

Precision Nutrition: Recent Advances and Controversies in Genetic Testing

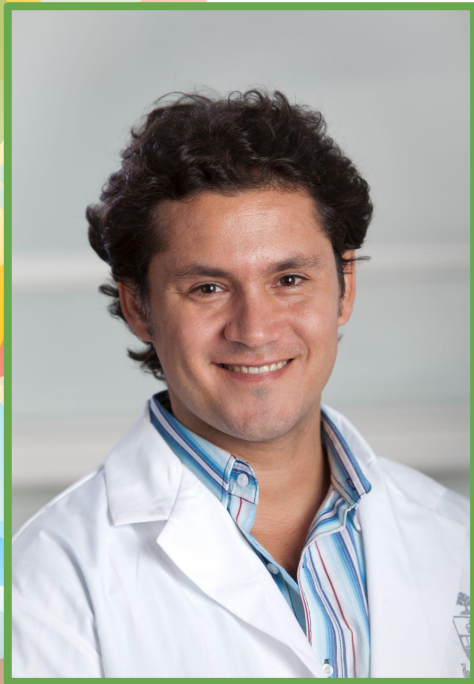
Dr. Ahmed El-Soheemy is a Professor and Associate Chair at the University of Toronto. He is also the Founder of Nutrigenomix Inc., serves as Chief Science Officer and is Chair of the company's International Science Advisory Board, which consists of key opinion leaders in the field of nutrigenomics. Dr. El-Soheemy obtained his PhD from the University of Toronto and completed a postdoctoral fellowship at Harvard. Dr. El-Soheemy has published in the top scientific and medical journals with almost 200 peer-reviewed publications and has given more than 300 invited talks around the world. He is currently Speciality Chief Editor of Nutrigenomics for Frontiers in Nutrition and Editor-in-Chief of Genes and Nutrition while serving on the editorial board of ten other scientific and medical journals. He has been a member of international expert advisory panels and the scientific advisory boards of several organizations. Dr. El-Soheemy is the recipient of several awards for research excellence by the Canadian Nutrition Society, the American College of Nutrition, and the American Nutrition Association.

Ahmed El-Soheemy, PhD



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Precision Nutrition: Recent Advances and Controversies in Genetic Testing

Introduction

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. Genetic differences can explain some of these different responses and randomized controlled trials show that giving DNA-based dietary advice can be superior to population-based recommendations for improving compliance. With increasing consumer awareness and demand for genetic testing, there is a need for registered dietitian nutritionists to have sufficient knowledge to understand the science behind these tests, and determine the benefits and limitations of both the science and the testing.

Learning Objectives

- Understand how genetic variation impacts nutritional requirements.
- Learn how to identify relevant genetic markers with clinical relevance.
- Recognize the benefits and limitations of consumer genetic testing and understand what genetic tests can and cannot reveal about a person's health and dietary recommendations.

Ahmed El-Sohemy, PhD



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The Farm Bill: Implications for the Food System and Dietetic Practice

Christina Badaracco works as a healthcare consultant at Avalere Health, where she focuses on evidence generation, quality measurement, and elevating the role of nutrition in healthcare. She also regularly writes, teaches, and presents about nutrition, cooking, and sustainable agriculture—including publishing *The Farm Bill: A Citizen’s Guide* in 2019, publishing five cookbooks with the Transamerica Institute, and co-developing a culinary medicine elective at the Georgetown University School of Medicine. Christina previously worked for the EPA, Teaching Kitchen Collaborative, Oakland Unified School District, NIH Clinical Center, and more. She is the President-Elect of the DC Metro Academy of Nutrition and Dietetics and serves on the board for Slow Food DC, the Academy of Nutrition and Dietetics’ Farm Bill Task Force, the Teaching Kitchen Collaborative’s nutrition working group, and other organizations. She earned her Master of Public Health from the University of California, Berkeley, and her bachelor’s degree in Ecology and Evolutionary Biology, with a minor in Italian Language and Culture, from Princeton University. She completed her dietetic internship at Massachusetts General Hospital and was selected as a 2021 Recognized Young Dietitian of the Year and 2023 Emerging Dietetic Leader by the Academy of Nutrition and Dietetics.

Christina Badaracco, MPH, RDN, LDN



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The Farm Bill: Implications for the Food System and Dietetic Practice



Introduction

Negotiated and signed every 5–7 years, the farm bill has tremendous implications for food production, nutrition assistance, international trade, and many other fields. As our government develops the 2023 Farm Bill, all consumers and healthcare providers need to understand its implications and opportunities for positive influence. Christina will review what the Farm Bill includes and how it affects various social and environmental factors, including how RDNs and their patients are affected as taxpayers and consumers. She will also present how RDNs can both advocate and strive for a more just, healthy, and sustainable food system through their work across practice areas.

Learning Objectives

- Identify influences behind the creation and evolution of the Farm Bill throughout US history.
- Explain the impacts of the current state of the US agricultural system on societal, economic, environmental, and health factors.
- Implement strategies in daily practice that advocate for and support food and farming systems that promote better health.



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Christina Badaracco, MPH, RDN, LDN

A.I. Unleashed: Shaping Dietetics in the Digital Age



Drew Hemler (he/him) is an internationally accredited registered dietitian who's been integrating artificial intelligence (AI) in private practice, public health, academia, and clinical practice since the inception of the most recognized and now widely used AI platform, Open AI's Chat GPT. With 15+ years of collective experience in these areas of practice, Drew has increasingly collaborated with leading organizations, including Microsoft and TELUS Health Canada, to transform nutrition communications, program development, client management, and education services through innovative AI tools and AI-driven strategies. As a course instructor at Buffalo State University, Drew leverages AI for course development, delivery, and dietetic student real-world practice preparation through a lens of ethical and professional practice. Recipient of the Nutrition Educator of the Year award by AI Global Media (2023), Early Career Faculty Award for Community Engagement by Buffalo State University (2021), and upwaRD Award by FoodMinds (2019), he embraces technology's transformative power in dietetics practice. Drew Hemler is a proud Fellow of the Academy of Nutrition and Dietetics and celebrates all dietitians in all areas of practice.

Drew Hemler, MSc, RD, CDN, FAND



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A.I. Unleashed: Shaping Dietetics in the Digital Age



Introduction

In this engaging and forward-thinking session, the profound and potential impact of Artificial Intelligence (AI) on the field of dietetics will be explored. From private practice to public health and dietetics education, AI is revolutionizing how dietitians operate, collaborate, and engage with their clients and communities. This session will delve into practical applications of AI in developing educational materials, streamlining workflow, enhancing team dynamics, and fostering efficient marketing strategies. Ethical considerations surrounding AI implementation in dietetics will also be discussed and, thus, fulfills the CDR mandated ethics CEU requirement.

Learning Objectives:

- Strategize AI tool integration to improve practice productivity and client satisfaction.
- Consider AI-enhanced teaching strategies & methods to engage targeted audiences,
- develop meaningful content, and prepare upcoming & current dietitians for an AI-driven profession.
- Discuss ethical implications of AI in the context of dietetics practice to develop guidelines for responsible AI integration and use.

Drew Hemler, MSc, RD, CDN, FAND



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Ultra-Processed Foods: Current Challenges and Future Directions

Dr. Mattes is a Distinguished Professor of Nutrition Science at Purdue University, Adjunct Associate Professor of Medicine at the Indiana University School of Medicine and Affiliated Scientist at the Monell Chemical Senses Center. His research focuses on the areas of hunger and satiety, food preferences, regulation of food intake in humans, human cephalic phase responses and taste and smell. At Purdue, Dr. Mattes is the Head of the Department of Public Health and Director of the Ingestive Behavior Research Center. He has authored over 300 publications. Dr. Mattes earned an undergraduate degree in biology and a Masters degree in Public Health from the University of Michigan as well as a doctorate degree in Human Nutrition from Cornell University. He conducted post-doctoral studies at the Memorial Sloan-Kettering Cancer Center and the Monell Chemical Senses Center.

Richard Mattes, MPH, PhD, RD



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Ultra-Processed Foods: Current Challenges and Future Directions

Introduction

Ultra Processed Foods (UPFs) are a hot topic, but often come with multiple definitions. In order to better help consumers make healthy food choices, a variety of classification systems have been proposed, including the globally recognized NOVA. But what are the benefits and risks to processing food? Are all UPFs the same? What's the evidence available regarding ultra processed foods and health?

This session will discuss these questions and more, including ethical considerations around UPFs and what more is needed to better understand their impact on a healthy food system.

Learning Objectives

- Explain benefits and risks of food processing.
- Describe potential mechanisms of action of ultra-processed foods.
- Explain the research roadmap that aims to advance understanding of the impact of ultra-processed foods on obesity and cardiometabolic diseases.

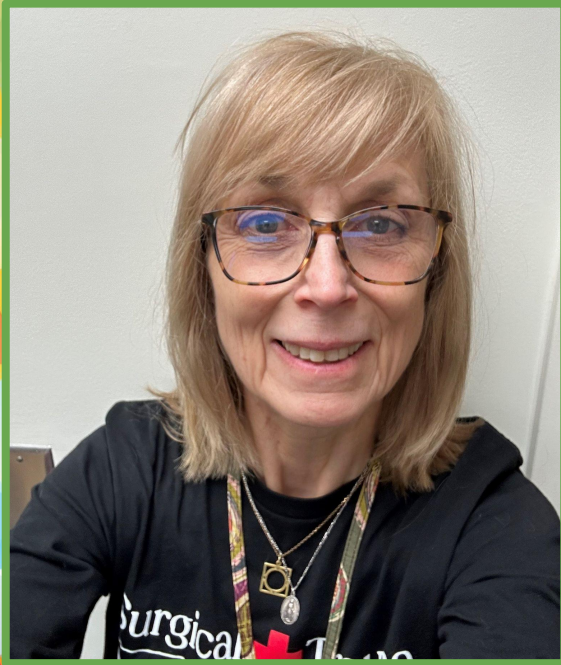
Richard Mattes, MPH, PhD, RD



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Refeeding Syndrome Through the Lifecycle



Ann Thomas is a clinical dietitian specialist in the surgical trauma critical care unit at Methodist Hospital. Her areas of expertise include medical nutrition therapy for traumatic injury, gastrointestinal disease and related surgery, acute kidney injury and chronic kidney disease. She has earned a Master of Science in Medical Dietetics and Clinical Research from The Ohio State University and has held the CNSC credential for over 20 years. She is frequently an invited speaker discussing the impact of inflammation on malnutrition, feeding through acute kidney injury and the management of parenteral nutrition.

Ann Beemer Thomas, MS, RD, LD, CNSC



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Refeeding Syndrome Through the Lifecycle

Introduction

The presentation will provide a clinical overview of refeeding syndrome in pediatric and adult patients, which a particular focus on critical care nutrition. The session will be co-presented by two nutrition support dietitians from the IU Academic Health Center: Ann Thomas of Methodist Hospital and Stephanie Pritchett of Riley Hospital for Children. The presenters will review the ASPEN consensus recommendations for refeeding syndrome and relate to practical, clinical practice including screening patients for refeeding syndrome, determining a feeding plan for parenteral and/or enteral nutrition, and nutritional monitoring and evaluation.

Learning Objectives

- Identify patients at risk for refeeding syndrome.
- Provide a feeding advancement plan for a patient at risk for refeeding syndrome.
- Recommend appropriate monitoring for a patient at risk for refeeding syndrome.
- Discuss repletion dosing of K, Phos, and Mg during refeeding.

Ann Beemer Thomas, MS, RD, LD, CNSC



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Refeeding Syndrome Through the Lifecycle



Stephanie Pritchett completed her undergraduate degree from Purdue University and her dietetic internship through Texas A&M University. For the past 5 years, she has been the clinical dietitian in the Pediatric Intensive Care Unit at Riley Hospital for Children. Stephanie specializes in medical nutrition therapy for acute trauma and surgical care, chronic genetic conditions, multi-system organ failure, gastrointestinal disease, and infant growth and development.

Stephanie Pritchett, RD, LD



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Stephanie Pritchett, RD, LD



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Flashtalk Spotlight: Eating Disorders - from ARFID to “Diabulimia” Panel

Emily Welles is a Registered Dietitian and Certified Diabetes Educator. She has been working with patients struggling with mental health disorders and eating disorders for 9 years. In addition, she worked at the Spectrum Health outpatient adult diabetes clinic for 5 years. Emily specializes in eating disorders, disordered eating and co-occurring diabetes including diabulimia. Currently, she is working at Grand Valley State University as a faculty member and supervised practice coordinator. She also owns her own virtual eating disorder practice, Emily Welles Nutrition LLC.

Emily Welles, MS, RD, CDE



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Flashtalk Spotlight: Eating Disorders - from ARFID to “Diabulimia” Panel

Learning Objectives

- Discuss disordered eating with patients in a sensitive, non-judgmental manner.
- Identify the diagnostic criteria of ARFID per the DSM-5 and outline the role of the
- RDN in treatment.
- Recognize signs and symptoms of disordered eating, insulin withholding, and
- diabulimia and outline the role of the RDN in treatment.



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Emily Welles, MS, RD, CDE

**Flashtalk Spotlight:
Eating Disorders - from ARFID to “Diabulimia” Panel**

Victoria (Tori) Wannemuehler is a Pediatric Registered Dietitian working with Riley Children's Health. She completed her undergraduate studies at Indiana University-Bloomington and completed her master's degree and dietetic internship with a focus in pediatric nutrition at Saint Louis University. Having worked in adult inpatient care in St. Louis, Tori relocated to the Indianapolis area to pursue her dream role at Riley. Tori works inpatient with the Hospitalist, Rehab, and Behavioral Health teams, and is the primary Eating Disorder Dietitian for Riley Children's Hospital.



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Victoria Wannemuehler, MS, RDN, LDN

Flashtalk Spotlight: Eating Disorders - from ARFID to “Diabulimia” Panel

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Victoria Wannemuehler, MS, RDN, LDN

Flashtalk Spotlight: Eating Disorders - from ARFID to “Diabulimia” Panel

Erin Hurst is a 2nd career dietitian specializing in eating disorder care and the nourishment of complex medical issues. She is a size inclusive provider practicing from an autonomy-focused perspective.

Erin spent 8 years in clinical practice at St. Joseph Health Systems covering both in-patient and outpatient services. She was an integral part of a team that established an interdisciplinary heart failure clinic at Midwest Cardiology. Since 2019 Erin has been the owner and operator of an insurance-based private practice in northern Indiana.

Erin is also an active member on the board of the Indiana Academy of Nutrition and Dietetics where she serves as the Nutrition Services Payment Specialist since 2020. In that time she has been focused on pursuing IN interstate licensure compact with the policy team and creating plan for request policy change that allows IN RDs to credential with medicaid.

Erin Hurst, MS, RDN, LD



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Erin Hurst, MS, RDN, LD



Best Practices for Malnutrition Screening to Decrease Malnutrition Risk in Community-dwelling Older Adults

Lauren Roberson, Ph.D., R.D., L.D., is a Visiting Assistant Professor in Nutrition and Dietetics in the School of Health & Human Sciences. She is a Registered Dietitian whose research in malnutrition and food insecurity among community-dwelling older adults has led to the development of a nutrition education program for senior nutrition program participants. Prior to beginning her appointment as faculty with the School of Health & Human Sciences, Roberson was the program director and assistant professor at Murray State University from 2020 to 2023. Before that appointment, Roberson served as a consultant dietitian with the Northern Kentucky Area Development District, Department of Aging and Independent Living. She also served as a research associate in the Nutrition Education Program under Cooperative Extension at the University of Kentucky. In 2022, Roberson was the recipient of the Outstanding Dietetic Educator Award, North Central Region, Graduate Program, presented by the Nutrition and Dietetics Educators and Preceptors practice group. Likewise, Roberson was named the School of Nursing and Health Professions' Collegiate Researcher in the same year. Roberson graduated from the University of Kentucky with a B.S. in dietetics in 2012, a M.S. in dietetic administration in 2014, and received her Ph.D. in health and strategic communication in 2020.

Lauren Roberson, PhD, RD, LD



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Best Practices for Malnutrition Screening to Decrease Malnutrition Risk in Community-dwelling Older Adults

Introduction

Community-dwelling older adults are at increased risk for malnutrition due to a variety of factors (Ulger et al., 2010). While there are programs in place for this population, there is no standardized malnutrition screening protocol in place for use in the community setting (Isautier et al., 2019). Likewise, once malnutrition risk is established, there is no set protocol for nutrition education and nutrition intervention to minimize risk and improve patient outcomes. The presentation articulates a two-phase approach to mitigate this risk and fill the gap. The first phase involves comparing three validated malnutrition screening tools (MST, MNA-SF, DETERMINE checklist) for accuracy and feasibility. The second phase involves digitization of a pre-existing nutrition education curriculum by and for community-based RD's and other healthcare providers to be used with community-dwelling older adults. This presentation will start the conversation about best practices for for both phases.

Learning Objectives

- Identify the most accurate tool for malnutrition screening in the community setting.
- Share best practices for malnutrition screening in the community setting.
- Discuss the feasibility of implementing a digitized nutrition education curriculum to community-dwelling older adults.

Lauren Roberson, PhD, RD, LD



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Best Practices for Malnutrition Screening to Decrease Malnutrition Risk in Community-dwelling Older Adults

Hannah Boeh-Sobtaguim, MPH, RD, LD is a graduate student in the Post Professional Doctorate in the Nutrition and Dietetics program at Indiana University Indianapolis. She is a Registered Dietitian who currently works part time in Adult Overweight and Obesity and as a Continuing Lecturer in the College of Health and Human Sciences at Purdue University. In her free time, Hannah enjoys reading, cooking, and spending time with her family.

Hannah Boeh-Sobtaguim MPH, RD, LD



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Hannah Boeh-Sobtaguim MPH, RD, LD



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The Role of the RDN in Incorporating Therapeutic Lifestyle Interventions in Chronic Disease Prevention, Treatment, and Remission

Melissa Bernstein's professional interests include food and lifestyle as medicine for preventing, treating, and reversing chronic disease. She is passionate about educating healthcare professionals on the importance of good nutrition for improving health outcomes. Dr. Bernstein is an internationally recognized textbook author and participates on advisory and review boards including the Nutrition Care Manual and Board of Directors for the American College of Lifestyle Medicine.



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Melissa Bernstein, PhD, RDN, LD, FAND, DipACLM



The Role of the RDN in Incorporating Therapeutic Lifestyle Interventions in Chronic Disease Prevention, Treatment, and Remission

Introduction

Registered Dietitian Nutritionists (RDNs) have the training, credentials, and skills to translate nutrition science into practical solutions for healthy living and disease prevention and management. As essential members of the intensive therapeutic lifestyle change (ITLC) team, RDNs provide their food and nutrition expertise specifically when patients have diet-related conditions. RDNs who are knowledgeable about lifestyle interventions have the ability to apply food as medicine for the prevention, treatment and reversal of chronic disease.

Learning Objectives

- Define the role of the RDN in incorporating therapeutic lifestyle interventions in chronic disease prevention, treatment, and remission.
- Explain how lifestyle interventions can be incorporated into nutrition practice.
- Identify therapeutic lifestyle intervention opportunities, tools, and resources to advance knowledge and skills.

Melissa Bernstein, PhD, RDN, LD, FAND, DipACLM



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The Role of the RDN in Incorporating Therapeutic Lifestyle Interventions in Chronic Disease Prevention, Treatment, and Remission

Kelly Freeman is the Director of Workforce Development at the American College of Lifestyle Medicine. Previous roles include lieutenant in the United States Navy Nurse Corps, case manager, wound consultant, legal nurse consultant, adult/geriatric primary care NP, and university faculty. She attended the University of Nebraska as an undergraduate and received a Master's degree as a primary care geriatric nurse practitioner at Indiana University. She holds two post-graduate certificates from Indiana University in public health and nursing education and is a Ph.D. candidate in Health Policy & Management. She has co-authored four book chapters and has co-written research papers on lifestyle medicine reimbursement, shared medical appointments, provider burnout, well-being, and cost savings. Kelly is a co-founder and the Indiana Lifestyle Medicine Network president. She is a trained facilitator for the Diabetes Prevention Program and the Comprehensive Health Improvement Program. Kelly lives in Indianapolis and has three grown children and two cats. She enjoys spending time with friends and family, running, cooking healthy meals, and being outdoors.

Kelly Freeman, MSN, RN, AGPCNP-C, DipACLM



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Kelly Freeman, MSN, RN, AGPCNP-C, DipACLM



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Science to Simple: Making Nutrition Science Accessible and Practical

Susan Kundrat is the founder of Eat Move Groove, a nutrition and well-being consulting company. She is a clinical professor emeritus in the Joseph J. Zilber College of Public Health at the University of Wisconsin-Milwaukee and an adjunct instructor at the University of Illinois - Urbana Champaign and Walla Walla Community College. In addition to her professional work as an educator, Susan has 30+ years supporting active people and athletes at the high school, collegiate, professional, and Olympic levels reach their health and sports performance goals. She is the author of 101 Sports Nutrition Tips and the editor of The Nutrition Edge. She will be releasing her new book for active adults entitled Eat, Move, and find your Groove in early 2024.

Susan Kundrat, MS, RDN, LDN



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Science to Simple: Making Nutrition Science Accessible and Practical

Introduction

"Science to Simple: Making Nutrition Science Accessible and Practical" provides essential tools to translate current scientific nutrition and well-being research into inclusive, doable, practical recommendations RDNs can use to help athletes, active people, and consumers put into practice on a daily basis. Utilizing "in the trenches" case studies from clients and athletes from a wide range of backgrounds, attendees will develop positive messaging to help consumers bring nutrition research recommendations to diverse dinner tables, whether to enhance athletic performance or boost overall health and well-being. Current research in the areas of optimizing health and well-being, maintaining strength and function, and reducing disease risk will be reviewed. Participants will understand the many benefits of creating evidence-based messaging and programming fueled by simplicity and ease of implementation.

Learning Objectives

- Translate current nutrition and well-being science into effective, simple and structured recommendations consumers and clients can confidently carry out quickly.
- Utilize creative, positive, inclusive consumer-friendly messaging to simplify nutrition and well-being recommendations.
- Create easy-to-implement "eat, move, and groove" actions for consumers and clients in a "science to simple" method.

Susan Kundrat, MS, RDN, LDN



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Bone Health: Invest in You



My name is Gregory Howard, MD. I am a Lifestyle Medicine physician and began practicing Lifestyle Medicine & Bone Health in 2018, after attending my first Lifestyle Medicine conference in 2015. I completed my board certification in Lifestyle Medicine with the inaugural ACLM board class of 2017. With the support of my healthcare system, Major Health Partners, I retired from practicing Sports Medicine after nearly 15 years and opened a Bone Health and Lifestyle Medicine clinic in 2018. As a health system, we partnered with the YMCA in 2021 to open a new 60,000 sqft community health and wellness center, where my practice, MHP Lifestyle Medicine & Bone Health Clinic, is now located. By way of professional history, I graduated from the University of Dayton with a BS in Pre-Medicine in 1992. I graduated from medical school at Indiana University School of Medicine in 1998. I completed a residency in Family Practice in 2001, then completed a Sports Medicine fellowship at Ball Memorial Hospital in December 2003. I opened a practice in Sports Medicine in 2004 and provided orthopedic care to our community, including all five of our county high schools, for the next 14 years. I live in rural Indiana outside of Greenfield, where my wife Laura and I have raised two wonderful children, who are blazing their own trails through college & into adulthood. We are now quasi-empty nesters and proud parents of two wonderful golden retrievers and way too many indoor and outdoor cats.

Gregory M Howard, MD



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Bone Health: Invest in You



Introduction

Understanding bone remodeling & engaging our innate potential to maintain and to build bone density at all ages is a foundational component of my practice in Lifestyle Medicine & Bone Health. In this session I will discuss methods people can undertake to increase their bone density and the pitfalls to avoid at any point on the spectrum of bone health.

Learning Objectives

- Describe the process of bone remodeling and the causes of bone mineral density decline.
- Illustrate risk factors associated with fractures.
- Discuss risk factors for developing osteoporosis.
- Describe natural approaches to maintaining & building new bone throughout life.
- Develop a long-term strategy for engaging people in their bone health through an easy to remember formula and mnemonic.

Gregory M Howard, MD



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Foodomics - How Knowing More About What's In Our Food Will Lead to a New Nutrition

Dr. Emily Hill is a Postdoctoral Fellow and Registered Dietitian Nutritionist at the University of Colorado Anschutz Medical Campus, where she studies -omics approaches for the evaluation of behavioral interventions for health promotion and chronic disease prevention and management. Her projects span the translational research spectrum, from the design and integration of nutrition interventions into established clinical programs to the evaluation of clinical and biochemical indicators of health and alterations in the epigenome, proteome, metabolome, and microbiome after controlled trials. She has focused much of her research efforts on the testing of novel, objective dietary assessment methods (e.g., foodomics) for integration within nutrition trials. She maintains a continued interest in the design, optimization, evaluation, and implementation of interventions to investigate the role of dietary patterns in obesity, cardiometabolic disease, and cancer. Dr. Hill has been funded by the Oncology Nutrition Dietetic Practice Group (ON DPG) of the Academy of Nutrition and Dietetics as well as several pilot awards through the University of Colorado for her -omics work. She has been recognized nationally and internationally through various awards, including the Metabolomics Association of North America's Early Career Member Travel Award and the American Society for Nutrition's Postdoctoral Research Award. Prior to beginning her postdoctoral training, Dr. Hill completed a MS/PhD in Medical Dietetics and Health and Rehabilitation Sciences at The Ohio State University.

Emily Hill, PhD, RDN



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Foodomics - How Knowing More About What's In Our Food Will Lead to a New Nutrition

Introduction

In this presentation, attendees will learn about the pros and cons of existing dietary assessment methods. The concept of nutritional metabolomics will be introduced, and the potential of foodomics (the metabolomics of foods) will be highlighted through discussion of findings from several human clinical studies. Specifically, the presenter will describe how the measurement of the compounds in our foods may be a useful approach for identifying new biomarkers of dietary exposure to foods, food groups, and overall dietary patterns such as a DASH or Mediterranean diet. Data will be presented to demonstrate how foodomics can be used to explore: (1) how foods group together based on chemical composition, (2) compounds that are associated with consumption of specific foods, and (3) components within our foods that may be related to changes in cardiometabolic health. Future directions will include potential applications to precision nutrition approaches and clinical dietetics practice.

Learning Objectives

- List strengths and limitations of current dietary assessment methods.
- Describe the application of metabolomics to nutrition studies for identification of biomarkers of exposure.
- Explain how new approaches to measuring foods can be used for precision nutrition and applied to dietetics practice.

Emily Hill, PhD, RDN



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Intuitive Eating for the Everyday Athlete

Katie is a Non-Diet Dietitian and Fitness Professional with a passion for helping women to stop dieting and start living. She works with women to eliminate the rigid, all-or-nothing mindset and replace it with one that celebrates life's small wins to let them grow. Through both nutrition and fitness coaching, she empowers women to become the expert of their own bodies. She is also a Certified Intuitive Eating Counselor and International Fitness Educator. Learn more at www.katiehake.com or by subscribing to Fit Friends Happy Hour Podcast.

Katie Hake, RDN, LD, CPT



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Intuitive Eating for the Everyday Athlete

Introduction

Intuitive Eating is a revolutionary approach to nutrition that promotes a healthy relationship with food and one's body. In this presentation, we will explore how Intuitive Eating principles can be applied to the world of sports and fitness, making it a powerful tool for the everyday athlete. We will delve into the connection between intuitive eating, sports performance, and overall well-being. This session will equip dietitians with the knowledge and strategies to guide athletes in embracing intuitive eating as a sustainable and effective approach to fueling their bodies for optimal performance.

Learning Objectives

- Understand the fundamental principles of Intuitive Eating and its relevance to the athlete population.
- Explore the impact of diet culture, restrictive eating patterns, and external influences on athletes' nutrition choices and body image.
- Learn how to integrate intuitive eating principles into the dietary guidance of athletes to enhance performance, improve energy levels, and support mental health.
- Develop practical strategies for helping athletes establish a balanced and intuitive approach to fueling and nourishing their bodies.
- Recognize the potential challenges and misconceptions related to intuitive eating in the sports world and gain tools to address them effectively.

Katie Hake, RDN, LD, CPT



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The Global Malnutrition Composite Score: Improving Health Equity Through a Key Quality Care Measure in Malnutrition

Tammy is the Senior Manager of Quality Initiatives and Improvement at the Commission on Dietetic Registration, applying her knowledge, experience, and skills to develop and promote quality improvement programs. She previously served as the Food Service Manager and Outpatient Clinical Dietitian at a Veteran's Health Administration Facility and holds a Lean Six Sigma Yellow Belt and is Green Belt Trained. She has been a Registered Dietitian Nutritionist for 18 years with experience in Acute Care, outpatient, higher level education, and community settings. Tammy has always been an advocate for quality care and has always worked on quality initiatives that focused on improving service to all patients.



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Tamaire Ojeda, MHSA, RDN, LD

The Global Malnutrition Composite Score: Improving Health Equity Through a Key Quality Care Measure in Malnutrition

Introduction

Research demonstrates that malnutrition burdens healthcare systems and jeopardizes patient outcomes, yet it often goes unnoticed. Malnutrition can be influenced by the environment, policies, and community, making social determinants of health (SDOH) a key factor to address when evaluating malnutrition diagnosis, treatment, and transitions of care. The Global Malnutrition Composite Score (GMCS), the first nutrition-focused electronic clinical quality measure (eCQM), places increased value on the importance of malnutrition screening, diagnosis, and treatment for acute care patients. Identified as a key measure to improve rural health (by the National Quality Forum), SDOH, and Food Insecurity (by the Joint Commission and Centers for Medicare and Medicaid Services), the GMCS supports hospitals in improving health equity and quality of care provided. This session explores the GMCS and how the GMCS can support hospitals in the goal of improving health equity in the service provided.

Learning Objectives

- Describe the Global Malnutrition Composite Score (GMCS) and its application for quality improvement.
- Assess the value of the GMCS selection as an eCQM and discuss barriers and opportunities to implementation.
- Explain the impact Health Equity has in nutrition and dietetics practice and how the GMCS can support the hospital in addressing health equity.

Tamaire Ojeda, MHSA, RDN, LD



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Understanding the Power of Plant and Animal Source Foods in Sustainable Healthy Diets

Dr. Katie Brown is President of National Dairy Council (NDC), a non-profit dairy nutrition research and education organization founded by U.S. dairy farmers with a vision of a healthy, sustainable world with science as its foundation. In this role, Dr. Brown sets the strategic direction for NDC's talented Scientific, Regulatory and Nutrition Affairs team and serves as a subject matter expert and spokesperson on dairy's wellness benefits and the responsible production practices of innovative dairy farmers as contributive to nutrition security, equitable food systems and a healthy population. Dr. Brown is also Executive Vice President of Dairy Management Inc, the parent company of NDC. In this role, she serves on the CEO's executive leadership team, holds positions on the International Dairy Federation U.S. Board of Directors and the Innovation Center for U.S. Dairy, and is a sought-out collaborator and contributor across the dairy community. An experienced leader, nutrition practitioner, academic, entrepreneur, and recent TEDx speaker, Katie is skilled at fostering relationships and programs that advance public health and community wellness. She's dedicated much of her career to educating early career health professionals, mentoring and cultivating cultures where individuals and teams thrive. Dr. Brown is a registered dietitian and holds bachelor's and master's degrees in nutrition and a doctorate degree in education. She has authored numerous papers published in peer-reviewed journals and has presented at more than 140 national and international professional conferences. She is frequently quoted as a nutrition and wellness expert in both trade, health professional and consumer media.

Katie Brown, EdD, RDN



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Understanding the Power of Plant and Animal Source Foods in Sustainable Healthy Diets

Introduction

There is an urgent need for global food systems transformation to realize a future where the health of people and the planet reaches its full potential. Stakeholders across sectors seeking to identify viable solutions to address climate change and achieve sustainable food systems. This session will discuss the complementary and symbiotic role of plant- and animal-source nutrition on population and environmental health, with a focus on nutrient dense foods and food groups recommended in food-based dietary guidelines. Nutrition/health frameworks that can be employed by countries, companies, third party organizations to accurately capture these important contributions will be evaluated. Speakers will also highlight efforts that can be taken to support clear and responsible communication on the trade-offs and synergies of dietary choices to achieve sustainable diets to minimize unintended consequences for public health.

Learning Objectives

- Describe key aspects of a sustainable food system and the complementary contributions that plant- and animal- source foods can play in achieving nutritionally adequate diets and reducing risk of non-communicable diseases within sustainable food production.
- Describe various food based dietary guidelines and the importance of providing choices to support personalized nutrition, cultural and personal preferences and traditions.
- Evaluate current challenges and best practices moving forward in communicating the complex and emerging science on the trade-offs and synergies of dietary patterns to achieve sustainable diets and to minimize unintended consequences for public health.

Katie Brown, EdD, RDN



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Understanding the Power of Plant and Animal Source Foods in Sustainable Healthy Diets

Wendy Reinhardt Kapsak, MS, RDN is President and CEO of the International Food Information Council (IFIC), a nonprofit education organization focused on effectively communicating science-based information about sustainable food systems, with an emphasis on food safety and nutrition. Prior to joining IFIC, Wendy served as the President and CEO of the Produce for Better Health Foundation (PBH). At PBH, she guided the Foundation's efforts with hundreds of public and private partners to advance fruit and vegetable consumption for happier, healthier lives. Under her leadership and through a two-year transformation, the organization launched the Have A Plant® Movement in 2019, which today, inspires millions of consumers to eat and enjoy more fruits and vegetables each and every day. From 2012 to 2016, Reinhardt Kapsak held multiple leadership positions in the Food, Nutrition & Health Partnerships and Corporate Engagement verticals in what is now collectively known as Bayer Crop Science. While in these roles, her efforts focused on connecting the food, nutrition, culinary, and agriculture communities for greater understanding, collaboration, and innovation. Wendy returned to IFIC after a previous tenure from 2000–2012, including service as Senior Director, Health & Wellness. While at IFIC, she directed food and nutrition communication strategies, including consumer research, opinion leader and media outreach, as well as publications and partnerships, for multiple food, agriculture, and nutrition issues. Wendy earned bachelor's and master's degrees in Nutrition and Exercise Science from the University of Missouri, Columbia and James Madison University, respectively. She completed her dietetic internship at Yale-New Haven Hospital — an affiliate of the Yale University School of Medicine.

Wendy Reinhardt Kapsak, MS, RDN



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Understanding the Power of Plant and Animal Source Foods in Sustainable Healthy Diets

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Wendy Reinhardt Kapsak, MS, RDN



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Veg-abilities - Mushrooms are the Answer!

Pam Smith is an internationally known Registered Dietitian Nutritionist, foodservice industry culinary consultant, TV and radio host, best-selling author, sought-after speaker, spice and flavor coach, brand ambassador, and the creator of The S.M.A.R.T. Weigh® Strategy through which thousands of people have won back their health and energy. As Founding Principal and CEO of Shaping America's Plate, Inc., Pam has provided wellness and menu coaching to professional, corporate, and life athletes -- from the NBA's Shaquille O'Neal, the Orlando Magic and LA Clippers, the PGA's Larry Nelson and Brad Faxon, to the executives and culinary development teams at Darden Restaurants, Walt Disney World, Hyatt Hotels and Resorts, Aramark Business Dining, Ruth's Chris, and Firebirds Wood Fired Grill. Pam creates menus and recipes with a focus on delicious and nutritious offerings for some of America's leading restaurants and was co-creator of the Bahama Breeze and Seasons 52 restaurants. She co-chairs The Culinary Institute of America's Healthy Menus R&D Collaborative, is an expert resource for commodity boards and innovative food brands, such as The Mushroom Council, The Watermelon Board, United Soybean Board, Kvaroy Arctic Salmon, Barilla, and True Aussie Beef & Lamb, and has been the Festival Host and Emcee for the entire twenty-four years of Disney's Epcot International Food & Wine Festival culinary events. She is the author of 17 published books including her best-selling books include Eat Well-Live Well, Food for Life, The Healthy Living Cookbook, The Energy Edge, The Smart Weigh and When Your Hormones Go Haywire.

Pam Smith, RDN



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Veg-abilities - Mushrooms are the Answer!



Introduction

Culinary innovator Pam Smith, RDN will provide consumer insights around health and wellness as well as plant-based and plant-forward menu trends. She will demo easy to execute (even at large volume!) produce-forward menu items that are built on the pillars of 1) craveable, 2) flexible/versatile and 3) portable (hold and travel well!). Discover the power of 'shrooms to make every dish more delicious, more nutritious and more sustainable.

Learning Objectives

- Understand consumer insights and menu trends for plant-centric eating.
- Identify functional culinary and health benefits and sustainability of mushrooms.
- Discover recipe innovation and cooking techniques that enhance flavor, craveability and preference for plant-based and plant-forward dishes.

Pam Smith, RDN



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Diabetes Update: Collaboration in Action



Raja Hanania is the clinical pharmacy specialist in critical care and diabetes care at Indiana University Health Bloomington Hospital in Bloomington, Indiana. He is an adjunct assistant professor and diabetes lecturer at Purdue University, Butler University and Manchester University Colleges of Pharmacy and an adjunct faculty lecturer at Indiana University-School of Medicine. Raja served as the co-chair of community relations for the American Association of Diabetes Care and Education Specialists- Indiana chapter. With over 33 years of experience in Pharmacy and Diabetes Care, he has presented numerous presentations, webinars, posters, and CME lectures locally and nationally. Raja is a published author, abstract reviewer, board certified pharmacotherapy specialist, certified disease manager in diabetes, certified diabetes care and education specialist and a fellow of the Indiana Society of Health System Pharmacists and a member of its board of directors.

Raja Hanania, RPh, CDM LDE, CDCES, BCPS, FISHP



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Diabetes Update: Collaboration in Action



Introduction

According to CDC, 37.3 million Americans have diabetes, and 96 million have prediabetes. More than 1 in 5 don't know they have diabetes and more than 8 in 10 don't know they have prediabetes! It is very critical for all health care professionals to collaborate to decrease the risk of this disease. Dietitians play an enormous role in helping patients with diabetes and prediabetes. My presentation will cover the most updated guidelines from the American Diabetes Association standards of care guidelines for diabetes management. It will also touch on the role of some diabetes meds in helping to reduce obesity which is a major threat for diabetes.

Learning Objectives

- Describe the impact of diabetes in the United States.
- Understand the main oral and injectable diabetes medications with emphasis on general adverse reactions and patient counseling tips.
- Outline some weight management medications that help reduce potential risk of diabetes.
- List the 2023 American Diabetes Association's general recommendations for medical management of patients with diabetes.

Raja Hanania, RPh, CDM LDE, CDCES, BCPS, FISHP



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Delivering Culturally Appropriate Care: Exercising Cultural Humility in Practice



Dr. Melinda Boyd has had a unique career path that she credits to her time as a military spouse. Living abroad for 9 years, she developed skills in cross cultural communication and counseling individuals from diverse backgrounds. She is currently part-time faculty (distance) at Cedar Crest College where she teaches graduate courses and within the dietetic internship. She also serves as an adjunct at other universities, teaching a variety of classes at both the undergraduate and graduate levels. She has been an active member in the International Affiliate of the Academy of Nutrition and Dietetics (IAAND), serving in many roles, including the country representatives chair, in which she oversaw a program with 45 local leaders within the affiliate from around the world. She served a 2-year term on the Academy's IDEA Committee and is currently Chair of the Cultures of Gender and Age MIG. Since moving to South Carolina in 2021, she has enjoyed becoming more involved with SCAND, currently serving as the State Policy Representative. Dr. Boyd is an internationally recognized expert speaking at conferences around the world on weight management, healthy lifestyles, culturally appropriate care, and inclusive language.

Melinda Boyd, DCN, MPH, MHR, RD, LD, FAND



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Delivering Culturally Appropriate Care: Exercising Cultural Humility in Practice

Introduction

This presentation will cover the basic principles of providing culturally appropriate care, specifically for those who are from backgrounds that differ from their patients or clients. Providing care that is inclusive of their beliefs and values while honoring cultural food preferences can help improve health outcomes. In turn, this can help minimize health disparities as patients may be more trusting of providers who look different from them if they, at the very least, honor and respect their culture when providing interventions. This presentation will provide skill building for individuals looking to be more respectful in their care, including asking questions in a way that honors the patient and helps establish trust, thus paving the way to cultural humility. Lastly, this presentation will offer ways for dietitians to become more involved in the diverse communities of their own communities to help learn about the cultures their patients represent.

Learning Objectives

- Identify ways to personally develop cultural humility.
- Understand how to incorporate a patient's cultural beliefs into evidence-based practice.
- Develop strategies to implement culturally appropriate care in their own practice.

Melinda Boyd, DCN, MPH, MHR, RD, LD, FAND



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