

IAND Annual Spring Meeting

April 11 & 12th, 2019

Madison Park Church of God
6607 Providence Drive
Anderson, IN 46013



Thursday, April 11, 2019 (5 CEUs)

2:30 - 3:00p **Registration/Silent Auction Opens**

3:00 - 4:30p **Keynote: Hunger is a Racial Equity Issue**

Minerva Delgado, Director of Coalitions & Advocacy for Alliance to End Hunger

Description: The session will explore why African-American and Latino communities are disproportionately impacted by hunger in the U.S. Attendees will learn about racial disparities in food security status and participate in the Racial Wealth Gap Learning Simulation. The simulation is an interactive activity that helps people understand the connections among racial equity, hunger, poverty, and wealth by providing a deeper understanding of structural inequality. In the simulation, participants learn how federal policies created structural inequalities and how these policies increase hunger and poverty in communities of color. The simulation guides participants to an understanding of why racial equity is so important to ending hunger and poverty in the United States.

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Objectives:

1. Identify how communities of color are disproportionately impacted by hunger.
2. Discuss how the racial wealth gap contributes to hunger.
3. Discuss how the racial wealth gap was created and is sustained.

1.5 CEUs

Suggested Learning Need Codes: 1080, 4070

Performance Indicators:

- 3.2 Advocates and challenges others to take action to advance the profession.
- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 12.1 Advocates for health and disease prevention in the community and population.

4:30 - 7:30p

Coffee Bar Open (Enjoy your first custom beverage compliments of IAND.)

Additional beverage purchases help support Madison Park's ministries locally and around the world.

4:30 - 5:30p

From Farm to Table to Gut: Fermented Dairy's Role in a Healthy, Sustainable Diet

Allison Koch, MS, RD, CSSD, LDN, Director of Health and Wellness Partnerships for National Dairy Council

Description: Perhaps it is a combination of their unique taste profile, artisan aura, and health benefits that has secured fermented foods a top spot with trend spotters across the globe. Join us as the National Dairy Council clears confusion related to fermented foods and probiotics and explores how the unique matrix of fermented dairy foods may play a role in recent findings associating fermented dairy foods with reduced risk of some chronic diseases.

Objectives:

1. Distinguish between fermented foods and probiotics and describe the benefits of the dairy food matrix
2. Discuss the growing body of scientific evidence supporting intake of fermented dairy foods and reduced risk of type 2 diabetes, cardiovascular disease, as well as emerging evidence on yogurt's role in reducing inflammation
3. Provide science-based recommendations for building healthy and appealing eating patterns, which incorporate fermented dairy foods



Sponsored by: National Dairy Council

1 CEU

Suggested Learning Need Codes: 2000, 4000, 4040

Performance Indicators:

- 8.1.4 Demonstrates knowledge of nutrient requirements throughout the life span and their role in health promotion and disease management.
- 8.3 Demonstrates a commitment to maintaining and enhancing knowledge.
- 11.2.5 Reviews and evaluates science and evidence-based literature, to validate claims.

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5:30 - 6:00p

Gluten Free – How Can It Be! Can You Tell the Difference?

Chef Chip Huckaby

Description: Chef Huckaby has been an industry leader in using his love of food, passion for food science and his belief that dining should be available to all in one restaurant. Join us as Chef shares a gluten free, preservative free product he developed that can be used for making breads, rolls or bread crumbs for your favorite fried foods. Your taste buds will be challenged to see if they can distinguish between gluten free and conventional food products. During this interactive presentation, and afterwards during the gala, you will have the opportunity to learn, ask questions, and sample foods side by side to better serve your clients.

Objectives:

1. Discuss the components of development of a gluten free product not using preservatives
2. Develop a process where gluten free can work with all populations in one kitchen
3. Distinguish between gluten free and conventional flour breading
4. Discuss the texture, crumb, and browning attributes between gluten free and conventional breadings
5. Compare and contrast between multiple uses between an allergy, gluten and chemical free commercially purchased product

0.5 CEU

Suggested Learning Need Codes: 5110, 8060, 8080, 8090, 8100

Performance Indicators:

8.4.2 Develops and/or modifies recipes, menus and meals using sensory perceptions and other food components.

8.4.4 Considers customer's choice, beliefs, food sensitivities, allergies, wants and needs

13.2.7 Modifies recipes and menus that accommodate diverse health, economic and cultural needs in order to achieve nutritional goals and requirements.

6:00 - 8:00p

Expo, Poster Session, and Scholarship & Awards Gala

Enjoy beverages and hors d'oeuvres as you mingle with attendees and exhibitors (1 CEU). View academic posters (1 CEU) to learn more about the innovative research endeavors by IAND members. Recognize and honor our 2019 scholarship and award recipients. Professional headshots will also be available for a fee of \$30 (to schedule a time see instructions on the last page).

Friday, April 12, 2019 (7.5 CEUs)

7:30 - 8:00a **Registration/Silent Auction Opens**

7:30 – 9:30a **Breakfast & Coffee Bar** (open until 10:30 am) Enjoy your first custom beverage compliments of IAND. Additional beverage purchases help support Madison Park's ministries locally and around the world.



Breakfast prepared by Renee Sigmon and Ft Wayne Chapter, FCCLA

8:00 - 8:45a **Keynote: Disruption: Today's Food & Nutrition Trends – What You Need to Know**

Christine Palumbo, MBA, RDN, FAND

Description: So long Chef Boyardee, you've been replaced by fresher, cleaner food. Healthful, natural and nutritional offerings, more plant-based fare and meal convenience options that also provide delight are among the factors creating fundamental shifts in Americans' eating behaviors. It's an exciting time to be involved in food and nutrition; learn how to make today's trends work for you.

Objectives:

1. Examine emerging trends relating to meal procurement, cooking, eating, and the impact of social media.
2. Explore how the Millennial and Generation Z, in particular, are leading many of the societal changes (e.g. transparency, real food, free-from, healthy indulgence, snacking, meal kit delivery services, and more) impacting food and nutrition.
3. List credible sources of trends and how to stay on top of them.

1 CEU

Suggested Learning Need Codes: 1090, 4100, 6000, 8015

Performance Indicators:

2.1.3 Tailors message to meet the needs of the target audience.

8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.

8:45 - 9:00a **Expo** (0.25 CEU)

9:00 - 9:45a **Ketogenic Therapy: Expanding Beyond Seizure Control**

Mary Susan Spears, MS, RD, CSP, LD, Clinical Support Specialist for Cambrooke Therapeutics

Description: This presentation will review the basics of ketogenic therapy for epilepsy and then explore the diet's expanding role in treatment of other disorders like cancer, diabetes, and Alzheimer's.

Objectives:

1. Introduce the basic principles of ketogenic diet therapy.
2. Review how ketogenic diet therapy is used in epilepsy.
3. Explore the expanding use of ketogenic diet in other disorders like cancer, diabetes, and Alzheimer's.



Sponsored by: Cambrooke Therapeutics

1 CEU

Suggested Learning Need Codes: 5150, 5190, 6000

Performance Indicators:

6.2 Demonstrates skills in researching, independent critical examination and evaluating literature to influence practice.

8.1.2 Applies knowledge of food and nutrition as well as the biological, physical and social sciences in practice.

9:45 - 10:30a **Expo** (0.25 CEU)

10:30 - 11:30a **Culinary Innovations, Hot Trends & Global Cuisine Mash Up**

Robert Granberg, CEC, and Rayona Baker, RD, LD, Certified Executive Chef and Non-Commercial Business Solution Specialist for Gordon Food Service

Description: This session mash up will identify hot trends and global cuisine. We will discuss how to bring these innovations into your operations and provide guest satisfaction.

Objectives:

1. Review the top trends in restaurant industry.
2. Identify how to incorporate these trends into any menu.
3. Describe how to use "Veg Centric"-The future of plant-based meals.
4. Describe how to use inspiring global flavors for guest satisfaction.
5. Identify how to make the dining environment an experience.



Sponsored by: Gordon Food Service

1 CEU

Suggested Learning Need Codes: 7050, 8080, 8060

Performance Indicators:

8.3.6 Keeps abreast of current nutrition and dietetics knowledge and trends.

8.4 Demonstrates and applies knowledge of culinary practices to effect behavioral change, taking into consideration customer needs and demands.

11.2 Uses evidence-based literature and research to support the marketing, advertising and sales of products and services.

11:30a - 12:30p **Networking Lunch & Expo** (0.5 CEU)

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12:30 - 1:00p **Feel Good Workstation Movements**

Carol Kennedy-Armbruster, PhD, FACSME, and Penelope Friday, BS, MPH 2019 for Indiana University Bloomington, School of Public Health, Department of Kinesiology

Description: Sitting time is an issue for the majority of the workforce. Two fitness and wellness professionals will present an idea based on sound science for functional workstation movements. This short presentation will provide practical knowledge to encourage movement in the workplace. Attendees will receive an exercise band and participate in movement instruction.

Objectives:

1. Identify creative ways to move while at work to reduce sitting time.
2. Practice six functional movements that can be used daily at work.
3. Discuss ways RDNs can introduce and encourage movement in the workplace.



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**Sponsored by: Indiana University Bloomington,
School of Public Health**

0.5 CEU

Suggested Learning Need Codes: 4000, 4060, 2110

Performance Indicators:

- 8.2.4 Imparts knowledge of the importance of physical activity and applies behavior change principles to promote physical activity and decrease inactivity.
- 12.1 Advocates for health and disease prevention in the community and population.

1:00 - 1:45p **Animals: How Is Your Food Raised? Video Tour & Expert Panel Discussion**

Video Tour Host: Madison Hokanson

Expert Panel Discussion: Matt Ackerman, DVM, Keith Schoettmer, Rebecca Schroeder

Description: Learn how our health is all connected and why farmers focus on animal health to ensure food safety, animal well-being, and environmental sustainability while protecting antibiotics for everyone. Today's science-based farming practices have also made pork one of the leanest, nutrient-rich protein food choices available today.

Objectives:

1. Discover why responsible antibiotic use is a shared commitment by human and animal health professionals, and all farmers who raise food animals.
2. Understand emerging trends in agriculture that are helping to improve sustainable farming practices and how those trends have helped pig farmers reduce impact on our environment in terms of land, water, and energy use.
3. Discuss the nutritional value of pork in a healthy, balanced diet, and see the evolution of lean, pork products that have been certified as heart-healthy by the American Heart Association.



Sponsored by: Indiana Pork Producers Association

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1 CEU

Suggested Learning Need Codes: 8010, 8040

Performance Indicators:

6.3.11 Applies research/evidence-based findings to improve practice, service delivery and health and nutrition of customers.

12.1.3 Collaborates with community partners and stakeholders in promoting nutritional health and disease prevention.

1:45 - 2:00p **Annual Business Meeting**

2:00 - 2:15p **Dessert Break/Silent Auction Closes**

2:15 - 3:00p **Functional Nutrition: Our Pathway to Success**

Nancy Strange, RD, CD, CNSC, CLT, Clinical Nutrition Specialist for Indiana University Hospital

Description: Tired of feeling like you are pushing paper? Learn how to incorporate metabolic pathways and physical assessment to improve your patient outcomes, your recognition, and your job satisfaction.

Objectives:

1. Identify the importance of physical signs of nutrient deficiencies in the Nutrition Care Process.
2. Incorporate subjective symptoms into a functional nutrition assessment.
3. Identify barriers for lifestyle changes that can be identified with a functional nutrition assessment.



Indiana University Health

Sponsored by: Indiana University Health

1 CEU

Suggested Learning Need Codes: 2020, 3005, 5000

Performance Indicators:

4.1.2 Interprets and integrates evidence-based research and literature in decision-making.

8.1.5 Applies medical nutrition therapy in disease prevention and management.

10.2.3 Analyzes and synthesizes the assessment data to identify nutrition problems following the Standards of Practice in Nutrition Care for RDNs.

3:00 - 3:45p **Image 2020: What You Need for Professional Success**

Christine Palumbo, MBA, RDN, FAND

Description: In our increasingly diverse 21st century environment, dietetic professionals face a number of complex challenges in creating a positive professional image. We manage impressions through our appearance, non-verbal behavior, verbal cues, written communication and social media platforms. More than ever, dietitians and dietetic technicians should be aware of how professional image can affect one's career and even lead to greater personal happiness.

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Objectives:

1. Explain why professional image is so important today.
2. Define contemporary aspects of one's professional image.
3. Identify ways to strategically brand oneself using a variety of tools and platforms.

1 CEU

Suggested Learning Need Codes: 1090, 1130, 1140, 4100

Performance Indicators:

2.1.4 Uses a variety of media to deliver information.

11.4 Develops advertising messages and materials in a professional and ethical manner.

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Professional Headshots Information

By Josh Ortman, Ortman Production Inc.

<https://www.ortmanproduction.com/>

1. How do I sign up?

A signup sheet will be provided at the meeting; however, any walk-ups are welcome.

2. When will headshots be available?

Sessions will be available both Thursday, April 11th and Friday, April 12th during the scheduled meeting hours. Headshots will be offered during the evening gala on Thursday, during Expo time on Friday, and between all speaker sessions.

3. How long will each session take?

Each session will last approximately 5-10 minutes.

4. How many changes of clothing?

One outfit per session is allowed.

5. What clothing or colors are best?

Recommendations are to wear solid colors. It is best to avoid patterns and stripes.

6. How soon will I receive my photos?

You will receive your photo files via email 1-2 weeks after the meeting.

7. How much does this cost?

Each session costs \$30.

8. What payment methods are accepted?

Cash, Check, Credit or Debit card will be accepted onsite.