

IAND Spring Assembly
Join us May 3rd - May 7th

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2021 SPRING ASSEMBLY Committee Members

CPI Chair - Janine Reinholtz Pruett

CPI Chair-Elect - Charlyn Ware

President - Julie Patterson

President-Elect - Sara Umphfleet

Past President - Christine Clilf

Treasurer - Jennifer Zuercher

CPE Chair - Kelly Drews

Executive Director - Terry McBride

HOW TO ACCESS THE ZOOM LINKS

The webinars and poster presentations are housed in our live and recorded webinar store. Once registered you should have received an email with a link to the live and recorded webinar store.

Please check your junk box if you did not receive this email. You must log in to access the webinars and only those who registered will have access.

We highly recommend making sure you are able to log in and find the Zoom links ahead of time.

[Click here to access](#)

You must click on the webinar in our live and recorded webinar store.

Scroll to the bottom of the page and click on the "CLICK HERE FOR THE ZOOM LINK".

THANK YOU TO OUR EXHIBITORS & CONTRIBUTORS



NutriTees

daiya
deliciously dairy-free®



Vegetarian Nutrition

a dietetic practice group of the

Academy of Nutrition and Dietetics

Experts in Plant-Based Nutrition



AWARD WINNERS

for the Illinois Academy of Nutrition and Dietetics

2020-2021!

OUTSTANDING DIETITIAN OF THE YEAR



Christine M. Cliff
MPH, RDN, LDN, CLT, FAND
Nominated by
West Suburban Academy

OUTSTANDING DIETETIC STUDENT



DPD: Gabrielle G. Haskell
Nominated by
Central Illinois Academy
Illinois State University



CP: Morgan E. Weise
Nominated by
Eastern Illinois Academy
Eastern Illinois University



DI: Maria M. Vargas Gusman
Nominated by
Chicago Academy
University of Chicago

RECOGNIZED YOUNG DIETITIAN OF THE YEAR



Justine Britten
MPH, RDN, LDN
Nominated by
Chicago Academy



Melanie A. Battaglia
MS, RDN, CSSD, LDN
Nominated by
West Suburban Academy



Allison K. Fassler
MA, RDN, LDN
Nominated by
Mississippi Valley Academy



Elayna M. Fehr
MS, RDN, LDN
Nominated by
Central Illinois Academy

EMERGING DIETETIC LEADER



Leila M. Shinn
MS, RDN, LDN
Nominated by
Eastern Illinois Academy

ILLINOIS ACADEMY OF NUTRITION AND DIETETICS PATHWAY TO LEADERSHIP PROGRAM

PRESIDENTIAL AWARD



Erin Bannister
Northern Illinois University

ABOVE AND BEYOND AWARD



Jessica Picone
Rush University Medical Center

CONGRATULATIONS TO OUR 50 YEAR MEMBERS

Nancy V. Backeberg
Patricia Plavcan

Joanne Murray
Waneen Stout

Bonnie Kimoto
Karen Lechowich

Mary Cox
Karen Little

Mamie Finney
Susan Eysenbach

This year we've taken the time to assess the top CDR Performance Indicators that our members need most on their CE Learning Plan. These are highlighted in orange!

MONDAY, MAY 3

12:00 - 1:15 p.m. CST (1.25 CEU)

Academy in Action 2021

Speaker: Kevin L. Sauer, PhD, RDN, LD, FAND

Presentation Description: This interactive presentation will highlight current activities and recent developments at the Academy and the Foundation. The Academy's activities and successes in such vital areas as public policy and advocacy, malnutrition, media outreach and scientific research are addressed.

Learning Objectives:

1. The wide-ranging and lasting value of Academy membership for all RDNs and NDTRs
2. How the Academy helps advance members' personal and professional development through opportunities in leadership, networking and education
3. The countless ways in which members are the Academy

Performance Indicators:

- 1.5.2 Stays current of, complies with and models organization policies and standards.
- 2.2.3 Identifies opportunities for shared benefit and/or vision.
- 3.2.1 Advocates for, and participates in, activities that support advancement of the profession.
- 3.2.2 Participates in professional and personal development activities for career growth and skill enhancement.
- 3.3.2 Increases public awareness of the importance of nutrition and public welfare.
- 8.3.2 Implements a plan for continual professional improvement.
- 8.3.5 Keeps abreast of changes in practice and within practice environments that affect scope of practice.**
- 8.3.6 Keeps abreast of current nutrition and dietetics knowledge and trends.**
- 8.3.7 Integrates new knowledge and skills into practice.**

7:00 - 7:30 p.m. CST

2021 General Membership Meeting

Speaker: Julie Patterson, PhD, MBA, RDN, LDN

Presentation Includes:

- State of the Association
- 2021 Election Results
- Award Winners | Pathway to Leadership Awards | 50 Year Members

7:30 - 8:00 p.m. CST

Student Breakout Session: Using Certifications to get your Dream Job

Panelists: Val Chudzinski MA RD LDN CNSC
Meg Burnham, MS RDN CSSD LDN
Sarah Buytendorp RDN LDN
Jinger Christal RDN LDN CDCES/CDE
Shelby Hernandez RD LDN CLC
Lora Anderson RD SCO LDN
Natalie B Ratz MS RDN CSP CNSC LDN

Presentation Description: Join our expert certification panel to hear the journey of 7 Certified Dietitians and how certifications helped them obtain their dream job. Each panelist will do a short bio of their journey to their current role and there will be a Q&A for people interested in learning more about specialty certifications.

TUESDAY MAY 4

12:00 - 1:15 p.m. CST (1.25 CEU)

Strategies to Build and Lead Strong Virtual Teams

Speaker: Sara Hendren, MS, RDN, LD, CD

Presentation Description: Professional competence in a virtual setting has never been more important as Registered Dietitian Nutritionists (RDNs) are exploring the ways of working virtually amid COVID-19 crisis. This presentation will demonstrate the necessary skills to navigate the virtual workplace while laying out tools to be an effective virtual leader. The speaker will provide best practices on effective virtual communication as well as strategies to maintain engagement in a virtual setting, to build trust at a distance, to overcome challenges unique to remote work and to nurture connections with clients and colleagues.

Learning Objectives:

1. Identify and address challenges and opportunities of virtual work
2. Understand the roles and responsibilities of managing and leading a team
3. Identify key tools, technology, and resources to support a strong virtual team

Performance Indicators:

- 2.1.2 Identifies barriers to effective communication.**
- 2.3.3 Models behaviors that maximize group participation by consulting, listening and communicating clearly.
- 2.3.4 Promotes a friendly, cooperative environment that is conducive to employees' sense of belonging.
- 3.1.1 Identifies strengths and opportunities for self-improvement and improvement in others.**
- 3.1.4 Communicates clear performance expectations.
- 4.2.8 Identifies and implements a plan to address the problem, issue or challenge.
- 5.2.3 Advocates, implements and monitors security and data protection practices
- 5.2.7 Suggests, develops and/or implements innovative enhancements and new software platforms, applications and technologies to meet the needs of the target group and the environment.

TUESDAY, MAY 4 (CONTINUED)

7:00 - 8:15 p.m. CST

(1.25 CEU)

Vegetarian Diets in the WIC Program

Speaker: Reed Mangels, PhD, RD

Presentation Description: Vegetarian and near vegetarian diets are becoming increasingly popular in the United States and are recognized as healthy eating patterns. This session will explore nutritional needs of vegetarians during pregnancy, breastfeeding, infancy, and early childhood with a focus on the population served by the WIC program. Sources of key nutrients will be identified with consideration given to economic factors. Strategies for effective counseling of WIC participants about benefits of meatless meals and about nutrient needs of vegetarians will be discussed.

Learning Objectives:

1. Describe key nutrients for vegetarians at various stages of the life-cycle (pregnancy, breastfeeding, infancy, and early childhood).
2. Identify acceptable sources of these key nutrients including those found in foods available through the WIC program.
3. Illustrate ways to maximize the nutritional benefits for vegetarians of the WIC program through food choices.
4. Develop strategies for educating WIC participants about benefits of meatless meals and about nutrient needs of vegetarians.

Performance Indicators:

- 2.1.3 Tailors message to meet the needs of the target audience.
- 4.1.1 Demonstrates effective problem solving and professional judgment to address a need.
- 8.1.3 Integrates knowledge of macronutrients and micronutrients for absorption, digestion and metabolism throughout the life span in practice.
- 8.1.4 Demonstrates knowledge of nutrient requirements throughout the life span and their role in health promotion and disease management.

WEDNESDAY MAY 5

12:00 - 1:15 p.m. CST

(1.25 CEU)

How to Create a Successful and Sustainable Private Practice Without Knowing Anything About Business

Speaker: Adam K. Lax, RDN, LDN

Presentation Description: Nutrition entrepreneurs are a small portion of the dietetic and nutrition industry. They are generally risk takers. On the contrary, the rest of the industry are not trained in basic business principles. Therefore, dietitians and dietetic technicians are less likely to explore entrepreneurship. Especially during our challenging times, taking any additional risks may hinder them even more. Now, there is a solution! Come learn the steps and principles which allow nutrition entrepreneurs to move forward to successful and sustainable private practices without having an MBA.

Learning Objectives:

1. Identify the 3 massive errors RDs/DTRs make to keep them frustrated and worried about making enough money.
2. Identify and evaluate the self-limiting beliefs which inhibit nutrition entrepreneurs from moving forward into business.
3. Demonstrate knowledge of the significances of the ideal client

Performance Indicators:

- 3.1.1 Identifies strengths and opportunities for self-improvement and improvement in others.
- 3.1.5 Seeks opportunities for, and actively engages in, mentoring and mentorship.
- 3.1.6 Takes an active role in sharing information and knowledge.

7:00 - 8:15 p.m. CST

(1.25 CEU)

MIGs Panel Discussion on Support for RDs and RDs-To-Be

Speakers: Aarti Batavia MS, RDN, CLT, CFSP, IFMCP
June M. Thompson, RDN, FAND
Janice Chow, MS, RD
Aurora Buffington, PhD, RDN, LD, FAND

Presentation Description: Join IAND's Diversity Liaison and 4 panelists, who are members of the Academy of Nutrition and Dietetics Member Interest Groups (MIGs), as they discuss their journey of becoming a Registered Dietitian. Coming from various backgrounds, they'll cover barriers and solutions they've found helpful along the way. You won't want to miss this session full of wonderful stories, tips, and nuggets of wisdom sprinkled in. If you haven't already, we highly suggest you consider joining an MIG or multiple MIGs at the next AND member renewal cycle starting June 1, 2021. You too can enjoy the benefits of friendship, networking, leadership, scholarship, community and so much more!

Learning Objectives:

1. Discuss the journey of an RD.
2. Discuss barriers RDs have faced and how to overcome them.
3. Review support/resources available to RDs and RDs-to-be.
4. Identify benefits of joining an MIG.

Performance Indicators:

- 3.1.1 Identifies strengths and opportunities for self-improvement and improvement in others.
- 3.2.2 Participates in professional and personal development activities for career growth and skill enhancement.
- 4.2.1 Identifies potential or real problems, issues or challenges.



THURSDAY, MAY 6

12:00 - 1:15 p.m. CST

(1.25 CEU)

Reluctant Eaters- Tips to Increase Food Intake

Speakers: Laura Terrazas, MS, RDN, CLT

Sharon Lemons, MS, RDN, CSR, CDCES, LD, FAND

Presentation Description: This session will provide an interactive audience experience to increase an overall understanding of what impedes a person from consuming a variety of foods. The participant will also understand the difference between a picky eater and a reluctant eater. For all people but especially those who have a developmental or cognitive disability, proper nutrition is essential to their health. We will explore areas to focus on and those to expand. Participants will end session with more tools to support and develop plans to increase a person's eating choices.

Learning Objectives:

1. Participant will be able to understand the client's reluctance to consume certain foods due to sensory issues from the client's perspective.
2. Participant will be able to identify areas to support reluctant eaters.
3. Participant will be able to educate the client/ care giver in developing a plan to expand client's food choices.

Performance Indicators:

- 9.3.5 Uses a variety of strategies to deliver a plan of care or learning plan.
- 9.4.3 Takes into consideration special needs and disabilities and provides accommodations.
- 9.6.6 Assists with resolution of barriers to achieving counseling and coaching goals.

7:00 - 8:15 p.m. CST

(1.25 CEU)

Dietary Triple Threat: COVID, Climate & Chronic Conditions

Speakers: Lorraine Mongiello DrPH, RDN, BC-ADM CDE

Presentation Description: Pre-pandemic, 11-million deaths annually were diet-related and the quantity and nutrition quality of food was significantly decreasing due to environmental degradation and climate. Now, COVID is causing disruption to the food-system and has showed us the intersection between communicable and noncommunicable diseases. It is clear that it is no longer sufficient for dietitians to focus solely on how diet is effecting our individual patients; we must consider how it is effecting our planet and our future. We need to take the lead in ensuring, that healthy sustainable food is available for a growing population, as a basic means to fight disease and climate change. The audience will be encouraged to seize this moment to advocate for the food system and the public health and nutrition system that we need going forward; because, without nutrition policies addressing climate, pandemics and chronic disease our long-term future is compromised and our planetary health will continue to suffer. Additionally, strategies for implementing The Planetary Health Diet and motivating individual behavior change will also be discussed

Learning Objectives:

1. The attendee will be able to explain the critical impact that climate has on our food supply and how food production has a critical impact on climate and the global burden of disease and cite ways to advocate for change.
2. The attendee will recognize that obesity is a common denominator of associated coexisting conditions and underlying socioeconomic factors linked to worse outcomes from Covid-19.
3. The attendee will understand the fundamental principles of the planetary health diet and be motivate to incorporate them into all dietary guidance that they provide.

Performance Indicators:

3.1.3 Takes initiative to facilitate change.

3.3.5 Advocates for public health and wellness within the context of the organization and community.

12.1.2 Leads or participates in the development of food, nutrition and health policies.

12.2.1 Identifies determinants of health and their influence on population health status.

FRIDAY, MAY 7

12:00 - 1:15 p.m. CST

(1.25 CEU)

Across a Broad Spectrum: Understanding the Nutrition Related Patterns for Individuals with Autism

Speakers: Janice Goldschmidt, MPH, MS, RD, LDN

Presentation Description: With Autism prevalence at an all-time high, this presentation is intended to introduce this underserved population to nutrition professionals. Emphasis will be placed on understanding the co-morbidity burden experienced by those with Autism including high prevalence for a range of physical and mental disorders. Special focus will be provided on overweight/obesity amongst individuals with Autism and on the causes as they are currently understood. Disordered eating for individuals on the spectrum will be summarized, and the concept of "Diagnostic Overshadowing" will be introduced. The presentation closes with a brief assessment of how COVID-19 is being manifested across disability populations.

Learning Objectives:

1. At the end of the presentation, participants will be able to provide an overview of the comorbidity burden for individuals on the Autism spectrum.
2. At the end of the presentation, participants will be able to provide an overview of the patterns of disordered eating amongst individuals on the Autism spectrum.
3. At the end of the presentation, participants will be able to provide an overview of the high prevalence for overweight/obesity amongst individuals on the Autism spectrum and account for some of the understood causes

Performance Indicators:

3.1.2 Fosters a culture in which diversity and cross-team collaboration are valued.

4.1.1 Demonstrates effective problem solving and professional judgment to address a need.

8.3 Demonstrates a commitment to maintaining and enhancing knowledge.



SPEAKER BIOS



Kevin L. Sauer, PhD, RDN, LD, FAND

Kevin L. Sauer, Academy President-Elect is an accomplished educator and researcher, receiving the K-State Presidential Award for Excellence in Teaching; the Dawley-Scholer Award for Excellence in Student Development; the Mary Ruth Bedford Distinguished Faculty Award; the Commerce Bank Award for Outstanding Teaching; and the University's Excellence in Engagement Award. He received the Kansas Academy of Nutrition and Dietetics' 2015 Distinguished Dietitian of the Year Award, the 2019 Mentoring Award and the Outstanding Educator Award.

A Fellow of the Academy of Nutrition and Dietetics, Sauer's extensive service to the Academy includes past chair of the Commission on Dietetic Registration; past chair of CDR's Examination Panel; and chair of the 2020 CDR RDN/NDTR Entry-Level Practice Audit. He was a director at-large on the 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. Sauer will serve as the Academy's president in 2021-2022.



Sara Hendren, MS, RDN, LD, CD

Sarah Hendren has a breadth of experience in food and nutrition communications, sustainability and leadership coaching. She began her career working for Culver's restaurant chain, and currently works as a Regulatory Affairs consultant for PepsiCo Frito Lay North America. She is also the Principal Owner of Hendren Group LLC where she provides leadership coaching to dietitians, helping nutrition professionals improve their business acumen, executive presence and skills to be effective and confident leaders. Sarah has been recognized by her peers for her outstanding leadership and service. She received the Recognized Young Dietitian of the Year Award in 2019 and Outstanding Dietetics Student of the Year in 2013. She was the recipient of the Founder's Award in 2020 and Circle Award in 2019 from the Dietitians in Business & Communications Practice Group, recognizing her strategic influence, leadership and service to the practice group. Most recently, Sarah has been nominated for the Outstanding Preceptor Award in the state of Texas, recognizing her exceptional skills to teach and mentor students in a nontraditional rotation, focusing on business and leadership development.

Sarah is actively engaged in her professional community and is seen as an effective leader and communicator with a strategic vision. She currently holds a position on the Academy's Committee for Lifelong Learning and has held numerous executive committee positions with the Dietitians in Business and Communications Practice Group. Sarah is passionate about serving in her local community, having served in leadership positions within the Texas Academy of Nutrition and Dietetics for the past four years.



Reed Mangels, PhD, RD

Reed Mangels is a Nutrition Advisor for the non-profit, educational Vegetarian Resource Group as well as a regular columnist and Nutrition Editor for the quarterly publication, Vegetarian Journal. She is a co-author of The Dietitian's Guide to Vegetarian Diets (the 4th edition will be published this fall) and of the Academy of Nutrition and Dietetics 2009 and 2003 position papers on vegetarian diets. She is a past Chair of the Vegetarian Nutrition Dietetic Practice Group. She has written numerous articles and book chapters for professionals and the public on vegetarian nutrition in the life-cycle. Reed has authored several books for the public including Your Complete Vegan Pregnancy and Simply Vegan. She recently retired from the University of Massachusetts Amherst where she was an adjunct associate professor in the Department of Nutrition. She lives in Santa Cruz, California.



Adam K. Lax, RDN, LDN

Adam K. Lax is a business coach, speaker, "best-selling author" and registered dietitian for over twenty-nine years. He uses his love of food and clinical expertise to make him "The Fun Back into Food Dietitian." Adam has a B.S. in Dietetics in Nutrition from Florida International University. He is the current Chair of District Presidents for the Florida Academy of Nutrition and Dietetics, President of the South Florida Academy of Nutrition and Dietetics (2018-2019). He holds certifications in Weight Management for Adults and Children from the Academy of Nutrition and Dietetics as well as hypnosis to assist in transforming his clients.

Adam has helped thousands of people reduce and maintain their healthy weight, eliminate medications, and saved them thousands of dollars in healthcare costs. He incorporates simplistic approaches to provide fun, practical, realistic, and safe results. Adam currently is president of RD4U, Inc. As well as a private practitioner, he also coaches nutrition entrepreneurs in business with the Six Figure Nutripreneur System to show how to earn a 6-figure plus and sustainable income program in private practice. At the end of the day, Adam's mantra is to leave his "nutritional blueprint to the planet" for all that seek health, vitality and prosperity.

SPEAKER BIOS *(CONTINUED)*



Laura Terrazas, MS, RDN, CLT

Laura Terrazas is a Registered Dietitian, Credentialed Special Education and General Education Teacher, and Health Educator has over 20 years' experience supporting diverse learners and supervising several administrative teams, to provide leadership and direction for special education, at-risk students and federal programs. Additionally, she is one of the authors of the updated Standards of Practice and Standards of Professional Performance for Dietitians working with Individuals with Intellectual and Developmental Disorders. She also facilitates healthy lifestyles workshops and weight management support groups to inspire behavior modifications by making sustainable healthy lifestyle choices. Laura is passionate about nutrition, education, and wellbeing, as well as how each plays a vital role in everyday life. Laura believes nutrition and whole-body wellness, is a critical factor of success throughout the various stages of life. Laura brings together her background in education and nutrition to look at the whole person to ensure achievement of their unique potential.



Sharon Lemons, MS, RDN, CSR, CDCES, LD, FAND

Sharon's current focus is nutrition in the Mental Health setting and educating Dietitians about nutrition for individuals, who have autism. She participated in the development of the Standards of Practice and Standards of Professional Performance for Dietitians working with Individuals with Intellectual and Developmental Disorders in 2012. She has held various positions in the Behavioral Health Nutrition Dietary Practice Group over the last 15 years where she now serves as House of Delegates Representative. She worked in the field of developmental disabilities as a pediatric dietitian for Early Childhood intervention ten the Denton State Supported Center for a total of 9 years. She worked 6 years as a Renal Dietitian for both Fresenius and Davita. Lemons received both her Bachelor's Degree in Dietetics and Institutional Administration in 2001 and her Master's Degree in Nutrition in 2004 from Texas Woman's University.



Lorraine Mongiello DrPH, RDN, BC-ADM CDE

Lorraine is a tenured professor of Interdisciplinary Health Science and Nutrition as well as the Academic Coordinator of the Master's Degree Program in Clinical Nutrition at New York Institute of Technology (NYIT) in Old Westbury, New York. She received her doctorate in Public Health from City University of New York (CUNY) and Master's Degree in Nutrition and Public Health from Columbia University. For more than 30 years, Dr. Mongiello, a registered dietitian/nutritionist (RDN), board certified in advanced diabetes management (BC-ADM) and a certified diabetes educator (CDE) has specialized in public health, nutrition and the prevention and treatment of chronic disease. She was the director of the Campaign Against Diabetes at CUNY and, for 10 years, director of a hospital-based diabetes program serving 500 people annually. Additionally, she has provided medical nutrition therapy in obesity programs, long-term care facilities, pediatric clinics, hospitals, an early intervention program, a dialysis center and in private practice. Her research focuses on diabetes, obesity and how the environment impacts diet, health and health behaviors. She has published five peer reviewed articles on these topics, given numerous presentations and media interviews.



Janice Goldschmidt, MPH, MS, RD, LDN

Janice Goldschmidt received her Master's Degree in Nutrition and Food Science as well as a Master's in Public Health from the University of Maryland-College Park. She is actively involved as both a researcher and practitioner in the nutritional status of individuals with autism and other developmental disabilities and has published and presented on this topic in numerous professional publications and conferences. Other research interests include assessment and treatment of disordered eating on the autism spectrum and development of cooking skills for this same population as a form of nutritional intervention. In 2018, the American Association on Intellectual and Developmental Disabilities (AAIDD) published her first book entitled Teaching Authentic Cooking Skills to Adults With Intellectual and Developmental Disabilities: Active Engagement. Based on this work, in October 2018, Janice received the "Excellence in Written Communication" Award presented by the Behavioral Health Nutrition Dietetics Practice Group (BHNDPG) at the 2018 national conference of the Academy of Nutrition and Dietetics.

Janice is currently serving as the Director of Nutrition Services at Community Support Services, Inc. (Gaithersburg, MD) where she is responsible for development of programs intended to support the health and wellness of adults with autism through nutrition related programming. She has recently presented on adapting nutrition education in the age of COVID-19.



SPEAKER BIOS *(CONTINUED)*



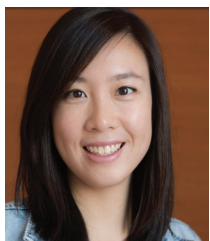
Aarti Batavia MS, RDN, CLT, CFSP, IFMCP

Aarti is serving as the Past Chair of Indians in Nutrition and Dietetics (IND) Membership Interest Group (MIG) and Connecting Educators Chair for DIFM. She is the owner of Nutrition and Wellness Consulting LLC. Aarti is an IFM certified practitioner and has been trained by the research neurologist and author Dr. Dale Bredeesen himself to implement “The Bredeesen Protocol” utilizing the systems biology approach taken by Functional Medicine. She has been awarded the Michigan Dietetic Association Institutional (MDAI) scholarship for her scholastic achievements and leadership in community activities. Aarti received the Excellence in Service and Leadership Award during FNCE, Oct 2020 from the Indians in Nutrition and Dietetics MIG. She is a published author and has contributed a chapter “Developing Interventions to address Priorities: Food, Dietary Supplements, Lifestyle, and Referrals,” in the new functional medicine textbook entitled Integrative and Functional Medical Nutrition Therapy. Aarti holds a master’s degree in Food Science, Nutrition and Dietetics from Mumbai, India, and a Coordinated Program in Dietetics from Wayne State University, Michigan. Aarti is a life-long learner, enjoys hikes and travel as well as creating fusion recipes.



June M. Thompson, RDN, FAND

June has been a member of NOBIDAN for the past 10 years, serving as the chair of the mentoring committee and is currently a Renal Dietitian with Fresenius Kidney Care for the past 31 years and also as a consultant for Family Affair Care Group, Inc which provides service to adults with intellectual disabilities. During her career, Mrs. Thompson taught a variety of classes in nutrition at N. C. A&T State University (it should be noted that Mrs. Thompson is a proud alumna of N.C. A&T State University, having obtained her BS in Home Economics with a specialty in Clinical Nutrition in 1979, and her MS in Foods and Nutrition in 1984, respectively). Mrs. Thompson was voted Dietitian of the year in 1996 by the National Kidney Foundation. She is also very involved with North Carolina Counsel of Renal Nutrition, other local and community organizations, in her opinion; nutrition is not just a job, but a type of “ministry”; as well. “Everyone thinks of changing the world, but no one thinks of changing him or herself first”. As we all know what we eat and how we take care of ourselves is crucial to a long and healthy life time which allows us to share our knowledge with others. In her personal life, she is married to Tony L. Thompson for 38 years. They are the proud parents of two adult children, Kenya Danielle and Tony Lee II. She is a lifelong resident of Greensboro, a proud North Carolinian and is currently working with the Guilford County commissioners on a food distribution project to ease food insecurity in the community.



Janice Chow, MS, RD

Janice is a San Francisco Bay Area-based Registered Dietitian, recognized nutrition expert, author and speaker. Through her private practice The Mindful Chow, she empowers Asians to break their cultural obsession with thinness using the Health At Every Size™ approach and seek mind-body health. She obtained a Bachelor of Science in Nutritional Science from UC Berkeley before completing her Dietetic Internship and Masters of Science in Dietetics & Nutrition at Tufts University. Janice has 8 years of experience in clinical nutrition, community wellness and nutrition education promoting cultural competencies. She has been an active volunteer in the dietetics field, serving for the former Chinese American Dietitians group and currently as an Executive Committee member for Asian American & Pacific Islanders (AAPI) Member Interest Group. She has been a preceptor for clinical rotations and a mentor for Diversify Dietetics. Janice’s writing and expertise have been featured in numerous publications, media outlets and podcasts including WellSeek, Good Housekeeping, MSN, Mx. Asian American, and many more. Lastly, she has been a speaker for several Academy of Nutrition & Dietetics webinars sharing about food, culture and social factors that impact healthcare in Asian Pacific Islander populations.



Aurora Buffington, PhD, RDN, LD, FAND

Aurora Buffington is an Assistant Professor at the University of Nevada Reno Extension in Clark County where she serves as a Public Health Nutrition Specialist. Her work is focused on transforming the food system into one that promotes health, sustainability, and resilience. Aurora graduated from the University of Nevada, Las Vegas with degrees in Nutrition Science, Exercise Physiology, and Public Health. Aurora is the past president of the Nevada Dietetic Association, chairs the Southern Nevada Food Council, and serves on the Nevada Council on Food Security. Aurora teaches fitness classes at her local recreation center and enjoys sharing good food and good times with friends and family, including her husband and four grown sons.



MONDAY PANELISTS

Student Breakout Session: Using Certifications to get your Dream Job



Val Chudzinski, MA RD LDN CNSC

Specialty Certification: Certified Nutrition Support Clinician

How long have you been a dietitian? 16 years

Current job title / place of employment: Clinical Nutrition Manager, Inpatient at Northwestern Medicine Northwest Region

What is your advice for someone thinking about getting your certification?

I would recommend getting the ASPEN self assessment tool and begin studying and applying the information to learn to your everyday workday of assessing patients. This will help you engrain the information into your workflow. I also would recommend a minimum 12 weeks to study and spend at least 1 week reviewing each section. Lastly tell people you are taking it! It will help hold you accountable and get excited about your journey to taking your exam! Good luck!



Meg Burnham, MS RDN CSSD LDN

Specialty Certification: Certified Specialist in Sports Dietetics

How long have you been a dietitian? 15 years

Current job title / place of employment: Nutrition Education Coordinator for Northern Illinois University

What is your advice for someone thinking about getting your certification?

To gain hours for the CSSD certification, stay opened minded to opportunities that may expand outside of your normal workload. Unless you happen to be working in a sports setting, you may need to seek out opportunities with local sports and athletics groups and get your name out there.



Sarah Buytendorp RDN LDN

Specialty Certification: Certificate in Training in Adult, Adolescent, and Child Weight Management

How long have you been a dietitian? 16 years

Current job title / place of employment: Clinical Nutrition Manager, Inpatient at Northwestern Medicine Northwest Region

What is your advice for someone thinking about getting your certification?

This certificate provided confidence that I was doing the right thing and doing the right things well.



Jinger Christal RDN LDN CDCES/CDE

Specialty Certification: Certified Diabetes Educator

How long have you been a dietitian? 7.5 years

Current job title / place of employment: Manager of Operations Nutrition and Diabetes Education/NM

What is your advice for someone thinking about getting your certification?

This certification opens up so much opportunity to learn about diabetes technology, medication and patient care.



Shelby Hernandez RD LDN CLC

Specialty Certification: Certified Lactation Counselor

How long have you been a dietitian? 2.5 years

Current job title / place of employment: Clinical Dietitian, Northwestern Medicine - Huntley Hospital/Northwest Region

What is your advice for someone thinking about getting your certification?

The more you are able to apply this certification, the more you will grow and retain the information. When considering if you would like to work towards a CLC, think of ways that you would apply it in your current role and in future roles you wish to have. When obtaining the certification - pay attention in class and take notes! The notes will be very helpful in the future as there is a lot of information provided in a short amount of time. With the certification, in a clinical dietitian position, I recommend collaborating with the staff CLCs and forming those interdisciplinary relationships.

MONDAY PANELISTS *(CONTINUED)*

Student Breakout Session: Using Certifications to get your Dream Job



Lora Anderson RD SCO LDN

Specialty Certification: Board Certified Specialist in Oncology Nutrition

How long have you been a dietitian? 33 years

Current job title / place of employment: Oncology Dietitian / Northwestern Medicine McHenry Hospital Cancer Center

What is your advice for someone thinking about getting your certification?

I believe working in the oncology setting requires a skill set that combines a compassionate understanding of the life changing effects of cancer and its treatments that are both physical as well as emotional. If you feel you have a passion for oncology, my advice to you is to know the different treatment modalities, medications and regimens, along with the nutrition impact of each of these. Also being familiar with the non-traditional and unsupported treatments or products so you can be that resource for your patients and colleagues. Strong interviewing skills will help you discover and make recommendations for eating trends, barriers, food modifications and food preparation methods. The certification will set you apart as the specialist for your patients in a world of internet searches and with your colleagues looking for the most up to date evidence based guidelines to assist the patients from diagnosis thru survivorship and end of life.



Natalie Ratz Natalie B Ratz MS RDN CSP CNSC LDN

Specialty Certification: Certified Specialist in Pediatrics

How long have you been a dietitian? 27 years

Current job title / place of employment: Rush University Medical Center

What is your advice for someone thinking about getting your certification?

Start studying early.



POSTER SESSIONS

Title: Association between Inflammation and Functional Status in Women with Breast Cancer

Authors

Grace Esler*, Monica L. Bojko MS, RD, CSO, LDN,
Sandra L. Gomez-Perez RD, PhD, LDN, *BS Purdue University, MS
Candidate Rush University

Background: Breast cancer (BC) is the most prevalent cancer in women. Systemic inflammation and decreased functional status at BC diagnosis are independent predictors of decreased overall survival; however, few studies have evaluated whether these variables are associated with one another. The purpose of this study was to examine the association between functional status and inflammation at diagnosis in a diverse sample of women with BC.

Methods: A cross-sectional study of racially-diverse women with BC was conducted using retrospective data collection from electronic medical records (N=170). Adult women with a European Cooperative Oncology Group (ECOG) score (0-4) and a complete blood count within 45 days from BC diagnosis were included. Subjects were categorized by presence of systemic inflammation (neutrophil:lymphocyte ratio [NLR] ≥ 3) and functional status (high=ECOG <1 and low= ECOG >1). A Chi-square test determined associations between inflammation using NLR ≥ 3 as a surrogate marker and functional status groups by ECOG score.

Results: Mean age was 55.9 (± 13.9) years, with median BMI of 29.76 (IQR: 33.93) kg/m². Sample was 48.9% White, 37.1% Black, 6.7% Hispanic, 2.2% Asian, and 0.6% Other. Most women had high functional status (ECOG <1 ; 90%, 151/170) and low inflammation (NLR <3 ; 77%, 128/170). Although not statistically significant, women with low functional status had elevated systemic inflammation (29.4%) vs. those with high functional status (21.8%) ($p=0.656$). No associations were observed between categories of high/low functional status and inflammation.

Conclusion: In conclusion, no associations were observed between NLR and ECOG scores at BC diagnosis in this population.

Implications for Dietetics Practice: Various factors at cancer diagnosis such as ECOG score, inflammatory markers, and changes in body composition are emerging predictors of overall survival. Future studies are needed to determine the clinical utility and survival benefit of evaluating inflammation in the context of low functional status in this population.

Title: Fill Your Pantry: Food Preservation in a Digital Landscape

Authors, Credentials, Title, Affiliations:

Kristin Bogdonas, MPH, Nutrition and Wellness Educator,
University of Illinois Extension
Susan Glassman, MS Ed, Nutrition and Wellness Educator,
University of Illinois Extension
Caitlin Mellendorf, MS, RD Nutrition and Wellness Educator,
University of Illinois Extension
Lisa Peterson, MS, Nutrition and Wellness Educator,
University of Illinois Extension
Diane Reinhold, MPH, MS, RDN, Nutrition and Wellness Educator,
University of Illinois Extension
Jenna Smith, MPH, RD, Nutrition and Wellness Educator,
University of Illinois Extension
Mary Liz Wright, MS, Nutrition and Wellness Educator,
University of Illinois Extension

Program: University of Illinois Extension nutrition and wellness educators presented "Fill Your Pantry," a food preservation webinar series, and created "31 Days of Food Preservation," a month-long social media campaign.

Rational for program: During the COVID-19 pandemic and statewide stay-at-home order, stores saw food shortages, sales of preserving equipment and garden seeds increased, and individuals looked for tasks to do at home, including vegetable gardening. These events, along with an increase in requests for preservation information, prompted the team to adapt quickly and provide research-based food preservation education virtually as an alternative to in-person classes.

Purpose of program: The webinars and campaign promoted home food preservation, educated on safe preserving techniques, and utilized available technology to reach a broader audience.

Methods, participants, program delivery: "Fill Your Pantry" included eight, one-hour webinars focusing on basics of canning, freezing, drying, and fermenting and preserving of specific foods (jams and jellies, pickles, apples, and tomatoes). Over the series, 2,380 participants attended the live webinars. The social media campaign included thirty-nine posts across multiple platforms about safe preserving practices, canning myths or outdated practices, and preserving seasonal produce.

Evaluation of program: Attendees were sent a digital pre-post retrospective evaluation after each webinar. Of the 1,009 who completed the survey, 79% stated increased knowledge of food safety specific to home food preservation, 84% indicated increased confidence in following safe home food preservation methods, and 91% stated increased ability to practice safe food preservation techniques. Posts from the social media campaign reached over 61,000 people, with over 3,000 engagements, such as likes, shares, or comments.

Implications for dietetics practice: The popularity of home food preservation – to help save money on groceries or increase fruit and vegetable intake – is a topic nutrition professionals can discuss with their clients and patients and promote up-to-date knowledge and skills.



POSTER SESSIONS (CONTINUED)

Title: Every Day Counts: a randomized controlled lifestyle intervention for women with metastatic breast cancer

Authors:

*Patricia Sheean, PhD, RDN, LDN, Assistant Professor, Loyola University Chicago, 2160 South First Avenue, Building 115, Room 344, Maywood, IL 60153; 708-216-0344, psheean1@luc.edu

Lauren Matthews, MPH, Research Coordinator, University of North Carolina at Chapel Hill, Center for Gastrointestinal Biology and Disease, 130 Mason Farm Road, Chapel Hill, NC 27599, lauren_matthews@med.unc.edu

Alexis Visotcky, MS, Biostatistician, Medical College of Wisconsin, Institute for Health and Society, Division of Biostatistics, 8701 Watertown Plank Rd., Wauwatosa, WI 53226; avisotcky@mcw.edu

Anjishnu Banerjee, PhD, MS, Associate Professor, Medical College of Wisconsin, Institute for Health and Society, Division of Biostatistics, 8701 Watertown Plank Rd., Wauwatosa, WI 53226; 414-955-8358; abanerjee@mcw.edu

Andrea Moosreiner, MPH, RD, Program Manager, Bionutrition, Medical College of Wisconsin, 8701 Watertown Plank Road, Milwaukee, WI 53226; 414-805-7306; amosreiner@mcw.edu

Kimberly Kelley, MS, AT, 2071 S. 91st St., West Allis, WI 53227; 414-840-7240; kimkelleyatc@gmail.com

Christopher R. Chitambar, MD, Professor, Division of Hematology and Oncology, MCW and Froedtert Clinical Cancer Center, Medical College of Wisconsin, 9200 W. Wisconsin Ave, Milwaukee, Wisconsin, 53226; cchitamb@mcw.edu

Paula E. Papanek, PhD, MPT, ATC/L, FACS, CEEAA, Professor, Marquette University, Department of Physical Therapy, 604 N. 16th St., Milwaukee, WI 53233, 414-288-5069; paula.papanek@marquette.edu

Melinda Stolley, PhD, Professor, Division of Hematology and Oncology, Medical College of Wisconsin, Milwaukee, WI 53226, mstolley@mcw.edu

*Corresponding author

ABSTRACT

Rationale: Women with metastatic breast cancer (MBC) are typically excluded from lifestyle interventions presumably due to disinterest and potential influence on their treatment or symptom burden.

Purpose: 1) To explore the feasibility, adherence, safety, efficacy and short-term impact of Every Day Counts (EDC); a lifestyle intervention framed by the American Cancer Society nutrition and physical activity (PA) guidelines.

Design: Randomized controlled pilot trial

Methods & Participants: Women with clinically stable MBC were recruited to complete baseline and post-intervention interviews, dual energy x-ray absorptiometry imaging and phlebotomy. Multidimensional quality of life (QOL- the primary determinant of care in the metastatic setting), symptom burden, lifestyle behaviors (nutrition and PA) and biomarkers of prognosis were procured and quantified. Women were randomized to the immediate intervention or a waitlist control arm. The 12-week intervention included an EDC curriculum binder, lifestyle coaching (in-person and telephone-based) and intervention support (activity monitor, text messaging, cooking classes.) Women in the waitlist control were provided monthly text messaging.

Major Findings: Forty women were recruited within 9 months (feasibility) with 86% of all weekly coaching sessions attended (adherence). Women in the immediate intervention demonstrated significant improvements in general QOL ($p=0.001$), and QOL related to breast cancer ($p=0.001$), endocrine symptoms ($p=0.002$) and fatigue ($p=0.037$), whereas the waitlist control did not (all p values ≥ 0.05) (efficacy). PA significantly increased for women in the intervention compared to control ($p<0.0001$), while dietary changes were less evident across groups due to high overall baseline

adherence (4.6 fruits/vegetables, 1.3 servings of red/processed meat, 27% whole grains, 6.7 g alcohol per day.) No intervention-related injuries were reported (safety).

Implications for practice. Interventions advocating plant-based eating and PA are of interest, safe and potentially beneficial for women with MBC. Registered Dietitians are critical for disseminating and implementing these lifestyle findings in this emerging group of cancer survivors.

Title: Effects of Nutrients on Gene Expression

Author: R. Nicholson, Eastern Illinois University

Learning Outcome: To review current research identifying relationships between individual genetic loads, diet, and Type II diabetes mellitus.

Background: Type II diabetes mellitus is considered a global pandemic, with increasing rates worldwide (Berna, G. et al., 2014). The pathophysiology of diabetes mellitus is not completely understood, but as recent research shows, gene variants and nutrient interactions play an important role in dietary interventions to prevent the onset of type II diabetes mellitus.

Methods: A literature search of trials was conducted using five databases: Academic Search Complete, PubMed, CINAHL Plus with Full Text, Cochrane, and Scopus. Key terms included in the search were “nutrigenomics,” “diabetes mellitus” and “gene expression”. In addition, key terms “precision nutrition” and “diet-gene interaction” were used in Scopus and PubMed to further narrow the results. A total of 122 articles were found. Eligibility criteria for reports included the year of publication from 2010-current, peer-reviewed studies, published in English, use of objective measures, and focused on obesity and type II diabetes mellitus.

Results: A total of ten studies were included in this review. Findings suggest nearly 90 different genes associated with the pathogenesis of type 2 diabetes mellitus. Healthier diets were found to be associated with genes involved in metabolic function. Studies also suggest that the Mediterranean dietary pattern seems to have a beneficial effect in modulating gene expression associated with obesity and type 2 diabetes mellitus.

Discussion: Seven out of ten studies analyzed used animal subjects to determine gene expression. Further research should be conducted to determine the gene expressions in the pathogenesis of type 2 diabetes mellitus using longitudinal studies amongst human subjects.

Funding Disclosure: None



POSTER SESSIONS (CONTINUED)

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Funding Disclosure: None

Title: Perceptions of Residents Living In A Food Desert on the Impact Of A Community Support Agriculture Pilot Program

Authors:

Jessica Thome, BS, Dietetic Intern, Illinois State University

Julie Schumacher, EdD, RDN, LDN, CNSC, Professor, Illinois State University*

Jennifer Barnes, PhD, RDN, LDN, Assistant Professor, Illinois State University

Deborah Halperin, MS, Director of the Action Research Center, Illinois Wesleyan University

*Contact Author: jmraede@ilstu.edu

ABSTRACT

Rationale for Study: There is limited research on the positive impact a community supported agriculture (CSA) program can have on residents of a food deserts.

Purpose of the Study: The purpose of the study was to examine perspectives on food access among a low-income, food desert community through participation in a grant funded CSA program.

Study Design, Methods, Participants: Healthy Eating Program is a pilot program assessing the effect of a CSA intervention on health among residents living in a food desert. Forty participants were recruited in a low-income, food desert community residing in the Westside of Bloomington, Illinois. Participants were surveyed through an initial and final survey with questions regarding perceived health status and daily food stressors. Data was collected through Qualtrics and analyzed using SPSS.

Major Findings: The perceived health status of individuals increased significantly throughout the program. Perceived daily food stressors of individuals did not change significantly. Access to fresh produce is a motivation for participants to eat better, cook at home more often and feel healthier but does not change the daily stress participants feel about food.

Implications for Dietetic Practice: CSA programs increase access to fruits and vegetables for low-income communities; however, positive results of increased fruit and vegetable consumption may be limited due to food stressors. CSA programs grant access and improve perceptions of health but do not help with stress of food such as affordability for other products, convenience, and knowledge on unfamiliar foods. Future programs should provide more flexible logistics, more education on prepping, cooking, and storing the new vegetables, and attempt to utilize additional measures to assess health outcomes.



POSTER SESSIONS (CONTINUED)

Title: Health is CATCHing on!

Author: Nancy Prange, MS, RDN, LDN, Northern Illinois University

Program Rationale: Schools play an important part in reducing and preventing childhood obesity through healthy school meals, physical education, and classroom health education. While 68% of teachers agree they can influence student's eating behaviors¹, only an average of 3.4 hours a year is devoted to nutrition education.² This means schools serve a supporting role in obesity prevention leaving parents to lead the charge.

Program Purpose: CATCH (Coordinated Approach to Child Health), a nationally accredited school-based health program, impacts the messaging at school and home to influence a child's lifelong healthy choices. CATCH curriculum creates behavior change by enabling children to identify healthy foods and increasing the amount of physical activity. CATCH has been embedded into a rural Midwest school district and delivered six times per year to K-5 grades since 2012.

Methods: A modified CATCH'EM Mini Survey was administered to fifth graders in spring 2018 at their completion of the program (n=155). Multiple linear regression was used to predict the scores on nutrition knowledge and evaluate the relationship between nutrition knowledge, perceived parental support and interest/enjoyment of actual healthy behaviors.

Program Evaluation: This study shows that participation in the CATCH program relates to strong nutritional knowledge ($\beta = .491$; $p < .01$), however, knowledge was not significantly associated with healthy behaviors. Strong perceived parental support did relate to improved knowledge ($\beta = .151$; $p < .01$) and healthy behaviors ($\beta = .455$; $p < .01$). Interest/enjoyment was not associated with knowledge or behaviors.

Implications for dietetic practice: Knowledge alone will not improve healthy behaviors. Data from the current study suggests that programs such as CATCH that include a parent component along with nutrition education and physical activity may improve healthy behaviors, which could lead to decreased obesity. Schools can provide valuable nutrition education to both children and parents in a supportive environment, leading the way to lifelong healthy behaviors.

¹ Metos, J, Sarnoff, K, & Jordan, K. (2018). Teachers' Perceived and Desired Roles in Nutrition Education. *Journal of School Health*. 89: 68-76. DOI: 10.1111/josh.12712

² Kann, L, Telljohann, S, & Wooley, I. (2007). Health education: results from the School Health Policies and Programs Study. *Journal of School Health*. 77:408-434.

Title: The Relationship Between Skipping Breakfast and Snack Choices Throughout the Day

Author(s): J. Bishop, C. Anstrom; Olivet Nazarene University

Learning Outcome: Understand the relationship between skipping breakfast and snack choices throughout the day among undergraduate college students at a small midwestern university.

Background: Researchers who conducted the 2011-2014 NHANES survey found that (N=10,431) 80.3% or 8,269 indicated they ate breakfast, while 19.7% or 1,982 skipped breakfast (Drewnowski, Rehm, & Vieux, 2018). There is little research on how skipping breakfast influences snack choices throughout the day.

Methods: Quantitative design was used. The Food Choices and Preferences Questionnaire (Hallstrom et al., 2010) was administered online to undergraduate students from one university. Three hundred thirty-two usable questionnaires were received. Three participants did not answer the question about skipping breakfast (n=329). This tool is a validated questionnaire.

Results: Descriptive statistics and the Spearman's r were used to analyze the data. Of 329 participants, 168 (51.1%) skipped breakfast. Hunger was the largest influence for snacking based on a mean of 4.04/5.0. There was not a statistically significant correlation between snacking and skipping breakfast. However, there was a weak relationship between those who skipped breakfast and who self-reported a higher frequency of consuming french fries $r = 0.158$ ($p = 0.005$) or sweets/candy $r = 0.169$ ($p = 0.003$).

Conclusions: Skipping breakfast does not have a statistically significant effect on snacking choices throughout the day among the participants of this study. There is a weak relationship between skipping breakfast and choosing snacks containing added sugars and saturated fats. Results cannot be generalized. More research needs to be done.

Funding Source: none

