8) |
|-------------------------|---|
| 7:15 a.m. | Registration, Exhibits & Breakfast |
| 7:40 a.m. | Welcome — <i>Roberta Cooper Meyer, RD, LDN, IDA President</i> |
| 7:45 – 9:15 a.m. | The Academy Presents: An ADA Update; Dietetics Career Planning & How to Succeed in Dietetics <i>Sylvia Escott-Stump, MA, RD, LDN, President, Academy of Nutrition and Dietetics</i> Description: This is an exciting time to be in dietetics. We have a new name but the same commitment to the nutritional well-being of our public. Membership brings many rewards...and responsibilities. This update will be the latest from the Academy of Nutrition and Dietetics. |
| 9:15 – 9:30 a.m. | Coffee Break & Exhibits |
| 9:30 – 10:20 a.m. | Understanding Consumers' Relationship with Food <i>Mary K. Young, MS, RD, Executive Vice President, Edelman</i> Sponsored by: Edelman Description: As dietitians, we have a complete understanding and appreciation for the role food plays in our health. And today, more and more consumers do as well. But is health enough to motivate Americans to improve their diets? This session will explore consumers' relationship with food as well as their expectations of the government and food industry, from farm to fork. |
| 10:20 – 11:10 a.m. | Resistant Starch: The Buzz, The Science and Practical Strategies to Up the Intake <i>Hope Warsaw, MMSc, RD, CDE, BCADM, Owner/Consultant, Hope Warsaw Associates</i> Sponsored by: National Starch Food Innovation Description: Scientific evidence and consumer interest on the health benefits of fiber and resistant starch have grown exponentially. This program defines resistant starch, delves into the research evidence which demonstrates its health benefits. Nutrition professionals will also learn how to encourage consumers to increase their resistant starch intake. |
| 11:10 – 11:45 a.m. | Illinois Dietetic Association Legislative Team Up to the minute comments from our Legislative team — <i>Lisa Eaton-Wright MS, RD, LDN and Julie Patterson MBA, RD, LDN, IDA Public Policy Coordinators</i> <i>Connie Bussard, RD, LDN, Licensure Liaison; Judy Buchanan, IDA Lobbyist; Carla Honselman PhD, RD LDN State Regulatory Specialist</i> <i>Karla Kennedy-Hagen PhD, RD, LDN and Rachel Roggi RD, LDN, State Policy Representatives</i> |
| 11:45 a.m. – 12:00 p.m. | General Membership Meeting 2012-13 Election Results and Treasurer's Report |
| 12:00 – 12:30 p.m. | Exhibits, Poster Sessions & Boxed Lunch |
| 12:30 – 1:30 p.m. | Probiotics in Health and Disease <i>Kelly Tappenden, PhD, RD, Professor of Nutrition and Gastrointestinal Physiology, University of Illinois at Urbana-Champaign</i> Description: Probiotics are widely available in our formularies and our clients supermarket shelves, however when is their use a good idea. This presentation will outline the bacteria in our gut matter, the clinical scenarios where their use is indicated, and which specific probiotic we should recommend. |
| 1:30 – 2:20 p.m. | Kids Eat Right <i>Lisa Medrow, RD, LD, New Community Implementation and Training RD Coach, American Dietetic Association Foundation</i> Sponsored by: Midwest Dairy Council Description: Opportunities abound with Kids Eat Right! In this lively presentation, become informed, inspired and energized around this new joint initiative of the Academy of Nutrition and Dietetics and the Academy of Nutrition and Dietetic Foundation. |
| 2:20 – 2:40 p.m. | Coffee Break & Exhibits |
| 2:40 – 3:30 p.m. | The Sustainable American Dinner Plate: A Food Revolution Putting Food on the Modern Table <i>Mary Lee Chin, MS, RD, Nutrition Edge Communications</i> Sponsored by: The Beef Checkoff through the National Cattlemen's Beef Association Description: Fixated on sustainability, safety and health, consumers are sourcing food in new ways including local, green, CSA, organic, and cow-pooling, and conferring automatic "health and environment halos." Science-based metrics contrast and evaluate popular food source trends and production methods with conventional. Evaluate and compare each for nutrition and environmental sustainability, separating fact from assumptions, and educating clients to make realistic choices. |
| 3:30 – 5:00 p.m. | Nutrition Information in the Aisles: A Panel Discussion <i>Kim Kirchner, MS, RD, LDN, CDE, Corporate Dietitian, SUPERVALU Jewel-Osco Hombacher's Shop 'n Save SVU Pharmacies</i> <i>Maribel Alchin, MBA, RD, LDN, Healthy Living Advisor, Marketing, Meijer</i> <i>Tracey Goytia, PharmD, RD, CDE, Registered Dietitian/Pharmacy Manager, Dominick's</i> Description: Nutrition information programs at the shelf have been implemented in many retail stores nationwide. Learn about three of them and how they can help with the needs of those shopping for general health as well as those managing chronic diseases by highlighting options throughout the store. A panel of experts will describe the programs and discuss how they help customers make informed decisions right where they shop. |



Gear Up for a Healthy Life!



Schedule for Saturday, April 21st

| TIME | PROGRAM (TOTAL CPE 3) |
|-------------------------|---|
| 7:30 a.m. | Registration & Breakfast |
| 7:55 a.m. | Welcome – Roberta Cooper Meyer, RD, LDN, IDA President |
| 8:00 – 8:40 a.m. | Awards Breakfast |
| 8:45 – 10:00 a.m. | 2010 US Dietary Guidelines Jim Painter, PhD, RD, Chairman, School of Family and Consumer Sciences at Eastern IL University Sponsored by: Canola Info Description: The US Dietary Guidelines recommendations for reductions of heart disease risk by reducing cholesterol and total fat may not be accurate. Specific foods that will reduce the risk of heart disease will be discussed in this presentation. The quantity of each food that is necessary to provide the benefit will be presented. The phyto-nutrients that are responsible for the health benefits will be demonstrated. |
| 10:00 – 10:15 a.m. | Coffee Break |
| 10:15 – 11:00 a.m. | Using Nutrition to Optimize Performance & Health in Athletes Julie Burns, MS, RD, CCN, President/Sports Nutritionist, SportFuel, Inc. Sponsored by: Standard Process Description: Learn winning strategies for supercharging athletic performance and health! Julie will present the performance and health benefits of real food, identify fuel utilization and nutrients timing for sport and foundational performance nutrient supplementation. |
| 11:00 a.m. – 12:00 p.m. | Effectively Communicating and Promoting IDA/Academy Messaging Dr. Julie Raeder Schumacher, EdD, RD, LDN, Assistant Professor/Dietetic Internship Director, Illinois State University Lisa Eaton Wright, MS RD LDN, Registered Dietitian, Associated Urological Specialists Description: Join us as we discuss ways to get the best “effects” from communicating messages for the IDA/Academy. As food and nutrition professionals, we need our messaging to be simple, yet consistent; short but to the point. Let us help you create a “little black dress” phrase or message that’s memorably and effectively delivered. |

Cost Per Credit Hour of CPE for the Full Assembly
(2 days – 11 hours)

Member Category
IDA Member
Non-Member

Early Registration
\$16.81/CPE
\$21.81/CPE

Late Registration
\$17.73/CPE
\$22.72/CPE

REGISTRATION FORM

No registration accepted after April 6th

If you prefer, you may also complete the information needed on both sides (front and back), cut on the dotted line and mail registration with payment information to:
Illinois Dietetic Association, P.O. Box 26, Henry, IL 61537.

Early Registration Ends March 23

- 2-day, Member \$185
- 2-day, Non Member \$235
- 2-day, Student \$155
- 2-day, IDA Board/Retired Member \$155
- Friday, Member \$110
- Friday, Non Member \$135
- Friday, Student \$95
- Friday, IDA Board/Retired Member \$95
- Saturday, Member \$75
- Saturday, Non Member \$100
- Saturday, Student \$60
- Saturday, IDA Board/Retired Member \$60

Late Registration Ends April 6

- 2-day, Member \$195
- 2-day, Non Member \$245
- 2-day, Student \$165
- 2-day, IDA Board/Retired Member \$165
- Friday, Member \$120
- Friday, Non Member \$145
- Friday, Student \$105
- Friday, IDA Board/Retired Member \$105
- Saturday, Member \$85
- Saturday, Non Member \$110
- Saturday, Student \$70
- Saturday, IDA Board/Retired Member \$70

** ADA member number required for member rate: _____

** Instructor verification required for students _____

Accommodation

Chicago Marriott Oakbrook

1401 West 22nd Street
Oak Brook, IL 61523

Phone: 1-630-573-8555

Conference rate: \$100.00 plus taxes
Reservation Cutoff Date: March 28th
Complimentary on-site parking

**This hotel does not
provide shuttle service.**

Alternate Transportation:
American Taxi - 847-255-9614

Travel

AREA AIRPORTS

Chicago/O'Hare - ORD

Phone: 1-800-832-6352

Hotel direction: 14 miles SW

Driving Directions: Take I-294
South to I-88 West, and exit
at Cermak Road/22nd Street.
Turn left onto 22nd Street.
Turn left at the second traffic
light into hotel's parking lot.

Estimated taxi fare:
\$27.00 USD (one way)

Chicago/Midway - MDW

Phone: 1-773-838-0600

Hotel direction: 20 miles NW

Driving Directions:
Cicero North to Rte. 55 South
to Rte. 83 North. Turn right
onto 22nd Street East.
At the first traffic light turn right
into the hotel parking lot.

Estimated taxi fare:
\$33.00 USD (one way)

OTHER TRANSPORTATION

Train Station

Metra - Chicago (3 miles)
Complimentary on-site parking



Register Today... *We look forward to seeing you at the 2012 Spring Assembly!*

Registration Form continued:

Name _____ Preferred First Name _____

Address _____

City _____ State _____ Zip _____

Organization _____ Position _____

Business Phone (_____) _____ Home Phone (_____) _____

Fax (_____) _____ e-mail _____

Your Legislative District _____

Payment Method: Enclosed check payable to *Illinois Dietetic Association, Inc.*

OR Charge to: Visa Master Card Amount \$ _____

Card Number - - -

Expiration Date ____/____/____ Cardholder Signature _____

Cardholder name printed _____

No registration accepted after April 6. On-site registration is limited to 10 each day.

NO faxed registration forms will be accepted. State Vouchers **WILL NOT** be accepted for registration.

ALL REFUND REQUESTS MUST BE IN WRITING AND RECEIVED BY THE IDA OFFICE NO LATER THAN 10 DAYS PRIOR TO EVENT.

Questions can be directed to Terry McBride, IDA Executive Administrator at 309-364-2919 or headquarters@eatrightillinois.org