



# Annual Meeting

NEW LOCATION FOR 2017

FORUM CONFERENCE AND EVENTS CENTER

11313 USA PARKWAY — FISHERS IN 46037

April 12&13, 2017



EATRIGHTIN.ORG  
#IAND17 #HoosierRD

Thank you for joining us for the 2017 IAND Annual Meeting. This document serves as your Continuing Professional Education Certificate of Attendance. See you next year!

- KEYNOTE | 1 CPE
- SESSION 1 | 1 CPE
- SESSION 2A OR 2B | 1 CPE
- EXCURSION OR SESSIONS 3-6 | 2 CPEs
- SESSION 7 | 1 CPE
  
- KEYNOTE | 1 CPE
- SESSION 1 | 1 CPE
- SESSION 2 | 1 CPE
- EXHIBITS | 1 CPE
- ACADEMIC POSTER SESSION | 1 CPE
- SESSION 3 | 1 CPE

### CPE STATUS

Level 3: Education Sessions

Level 2: Poster Session

Level 1: Exhibits

### SUGGESTED PERFORMANCE INDICATORS (PI)

- 2.1.1 Assesses the communication needs of the individual, customer or population.
- 3.2.1 Advocates for, and participates in, activities that support advancement of the profession.
- 8.1.2 Applies knowledge of food and nutrition as well as the biological, physical and social sciences in practice.
- 9.3.2 Develops and/or selects a variety of learning activities based on a plan of action and outcomes, and the needs of the individual, group, community and population.

### SUGGESTED LEARNING NEEDS CODES (LNC)

6000: Education, Training, and Counseling

4070: Food security and hunger

5000: Medical Nutrition Therapy

4000: Wellness and public health

*Amanda Kruse RD, CD*

AMANDA KRUSE RD, CD  
PRESIDENT-ELECT & GENERAL CHAIR

*Beth A. Young, MA, RD, CSSD, CD*

BETH A. YOUNG MA, RD, CSSD, CD  
CPI & PROGRAM CHAIR

## Day 1 | Wednesday, April 12

**8:45-10AM**

**KEYNOTE WITH DR. ANNA GRAFF WILLIAMS, PHD**

**MAKING THE DIFFERENCE CONNECTING WITH MILLENNIALS**

Program Objectives:

After this presentation, attendees will be able to:

- Describe key traits for generations in the workplace, especially Millennials.
- Describe the measurable traits of Well-Being which enhance workplace engagement.
- Discern the soft skills and technical skills to best engage Millennials.

**10-10:45AM**

**SESSION 1 WITH SHARON PALMER, RDN**

**PLANT-POWERED EATING FOR OPTIMAL HEALTH**

Program Objectives:

After this presentation, attendees will be able to:

- Identify health benefits linked with plant-based diets.
- List plant proteins that can replace animal proteins on the plate.
- Synthesize strategies for helping people eat a plant-based diet.

**10:45-11:30AM**

**SESSION 2A WITH JESSICA SETNICK MS, RD, CEDRD**

**ORTHOOREXIA: WHEN GOOD NUTRITION GOES BAD**

Program Objectives:

After this presentation, attendees will be able to:

- Differentiate between anorexia nervosa and orthorexia.
- Adapt nutrition counseling to manage anxiety around food.
- Describe strategies to expand variety and balance for someone with orthorexia.

**10:45-11:30AM**

**SESSION 2B WITH KATE BYERS MS, RDN**

**CRACKING THE COCONUT CRAZE**

Program Objectives:

After this presentation, attendees will be able to:

- Articulate the differences between coconut water, coconut milk, cream of coconut, coconut cream and coconut oil.
- Explain the scientific evidence regarding coconut water as rehydration beverage for athletes.
- Compare and contrast the fatty acid profile of coconut oil to other oils and discuss the benefits and consequences of increased consumption among the population.

## EXCURSION TO GLEANERS FOOD BANK OF INDIANAPOLIS

### OR SESSIONS 3, 4, 5, 6

**11:45AM-12:30PM**

#### **SESSION 3 WITH MEGGIE FOSTER**

##### **OUR HEALTH IS ALL CONNECTED**

Program Objectives:

After this presentation, attendees will be able to:

- Discover how animal health, human health, and the environment are connected and how it affects issues such as antibiotic use.
- Recognize the value of pork in a healthy, balanced diet and learn the nutritional value and the evolution to today's exceptionally lean products.
- Understand the methods by which farmers raise pork to ensure food safety, animal well-being and environmental sustainability.

**1:35-2:20PM**

#### **SESSION 4 WITH ANNE ELIZABETH CUNDIFF, RD, LD, FAND**

##### **I'M A REGISTERED DIETITIAN, NOW WHAT? CREATING A PASSIONATE CONVERSATION ABOUT YOUR CAREER**

Program Objectives:

After this presentation, attendees will be able to:

- Learn how to construct a personal philosophy as a Registered Dietitian.
- Identify media outlets aligning with your passion as a Registered Dietitian.
- Learn how to create conversations and telling stories through writing and podcasting.

**2:20-3:05PM**

#### **SESSION 5 WITH ANNA BUSENBURG RD, CSP, CD**

##### **FEEDING THE PRETERM INFANT**

Program Objectives:

After this presentation, attendees will be able to:

- Provide a brief history of neonatology and infant feeding.
- Review the role of the RD in the NICU and how to assess nutritional needs in this specialized population.
- Discuss how these patients are fed and the role of the RD in the formula room.
- Go over a case study and apply the knowledge gained to assess growth.

**3:20-4:05PM**

**SESSION 6 WITH SANDI MORRIS RD**

**IMPLEMENTATION OF THERAPEUTIC DIET ORDER WRITING PRIVILEGES**

Program Objectives:

After this presentation, attendees will be able to:

- Identify the importance of order writing privileges (OWP'S) in acute care facilities.
- Provide process for obtaining OWP'S in hospitals.
- Participants will be able to take steps necessary to implement OWP'S in their own hospitals.

**4:05-4:50PM**

**SESSION 7 WITH DR. SERAH THEURI PHD, RD**

**FOOD-BASED DIETARY GUIDELINES: A GLOBAL SNAPSHOT**

**AN EVALUATION OF ADHERENCE TO DIETARY RECOMMENDATIONS IN THE US AND NEW OPPORTUNITIES FOR THE RD**

Program Objectives:

After this presentation, attendees will be able to:

- Identify common nutrition messages from global food-based dietary guidelines.
- Compare trends in food intake and adherence to dietary recommendations in US populations.
- Examine resources the RDN can use to develop audience-specific materials and messaging to promote healthy diets.

## Day 2 | Thursday, April 13

**8:05-9:15AM**

### **KEYNOTE WITH DR. JIM PAINTER PHD, RD**

#### **FOOD PSYCHOLOGY: WHY WE EAT MORE THAN WE THINK**

Program Objectives:

After this presentation, attendees will be able to:

- Recognize that most people are not aware of their total consumption
- List environmental factors that lead to over-consumption
- Identify techniques that will help individuals to track their consumption and reduce weight.

**9:15-10AM**

### **SESSION 1 WITH DR. JIM PAINTER PHD, RD**

#### **FINDING TRUTH IN THE FAILED THEORIES OF HEART DISEASE**

Program Objectives:

After this presentation, attendees will be able to:

- Recognize misconceptions associated with heart disease etiology
- Discuss the mechanisms why saturated fat may have a neutral effect on heart disease
- Identify why cholesterol guidelines need to be dropped

### **CONCURRENT ACTIVITIES**

**1-3PM**

**EXHIBITS & MARKETPLACE, NETWORKING OPPORTUNITIES, REFRESHMENTS**

**1:15PM**

**ACADEMIC RESEARCH POSTER SESSION**

**3-3:45PM**

### **SESSION 2 WITH ASHLEY STRICKLAND RDN, LDN, CNSD**

#### **NUTRITION FOCUSED PHYSICAL EXAMINATION**

Program Objectives:

After this presentation, attendees will be able to:

- Conduct an NFPE to assess muscle and fat sites for signs of malnutrition.
- Determine malnutrition diagnosis utilizing ASPEN/AND clinical characteristics.
- Discuss the importance of developing a competency process to deem clinicians competent to practice an NFPE.

**3:45-4:30PM**

### **SESSION 3 WITH SARAH-JANE BEDWELL RD, LDN**

#### **CREATING MEANINGFUL MEDIA MESSAGES: NUTRITION ON TV**

Program Objectives:

After this presentation, attendees will be able to:

- Identify key strategies for pitching and preparing a memorable media appearance.
- Define best practices of prop and food styling, on-set communications and camera presence.
- Identify key steps to position themselves as the consistent-go-to nutrition expert in their desired media market.