Meeting Agenda
Earn up to 9.5 CPEs

6:00 - 7:30 a.m.  Registration | Networking | Exhibits | Posters Sessions | Headshots | Light Continental Breakfast

7:30 - 7:45 a.m.  Welcome and Opening Remarks

7:45 - 8:00 a.m.  Hothouse Issues: Growing the Profession in the Era of Big Data

8:00 - 8:15 a.m.  Your Academy in Action 2020

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.

Learning Needs Codes: 1000, 1080, 4100, 7200, 7050
Performance Indicators: 1.5.2, 3.2.1, 8.3.2, 8.3.5

8:15 - 9:15 a.m.  Want to be “You 2.0?” Maximize and Leverage Your Membership!
Presenter: Terri Raymond, MA, RDN, CD, FAND, President, Academy of Nutrition and Dietetics

Presentation Description: The work that we do in nutrition and dietetics is about people and change and how we manage ourselves and others through the process. Terri will share her insights and highlight some of her “teachable moments” and the keys that have and continue to support the many opportunities she embraces:

- Knowledge
- Effective communication
- Caring, honesty and integrity
- Adaptability
Terri will also share the benefits of her lifelong membership in the Academy of Nutrition and Dietetics. The members and experiences have enhanced her confidence, provided lifelong and trusted relationships, afforded a sounding board that understands, relates and supports and presented opportunities to grow and develop as a person and professional. These benefits are a result of:

- Lifelong Learning: Maximize science- and evidence-based education that is ongoing, voluntary in the pursuit of knowledge that enhances your social inclusion, personal and professional development and self-sustainability.
- Networking: Take full advantage of the process of interacting with others to exchange information, develop professional contacts.
- Leadership Development: Leverage your capacity to perform within an organization by being a volunteer leader through formal and informal lines of decision making, responsibility and teamwork.

**Learning Objectives:**
1. Discuss the difference between conversation and dialogue.
2. List ways that appreciative questions support a positive change.
3. Describe the importance of adaptability in today’s workplace.
4. Apply the tools, techniques and resources to develop a successful and rewarding career.

*Learning Needs Codes: 1000, 1010, 1070, 1130, 7200, 9020*

*Performance Indicators: 3.2.1, 3.2.2, 4.1.2, 8.3.2*

9:15 - 10:15 a.m.  **Do Our Genes Determine What We Should Eat?**
Presenter: Ahmed El-Sohemy, PhD

**Presentation Description:** 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. Numerous studies have shown that gene variations can explain why individuals respond differently from others to the same foods, beverages and supplements they consume. Randomized controlled trials of genetic information on personalized nutrition also showed that DNA-based dietary advice is superior to population-based recommendations for improving compliance. With increasing demand, there is a need for dietitians to have knowledge to understand the science, determine their benefits and limitations and learn which ones provide clinically actionable information.

**Learning Objectives:**
1. Gain a better understanding of the science behind genetic variation and how this can affect nutritional requirements, eating behaviors and food intolerances.
2. Understand how to incorporate genetic testing for personalized nutrition into practice as a new service.
3. Recognize the strengths and limitations of consumer genetic testing, what genetic tests can and cannot tell us and what to look for when choosing a nutrigenomics test.

*Learning Needs Codes: 2050, 2100, 3060*
Performance Indicators: 6.3.7

10:15 - 10:45 a.m. Break | Snack | District Photos | Headshots | Networking | Exhibits | Poster Sessions

10:45 - 11:45 a.m. Is 70 the New 40? Nutrition, Aging, and Exercise
Presenters: Christine Rosenbloom, PhD, RDN, FAND and Bob Murray, PhD, FACSM

Presentation Description: The human body is amazingly adept at increasing its fitness capacity, even into the ninth decade and beyond. As the population ages, so will the need for sound nutrition and exercise advice for the grey tsunami that will change the face of our population. This session will review the physiological changes that occur with normal aging that impact exercise capacity, muscle strength, and nutrient needs. Food and fitness are cornerstones of optimal aging. Dietary patterns for healthy aging will be discussed with emphasis on nutrients that are in short supply in the diets of older adults. Strategies to improve diet, aerobic capacity, muscle strength, balance, coordination, and agility will be covered in this session.

Learning Objectives:
1. Describe normal age changes and differentiate between usual aging, normal aging, and disease.
2. Identify dietary protein sources that promote muscle anabolism in older adults and strategies to combat anabolic resistance of muscle.
3. Evaluate dietary patterns and exercise programs that support healthy aging.

Learning Needs Codes: 2110, 4040, 4190, 9020
Performance Indicators: 8.1.3, 8.1.4

11:45 - 12:15 p.m. Awards and 50 Year Members

12:15 - 1:15 p.m. Lunch | Headshots | Networking | Exhibits | Poster Sessions

Presenters: Chrissy Watters, MS, RDN, LDN and Nina Struss, RDN, LDN

Presentation Description: This session will provide new information on the changing fields of maternal health and infant feeding. In the first half, participants will learn about updates in prenatal nutrition research, including the nutrients folate, iodine, choline, salt and probiotics. In the second half, participants will receive an introduction to the popular and trendy infant feeding method, baby-led weaning. Speakers will highlight current research behind baby-led weaning along with their personal experiences, current advice and tips.

Learning Objectives:
1. Identify at least 3 nutrients of concern for prenatal health and their appropriate food sources.
2. Define baby-led weaning and discuss the pros and cons of this popular feeding method.
3. Discuss self-regulation and responsive feeding related to all methods of infant feeding.

Learning Needs Codes: 4130, 4150, 4180
Performance Indicators: 6.1.5, 8.1.3, 8.1.4

2:15 - 2:40 p.m.  Break | Snack | Headshots | Networking | Exhibits | Poster Sessions |

2:40 - 3:00 p.m.  General Membership Meeting
                 ANDF Drawing (must be present to win)

3:00 - 4:00 p.m.  Transmitting Your Soft Skills Through Telehealth
                  Presenter: Beverly Henry, PhD RDN

Presentation Description: Telehealth continues to expand as it features improved outcomes in access, cost efficiencies, and quality of services to meet patient demand across multiple sites and specialties. With nutrition care via telehealth interpersonal skills impact the level of interaction and recognition of patient values. Social presence theory and computer-mediated communication models offer priorities for patient-centered care. Soft skills to enhance the quality of telehealth care delivery include preparation, verbal communication, non-verbal communication, relationship building, and environment. As telehealth becomes just another way to see patients and not a different specialty, interpersonal skills may positively impact students, professionals, and care outcomes.

Learning Objectives:
1. Summarize how interpersonal communication and the clinician-patient dynamic relate to patient satisfaction and influence health outcomes with telehealth.
2. Apply non-technical skills with verbal communication, non-verbal communication and relationship building in computer-mediated communication.
3. Analyze the implications of Social presence theory for the assessment of patient-centered care.

Learning Needs Codes: 1020, 6020, 6070
Performance Indicators: 5.1.1, 5.1.4

4:00 - 5:00 p.m.  Plant-Based Nutrition’s Role in Microbiome Health for Obesity and Diabetes
                  Presenter: Meghan Jardine, MS, MBA, RD, LD, CDE

Presentation Description: The human microbiota has become the topic of great interest and research over the last 10 to 15 years due to the advancement in technologies that study its functions and how it influences health. An unhealthy gut microbiota can lead to an altered immune response leading to a higher risk of chronic disease. Nutrition throughout the lifecycle plays a key role in shaping the microbiota as well as the metabolites produced by certain bacteria. This presentation will review the recent literature on the nutritional factors that contribute to the composition and metabolic activity of the gut bacteria, how it interacts with the host immunity potentially leading to chronic inflammation, and disease susceptibility. Eating patterns, macronutrients, and food groups will be presented as well as other lifestyle factors such as stress management and exercise that can improve the health of the human microbiota reducing the risk of disease and slow down the aging process.
Learning Objectives:
1. Describe the development and function of the human gut microbiota and its influence on health.
2. Describe the factors that contribute to dysbiosis and how this leads to metabolic dysfunction and chronic diseases including obesity, diabetes, and other disorders.
3. Explain how nutrition and other healthy lifestyle behaviors can improve the composition and metabolic activity of the microbiota and the health of the host.

Learning Needs Codes: 2070, 4040, 5190
Performance Indicators: 8.3.5, 10.2.7

5:00 p.m. Closing Remarks and Adjourn