



# IAND

Indiana Academy of  
Nutrition & Dietetics

Attendee Name \_\_\_\_\_

Registration number \_\_\_\_\_

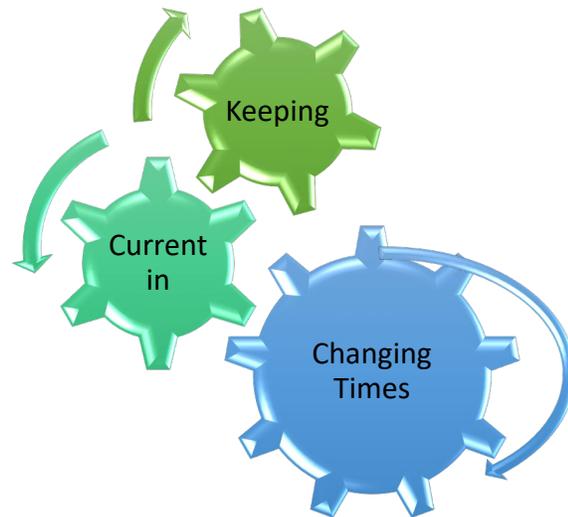
Please keep this agenda as documentation of your attendance in case you are audited by the Commission on Dietetic Registration. This agenda serves as your certificate if you are in the audience for the **live** presentation. Recorded sessions will require a separate CPE approval and certificate.

## ***IAND Annual Meeting 2022***

April 7, 6:00 – 8:00 pm

April 8, 8:00 am – 4:00 pm

(10.5 CPEUs)



### **April 7<sup>th</sup>**

6:00 pm

Business Meeting

Moderator: Hanna Kelley, IAND President

6:30 pm

Award Presentation

Moderator: Ashley Kim, CPI-Elect

7:00 pm

### **Keynote Speaker**

Moderator: Rachel Dolgner, Treasurer-elect

### **“Bridging the Generational Gap” (1.0 CPEU)**

In this program about managing four different generations in the workplace, best-selling author Jeff Butler, backed by a decade of psychological research, shares insights about motivations, differences, and communication styles of these four generations. You will learn how organizations across various industries are thriving with a multigenerational workforce and how yours can too. Through this program you’ll find specific actionable strategies to manage your cross-generational challenges and turn your multigenerational workforce into a competitive advantage.



## Presenter: Jeff Butler

Jeff Butler is the author of two provocative books - *The Authentic Workplace* and *The Key To The New You* and CEO of JButler International. Having written over 100 articles on workplace dynamics, his insights have been featured in dozens of media outlets such as Forbes and HR News. In addition, he has appeared on TEDx in both 2016 and 2017 with both talks focusing on psychology. Before Jeff founded his workplace consulting company, he spent almost a decade in Silicon Valley working as a Software Engineer which is where his initial interest in organization psychology began to develop. Since then, he has personally addressed over 100 organizations internationally on workplace dynamics issues such as Google, Amazon, LinkedIn, and Wells Fargo.

### Learning objectives:

1. Discover potential points of generational conflict and tactics to handle them
2. Learn how to strengthen cross-generational communication
3. Obtain specific strategies to leverage multi-generational opportunities

### Performance Indicators:

Jeff Butler Level 2 (Activity Type 171, #168484)

2.1.1

2.4.5

9.3.2



April 8<sup>th</sup>

7:30 am

Connect and Network

8:00 am

Welcome: Rachel Mahon, CPI

## Opening Presentation

8:10 – 9:10 am

Moderator: Dinah Dalder, President-Elect

### “YOU Are A Leader”

Indiana nutrition professionals are leaders, leaders who make a difference. In this interactive session, participants will assess their leadership strengths, identify evidence-based approaches to build leadership skills, and set goals for growth.

### Presenter: Barb Mayfield, MS, RDN, LD, FAND

Barbara Mayfield, MS, RDN, LD, FAND, leads other nutrition professionals to hone their communication skills and more effectively reach diverse audiences. She served as editor for the Academy’s book, *Communicating Nutrition: The Authoritative Guide*.

#### Learning Objectives:

1. Session participants will reflect on their personal leadership communication strengths in four distinct skill areas: understanding others, demonstrating empathy, situational analysis, and vision casting
2. Session participants will be able to describe effective strategies for assessing needs, demonstrating empathy, researching problems and solutions, and envisioning growth and change
3. Session participants will determine action steps to build leadership communication skills in one or more areas discussed during the session

#### Performance Indicators:

Barb Mayfield Level 2 (Activity Type 171, #168485)

1.5.1

2.2.2

3.1.1

4.2.8



Networking: 9:10 – 9:25 am

## Concurrent Sessions 1a and 1b: 9:25 – 10:25 am

Moderators: Session 1a, Dinah Dalder, President-elect  
Session 1b, Tracy Fox, Treasurer

### (1a) “Involving the Life Inside: Gut Microbiome & Nutrition in Human Health” (1.0 CPEU)

This presentation will discuss the definition and assessment of the gut microbiome, dietary impact on the gut microbiome, and how this interaction between diet and the gut microbiome influence human health.

#### Presenter: Tzu-Wen Cross, PhD

Dr. Tzu-Wen Cross is an Assistant Professor in the Department of Nutrition Science at Purdue University. She earned her B.S. in Human Nutrition and Dietetics from Taipei Medical University in Taiwan, M.S. in Nutrition Sciences from the University of Missouri-Columbia, and Ph.D. in Nutrition Sciences from the University of Illinois at Urbana-Champaign. Dr. Cross was an NIH T32 Postdoctoral Fellow in the Translational Cardiovascular Science Training Program at the University of Wisconsin-Madison before joining Purdue. Prior to starting her graduate career, Dr. Cross worked as a licensed and registered dietitian in Taiwan helping patients undergoing bariatric surgeries with their dietary needs.

#### Learning Objectives:

1. Participants will be able to describe relevance of diet to the microbiome in humans
2. Participants will be able to explain how the microbiome impacts health and disease
3. Participants will be able to discuss some dietary interventions currently being studied to potentially change the microbiome to modulate health.

#### Performance Indicators:

Tzu-Wen Cross Level 2 (Activity Type 171, #168486)

- 8.1.2
- 8.2.1
- 8.4.3



# IAND

Indiana Academy of  
Nutrition & Dietetics

## (1b) “Set the Mood for Health with Policy, Systems, & Environmental Change Interventions” (1.0 CPEU)

The conditions where we live, work, and play affect our ability to reach our full health potential. If nutrition professionals want their patients and clients to be able to apply and sustain their MNT recommendations, they need to help their patients and clients to make changes to their surroundings so that they facilitate health. Policy, system, and environmental changes (PSEs) are low-cost solutions that impact the places where health decisions are made and have the potential to reach large numbers of people. In this session, RDNs and NDTRs will learn healthy design principles that they can use to coach their patients and clients to make the healthy choice the easy choice.

### Presenter: Melissa Pflugh Prescott, PHD, RDN, FAND

Melissa Pflugh Prescott is an RDN and Assistant Professor at the University of Illinois at Urbana-Champaign.

#### Learning Objectives:

1. Participants will be able to identify external influences on diet-related behaviors.
2. Participants will be able to describe the role of Policy, System, & Environmental Change interventions in promoting health equity and improved diet quality.
3. Participants will be able to apply healthy design principles to their own practice to empower their patients and clients to improve their diet quality.

#### Performance Indicators:

Melissa Pflugh Prescott Level 2 (Activity Type 171, #168487)

4.1.1

7.1.3

9.2.4

12.1.1

10:25 – 10:40 am

Yoga Stretch

Katherine Matutes, PhD, MA, RDN, E-RYT 200, RYT 500



## Concurrent Sessions 2a and 2b: 10:40 – 11:40 am

Moderators: Session 2a, Kate Capen, Affiliate Delegate  
Session 2b, Hanna Kelley, President

### Concurrent Session 2a

#### (2a) “Unlocking the Keys to Business Success for Registered Dietitians” (1.0 CPEU)

In this interactive and tactical presentation, the participant will learn the true definition of the “Business of Wellness”, skills needed for entrepreneurship, business acumen, marketing, and sales, as well as financial and legal considerations. The importance of networking, brand development, and business growth through competitive and business focused strategies will also be highlighted.

#### Beryl Krinski, MBA, MS, RDN, LDN

Beryl Krinsky is a successful Entrepreneur, who is a Registered Dietitian Nutritionist with a Master of Science in Food Science and a Master of Business Administration in Food Marketing. Beryl had over 10 years of corporate experience with nutrition and food companies prior to launching her first business, B.Komplete. B.Komplete is a Corporate Wellness Firm that offers holistic onsite and virtual services for corporations, to enable individuals and corporations to better manage health conditions and to achieve optimal wellness. With her passion for wellness and education, Beryl has launched a second business, the Komplete Business Dietetic Internship, with a focus on entrepreneurship training.

Performance Indicators:

Beryl Krinsky Level 2 (Activity Type 171, #168488)

3.2.4

4.2.7

11.1.5

14.3.3

#### (2b) “Post, Tweet, Snap, Share: Ethics in Social Media for RDNs” (1.0 CPEU)

Social media is a viable strategy for building an online audience, engaging with digital communities, and promoting products and services. However, regulated health care practitioners; including the registered dietitian are bound to ethical and professional practice, including social media environments. Applying the Academy’s Code of Ethics to social media activities will help build confidence in the process of online communications.



# IAND

Indiana Academy of  
Nutrition & Dietetics

\*This session meets the RD requirement for a unit of "ETHICS" during a 5-year renewal period. The Academy and CDR are not responsible for the presenter's interpretation of the Code of Ethics or its enforcement as it relates to the scenarios and content presented.

## Presenter: Drew Hemler, MSc, RD, CDN, FAND

Drew Hemler (he/him) is an award-winning LGBTQ+ registered dietitian, practicing in the U.S. & Canada and providing education & counseling services for individuals & groups, and communications and program planning services for non-profit & corporate clients.

### Learning Objectives:

1. Name at least three (3) Standards of Professionalism
2. Identify three (3) instances of unethical practice on social media
3. Describe one (1) or more appropriate engagement/ response methods when observing unethical practice
4. Locate relative Academy educational resources and reporting tools

### Performance Indicators:

Drew Hemler Level 1 (Activity Type 171, #168489)

- 1.2.7
- 1.3.1
- 1.5.5
- 1.6.6

11:40 am-12:10 pm

## Poster Session (0.5 CPEU)

Moderator: Rachel Dolgner

Poster session (Activity Type 180, # 168494)

- 8.1.1
- 8.1.2



Lunch Break: 12:10 – 12:25 pm

**Chef Demo: 12:25 – 1:25 pm**

Moderator, Rachel Dolgner

### “Elevating Snacking Choices” (1.0 CPEU)

Snacking is at an all-time high with Americans. Multiple snacks throughout the day and many times replaces a sit-down meal. Therefore, changing choices for snacks.

### Rob Granberg, Executive Chef and Rayona Baker, RD, LD

Rob Granberg, CEC -Rob began his career in the restaurant industry in 1986 working at various establishments in Chicago. Rob joined U.S. Army where he continued to pursue his passion for cooking. In the Army, as an apprentice with the Ft. Bragg Culinary Arts team, supported our American troops in Desert Storm with his culinary talents. He graduated with honors from the Culinary Institute of America in Hyde Park, NY in 1994. In 1998, Rob joined Gordon Food Service in a variety of roles currently Central States division Consulting Chef.

Rayona Baker has served the profession of Dietetics in numerous positions, including clinical and food service. She is presently the Business Solutions Specialist for Gordon Food Service in Shepherdsville, KY.

Learning Objectives:

1. Review snacking trends of Americans.
2. What are health benefits of snacking.
3. How to build a charcuterie board for snacking or meal replacement.

Performance Indicators:

Rayona Baker and Rob Granberg Level 1 (Activity Type 171, #168490)

8.1.2

8.5.1

9.3.5



Networking: 1:25 – 1:40

## Concurrent Sessions 3a and 3b: 10:40 – 11:40 am

Moderators: Session 3a, Hanna Kelley  
Session 3b, Dinah Dalder

### (3a) “Food Tribes’ and How Our Food Identities and Values Steer Health and Wellness Today” (1.0 CPEU)

We face a sea of choices when it comes to our diet and nutrition. And clients and consumers increasingly think of food as a means of health and as an integral part of their values and identity. Currently we see communities of people (food/health tribes), rallying around a shared value system of food and other lifestyle behaviors, coming together in-person and online to navigate their food and nutrition choices. These like-minded food/health tribes influence and validate each other, sometimes even in the absence of evidence-based or professional guidance. We will discuss a number of these tribes, along with the existing research, as well as talk about how to engage with our own and colleagues’ professional expertise and evidence, and special nutritional considerations for working with clients, consumers, patients, or other audiences following them toward their personal health and wellness goals.

#### Presenter: Wendy Bazilian, DrPH, MA, RDN

Dr. Bazilian is author of several books and contributor to several best-selling and award-nominated books. She maintains a busy private practice and is an expert consultant to the spa industry, to start-up and established food and commodity groups, and to the health care industry.

#### Learning Objectives:

1. Define food and health tribes and identify several key tribes and their features
2. Know the top line and current research that exists around various food/health tribes today
3. Communicate effectively with individuals identifying with a particular food/health tribe
4. Identify food and nutrition areas of consideration for various food/health tribes and recommend relevant nutritional strategies to address them.

#### Performance Indicators:

Wendy Bazilian Level 2 (Activity Type 171, #168491)

- 2.1.3
- 4.1.3
- 8.1.1
- 8.5.4



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Indiana Academy of  
Nutrition & Dietetics

## (3b) “Affirming Healthcare Information and Practices for Providers” (1.0 CPEU)

Preventative and invasive healthcare is stressful enough before including any LGBTQIA+ factors. Join us to learn how to be an ally and advocate within your population with updated language and how to use it, organizations to refer to for on-going support, and your role in keeping barriers to care low.

### Presenters: Jessica Rorick, Kelsey Chapman, Aiden Powell

Jessica Rorick, MS, RD, CD is currently the Assistant Director of Nutrition Education Programs at RecWell with Purdue University. This role includes being the only outpatient dietitian for Purdue students, mentoring Senior Dietetics students in their role as Nutrition Coaches, and supervising the Demonstration Kitchen located at the CoRec.

Kelsey Chapman is the Program Coordinator of the Purdue University Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) Center. She has over five years of experience in LGBTQ student affairs, with specializations in educational programming and support services. As a cultural competencies training facilitator, Kelsey has helped to train hundreds of Purdue students, staff, faculty, and Greater Lafayette community members on intersectional and inclusive allyship to the LGBTQIA+ community.

Aiden Powell is the Assistant Director of Purdue's Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) Center. He has been involved with LGBTQ advocacy for more than ten years, with specializations in social justice-centered assessment, cultural competency trainings, and best practices for LGBTQIA-inclusive health care.

#### Learning Objectives:

- 1) Recall and utilize up-to-date terminology correctly in your area of practice since affirming healthcare begins prior to any LGBTQIA+ disclosure.
- 2) Learn which organizations (local and national) are available to reference when establishing or reviewing policies, procedures, and understood rules.
- 3) Be able to discuss risks or barriers to initiating and maintaining care for your population on the road to advocacy. This includes population health concerns related to outdated stereotypes, current rights, and what an inclusive experience means from beginning to end.

#### Performance Indicators:

Chapman, Powell, Rorick Level 1 (Activity Type 171 # 168492)

2.1.1

2.3.2

12.1.3

12.3.3



Networking: 2:40 – 2:55 pm

Closing Presentation: 2:55 – 3:55

Moderator: Hannah Green, Sponsorship/Exhibits/ AND Foundation Chair

“Can Agriculture Save the Planet?” (1.0 CPEU)

This session discusses the increasing importance and urgency surrounding sustainable, healthy diets. Registered dietitians are key stakeholders in these discussions – helping raise awareness, breaking down barriers that exist in access to healthy foods for all, and proposing solutions to food and nutrition insecurity challenges. During today's discussion, food futurist and author Jack Bobo will share insights to help registered dietitians consider the complexity of a sustainable, healthy food system and explore their role in helping people navigate this complex landscape with meaningful guidance that addresses consumers' desire for a healthy, sustainable, and nutritious future for all.

Presenter: Jack Bobo, JD, MS, BS, BA

Jack Bobo is the author of “Why Smart People Make Bad Food Choices”. He is also the CEO of Futurity, a food foresight company that advises companies, foundations and governments on emerging food trends and consumer attitudes and behaviors related to the future of food.

Learning Objectives:

- (1) Describe the current debate around sustainable food systems
- (2) Discuss the challenges and uncertainties involved in creating a sustainable and nutritious food system for all
- (3) Appraise this evolving landscape in order to respond to client and patient questions

Performance Indicators:

Jack Bobo Level 2 (Activity Type 171, #168493)

- 1.8.1
- 1.8.4
- 4.2.1
- 12.3.3

Closing Remarks: 3:55 – 4:00 pm, Rachel Mahon, CPI

Activity Provider: IAND      Provider Signature: Lorna O'Connell *Lorna O'Connell*  
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