

IAND Annual Meeting 2023

Agenda

Day 1 Thursday, April 27, 2023

10:55 am – 4:30 pm

5.0 CEU Available

Speaker	Session Description
<p>10:55 am Welcome from IAND Chair, Council on Professional Issues (CPI) Ashley Kim, RDN, LD</p>	
<p>11:00 am – 12:00 pm</p>	
<p>Rachel Stahl Salzman, MS, RD, CDN, CDCE Working in the Division of Endocrinology at Weill Cornell Medicine, Rachel provides diabetes self-management education and support and medical nutrition therapy for adults with prediabetes, gestational, type 1 and type 2 diabetes. She is passionate about using nutrition, diabetes technology, and digital healthcare to maximize the care and support for people with diabetes.</p> <p>Moderator: Rachel Dolgner MS, RDN, LD</p>	<p>Apps, Apps, and More Apps: To Recommend or Not to Recommend? Registered Dietitians are well positioned to recommend helpful apps to patients based on personal preferences and treatment goals. Patients will be more likely to utilize an app when best-practices on their usage is explored and limitations and safety concerns are reviewed. The strengths and challenges of mobile health apps will be discussed. The audience will be able to identify high quality apps and discuss creative ways to integrate these tools into clinical practices.</p>
<p>12:05 pm – 1:05 pm</p>	
<p>Drew Hemler, MSc, RD, CDN, FAND has delivered nutrition education to a variety of audiences in different settings for over 15 years. He builds patient and audience confidence through “why-to” and “how-to” strategies to help people prevent and manage chronic diseases in remote, hybrid, and traditional settings.</p> <p>Moderator: Hanna Kelly, MS, RDN, LD</p>	<p>Bullseye! Targeting Behavior Change with Group Nutrition Education The primary goal of nutrition education is to improve food and lifestyle choices but traditional group teaching methods are passive by nature. By utilizing the DESIGN framework, nutrition educators can feel confident in driving behavior change through motivational and facilitating strategies. The audience will critically examine and apply the framework and develop confidence in planning effective, impactful, educational experiences.</p>
<p>1:10 pm – 2:10 pm Posters, Exhibits and Refreshments</p>	
<p>2:15 pm – 3:15 pm Concurrent session</p>	
<p>Bailey Oschman, RD. Bailey’s business, Fit Mama in 30, is an online health and wellness community to train and prepare women to take on the physical demands of labor, delivery, and postpartum recovery through science-backed movement and nutrition programs.</p>	<p>Dietitian: CEO Material Are you thinking of making your side hustle your full-time job? This panel of dietitians will provide insight into the entrepreneurial side of nutrition and dietetics. With a variety of avenues to take your knowledge and credentials, join us as we discuss niches, business structures, and branding.</p>

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<p>Lindsey Hill, RDN, SNS knows the business of school nutrition. She has over 16 years of experience as the Director of Nutrition Services with South Madison Community Schools in Pendleton. Lindsey believes in continuous quality improvement and is passionate about using technology to repair organizational weaknesses and provide financial and operational knowledge to empower school nutrition program operators. That's why she created MenuLogic K12, a business intelligence software solution for school nutrition programs.</p> <p>Erin Hurst, RDN, a second career RDN, is owner of Erin Hurst Nutrition and Wellness, specializing in eating disorders and the nourishment of individuals with complex medical issues. Her practice is rooted in weight-inclusive and non-oppressive care, with an emphasis on accessibility and respect.</p> <p>Moderator: Tarrah Westercamp, MS, RDN, SNS</p>	
2:15 pm – 3:15 pm Concurrent session	
<p>Cassandra “Cassie” Whitmore, RD, LMNT has practiced for over 10 years. Most of her career has been spent working in long term care with notable experiences in hospice and mental healthcare.</p> <p>Moderator: Katie Shepherd, MS, RDN, LD</p>	<p>Nutrition and Mental Health While mental illnesses and medications used to treat them can often have an effect on weight and appetite, many clinicians do not feel fully knowledgeable to give great recommendations to cope with these illnesses. The presentation will help practitioners learn more about these illnesses, how they can affect nutrition status, and what can be recommended to help patients and others.</p>
3:20 pm – 4:20 pm Concurrent session	
<p>Kelsey Herwick, MS, RD, CNSC, LD is a pediatric Clinical Dietitian at Riley Hospital for Children at IU Health. Her expertise is in the areas of pediatric gastroenterology, liver transplant, intestine transplant and multi-viscera organ transplant.</p> <p>Moderator: Kate Beard, MA, RDN, CSPCC, LD</p>	<p>Nutrition in Infant Cholestasis This presentation focuses on early intervention in infants with cholestasis as they proceed through a workup to determine the cause of cholestasis. Research has provided evidence that nutrition status in infants with cholestasis directly impacts their outcomes. This presentation focuses on patients with biliary atresia, but covers nutrition focused physical exams in cholestatic patients, estimating nutrition needs, and nutrition intervention progression of cholestatic patients.</p>

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3:20 pm – 4:20 pm Concurrent session	
<p>Laura Martin, MS, RD, LD, CPT has spent most of her career centered around weight management, which is her passion. Most recently she was a bariatric dietitian and fitness specialist at the Columbus Weight Loss Institute. She is currently the IAND Secretary and has volunteered for DPGs, local districts and state positions.</p> <p>Moderator: Dinah Dalder, MS, RDN, LD</p>	<p>LI in the Sunshine: 2022 Orlando Leadership Institute</p> <p>Laura was selected by her peers to attend the 2021-2022 Leadership Institute provided by The Academy. She will briefly explain the Leadership Institute process and experience. Laura doesn't think of herself as a leader but wants everyone to leave knowing they have a leader inside just waiting to bust out.</p>

Day 2 Friday, April 28, 2023
8:00 am – 3:45 pm
6.5 CEU Available

Speaker	Session Description
8:00 am – 9:00 am	
<p>Michelle Dudash, RDN is an award-winning registered dietitian nutritionist, Cordon Bleu-certified chef, and author of the top selling cookbook <i>Clean Eating for Busy Families, revised & expanded</i> and <i>The Low-Carb Mediterranean Cookbook</i>. Michelle is the founder of Spicekick®, a gluten-free line of seasoning mixes for nutritious, one-pot meals. She relishes demonstrating her knowledge and cooking skills on television and has delivered nearly 1,000 TV interviews.</p> <p>Moderator: Hanna Kelley, RDN, LD</p>	<p>Take Your Video Prowess to the Next Level: Honing your Skill in Online and Broadcast Video as a TV RD</p> <p>Media dietitian Michelle Dudash, RDN reveals the nuts and bolts behind becoming an on-screen personality with or without a full studio at your disposal. During this session you will learn Michelle's seven steps to effective videos, how to make cooking videos appear effortless and magical, and how to become an entertaining video personality, not just a "facts" machine.</p>
9:05 – 10:05 am Concurrent session	
<p>Ginger Hultin MS, RDN, CSO Ginger Hultin owns a Seattle-based concierge nutrition practice, Ginger Hultin Nutrition, where she and her team help clients solve complex health problems with an integrative approach. She specializes in anti-inflammatory diets, integrative oncology nutrition, supplements, and nutrigenomics. She has authored two nutrition books: <i>Anti-Inflammatory Diet Meal Prep</i> and <i>How to Eat to Beat Disease Cookbook</i>.</p> <p>Moderator: Katie Shepherd, MS, RD, LD</p>	<p>Transitioning to a Plant Based Diet</p> <p>With the terms "plant-based" and "flexitarian" trending and with an increased focus on dietary patterns like Mediterranean, DASH, and MIND, eating less meat and more plants is more popular than ever. You can help your clients transition to a more plant-based diet in a way that they are comfortable with and find empowering (not scary or restrictive). This presentation provides rationale behind transitioning to a more plant-based diet for health as well as tangible tips, recipes, and meal plans that you can use with your clients as they transition their diets.</p>

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9:05 – 10:05 am Concurrent session	
<p>Elizabeth Cooley MS, RDN, LD started her career in adult inpatient and outpatient bariatric care in the Chicagoland area before coming to Riley Hospital for Children. She currently works in the outpatient GI department.</p> <p>Moderator: Kate Beard, MA, RDN, CSPCC, LD</p>	<p>Starting Solids in Infants and Toddlers In 2020, the American Academy of Pediatrics and USDA Dietary Guidelines for Americans updated their age recommendation of starting solids to 6 months. This presentation will review the current recommendations of starting solids and examine key differences between baby led weaning and traditional spoon feeding.</p>
10:10 – 11:10 am Concurrent session	
<p>Patty Wolf, PhD, RD, is an assistant professor in the Department of Nutrition Science at Purdue University. Her research investigates microbial mechanisms of cancer health disparities related to inequitable food access and quality.</p> <p>Moderator: Dinah Dalder, MS, RDN, LD</p>	<p>Medical Nutrition Therapy in the Free Clinic: Using Nutrition Education to Mitigate Health Disparities. Does dietary intake shift microbial ecology and function toward the formation of deleterious microbial metabolites contributing to cancer risk? Discover how diet and microbes may be associated with health disparities and how we can translate research into actionable interventions and future directions to make these interventions accessible to patients we serve.</p>
10:10 – 11:10 am Concurrent session	
<p>Vickie Coffey has been the Nutrition Services/Healthy Schools Director for Richland-Bean Blossom (RBB) Edgewood School in Ellettsville, IN for 21 years. She serves as the RBB Healthy Schools Chair, United Way Campaign Facilitator and Stop the Bleed Coordinator.</p> <p>Amanda Lambrechts, MS, RD is the Assistant Director of Child Nutrition for Perry Township Schools in Indianapolis, IN. She advocates for school nutrition at the Legislative Action Conference in Washington, DC and serves on the Indiana School Nutrition Association Professional Development and Marketing Research Committees</p> <p>Amanda Stout, Director of Food Services for Greenfield-Central Community School Corporation, graduated with a double major in Dietetics and Nutrition Fitness and Health. She has been a food service director for 12 years between two school corporations.</p>	<p>Child Nutrition Programs through the Generations Child Nutrition Programs feed the next generation. How do dietitians play a role in these programs? Join our panel as we discuss the history of child nutrition programs as well as what is in store for the future.</p>

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Moderator: Tarrah Westercamp MS, RDN, SNS	
11:15 am – 12:30 pm Lunch, Annual Meeting, Panel presentation	
<p>Joann Burnett, MS, RDN Over her career she worked as a consultant dietitian, internship coordinator and educator at Ball State, and adjunct faculty at IPFW. Joann was received IAND’s Honored Dietitian Award and served as past president of IAND in addition to many leadership roles. She was appointed and served 6 years as chair of the Indiana Dietetics Certification Board.</p> <p>Bonnie Gunckel, RDN, has served in various positions in the Northeast district, for Indiana Consultant Dietitians and on the board of IAND for the past 26 years. She received IAND’s Honored Dietitian Award in 2011 and was the “Face of the Academy” in 2014. Bonnie was IAND’s president in 2009-10 and initiated the Principles of Affiliation, which was a first for the Academy at that time.</p> <p>Brenda Richardson, MA, RDN, LD, FAND has more than forty years of proven success in directing multimillion dollar food service and nutrition operations. Brenda is a national lecturer, author/contributing author of many professional books and publications, with volunteer service of state and national offices in the Academy. In 2010, Brenda received the Academy’s “2010 Grassroots Excellence Award” and IAND’s 2010 Honored Dietitian Award. In 2016, Brenda was awarded the Academy’s prestigious Medallion Award.</p> <p>Moderator: Rachel Dolgner, MS, RDN, LD</p>	<p>A Look Back: RDN Panel of IAND Foundational Members</p> <p>It is a pleasure to welcome a panel of RDNs with years of wisdom, leadership, and experience serving the public as nutrition experts in our state. Join us for an inspiring session as we hear about challenges overcome in their careers and advice for advocating for nutrition for generations to come.</p>
12:35 pm – 1:35 pm	
<p>Amy Carter, RDN, is the director of clinical and outpatient nutrition at Eskenazi Health where she oversees a talented team of registered dietitian nutritionists who deliver a variety of clinical nutrition services and programs. Amy is serving a three-year term on the Nutrition Services Payment</p>	<p>Reimbursement for Insurance-based Providers</p> <p>Join the panel discussion focused on reimbursement for providers utilizing insurance for reimbursement. From solo private practice, to group practice, and hospital or facility-based providers, learn how RDNs are accessing reimbursement, demonstrating our value</p>

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<p>Committee for the Academy of Nutrition and Dietetics and working to elevate the role of the RDN in revenue and value based care.</p> <p>Erin Hurst, RDN, a second career RDN, is owner of Erin Hurst Nutrition and Wellness, specializing in eating disorders and the nourishment of individuals with complex medical issues. Her practice is rooted in weight-inclusive and non-oppressive care, with an emphasis on accessibility and respect.</p> <p>Kayla Stanton RD, CEDS is founder of Stanton Nutrition Counseling, a group practice that offers weight-inclusive care for people experiencing eating disorders as well as other conditions negatively impacting quality of life.</p> <p>Moderator: Jeff Ketcham, MS, RDN, LD</p>	<p>as integral parts of healthcare teams, and find out how you can access resources to learn more about the advantages and challenges of insurance-based reimbursement.</p>
<p>1:40 – 2:40 pm Concurrent session</p>	
<p>Lisa Nielsen, PhD, teaches grant writing as a service-learning course at Purdue University. She partners graduate students with community nonprofit organizations to develop a grant proposal for real-world projects.</p> <p>Moderator: Dinah Dalder MS, RDN, LD</p>	<p>Demystifying Grant Funding: Learn the System, Follow the Process, Fund your Projects</p> <p>Grant writing is an essential skill for obtaining funding for projects that impact our communities and boost our careers, but often the mention of it sends shivers down our spines. Dr. Lisa Nielsen, a professional grant writer, will provide insights for how to get started with funding applications and the keys to preparing a competitive grant proposal. With templates and examples, the steps for proposal planning will be demystified. Equip yourself with the knowledge needed to conquer your fears and reap the benefits of grant funding!</p>
<p>1:40 – 2:40 pm Concurrent session</p>	
<p>Ron A. Thompson, PhD, FAED, CEDS, a retired psychologist, treated patients with eating disorders in Bloomington, IN for more than 35 years and was a consulting psychologist to the Athletic Department at IU for 28 years. Most recently, he was co-founder of The Victory Program at McCallum Place in St. Louis, an intensive treatment program for college and elite athletes with eating disorders.</p>	<p>Treatment of Athletes with Eating Disorders: The Critical Role Played by Dietitians The major focus of this presentation will be to recount the salient contributions by dietitians to the field of athletes with eating disorders. Specific topics to be discussed will include but not be limited to the landmark work related to Relative Energy Deficiency in Sport (RED-S) research and related clinical practice, the inclusion of exercise as part of eating disorder treatment, and the development and implementation of the first residential treatment</p>

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Moderator: Samantha Schaefer, MS, RD, LRD, FAND	program specifically designed for athletes with eating disorders.
2:45 – 3:45 pm	
Suzanne Thompson, MS Moderator: Patty Denton, MPH, RDN, LDN	Resilient Leader, Resilient Life Explore being resilient and learn about tools that can help you and your team members. Becoming a more resilient leader will create a psychologically safe culture that will allow your team to innovate and bring their best selves to work. Practicing these techniques and mindfulness will enable peak productivity and a healthier workforce (including you!)
3:45 pm Closing remarks from IAND Chair, Council on Professional Issues (CPI) Ashley Kim, RDN, LD	