



Indiana Academy
of Nutrition and
Dietetics

Annual Meeting 2025

Thursday 4/10 Schedule

TIME	DESCRIPTION	SPEAKER	LOCATION
9 am-2 pm	Registration Open <i>*Exhibits Thursday Only*</i>		Hendricks Pre-Function Space
10-10:05 am	Welcome: Annual Meeting Chair	Selena Baker , MS, RDN, LD	Hendricks Conference Room C
10:05-11:05 am	Leading Nutritional Health with CARE: Curiosity, Authenticity, Respect, and Empathy	Keynote: William Lewis , PhD	Hendricks Conference Room C
11:15-12:15 pm	A Dietitian's Guide to Transgender & Gender Diverse (TGGD) Nutrition Care: Communication & Clinical Considerations	Drew Hemler , MSc, RD, CDN, FAND	Hendricks Conference Room C
11:15-12:15 pm	Getting Better Zzzs to Prevent Chronic Disease	Karman Meyer , RDN, LDN	Hendricks Conference Room D
12:15-2 pm	Exhibits (Hendricks Pre-Function Space), Posters (foyer) Boxed Lunch (Hendricks C)		
1:30-2 pm	Academy of Nutrition and Dietetics Update	Christina Rollins , MBA, MS, RDN, LDN, CNSC, FAND	Hendricks Conference Room C
2:10-3:10 pm	Improving Health Outcomes: Key Findings from the National Medical Association on the Role of Dairy Food Intake Among Black Americans During Pregnancy and Early Life Stages	Gayle Shipp , PhD, RD, CLS	Hendricks Conference Room C
2:10-3:10 pm	From Resistance to Results: Behavioral Strategies for Plant-Based Diet Adoption	Matthew Landry , PhD, RDN, DipACLM, FAND, FAHA	Hendricks Conference Room D
3:20-4:20 pm	To be Elite, You Have to Eat: Nutrition Recommendations for the Pediatric Athlete	Christina DaSilva , MS, RDN, LDN, CPT; & Amanda Kendall , RDN, CSP, LD	Hendricks Conference Room C
3:20-4:20 pm	The Food Environment, Microbial Bile Acid Metabolism, and Cancer Disparities	Patty Wolf , PhD, RDN	Hendricks Conference Room D
4:30-5:30 pm	Beyond Trauma Informed Care: What Every Dietitian Needs to Know to Reduce Burnout and Improve Patient Outcomes	Julie Feldman , MPH RDN	Hendricks Conference Room C



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Friday 4/11 Schedule

TIME	DESCRIPTION	SPEAKER	LOCATION
7-8 am	Registration Open		Hendricks Pre-Function Space
8-9 am	The Rule-Follower's Guide to Telehealth and Billing	Erin Hurst , MS, RDN, LD	Hendricks Conference Room C
8-9 am	Dietetics as a Pathway to High School Graduation	Derek Fischer , MS, RD, LD	Hendricks Conference Room D
9:10-10:10 am	IAND Policy Updates and Nutrition-Related Legislation	The IAND Policy Team	Hendricks Conference Room C
10:20-11:20 am	Promote Health & Well-being from Birth to Adolescence through Key Dietary Strategies: The Importance of Dietary Protein & Breakfast Consumption	Heather Leidy , PhD	Hendricks Conference Room C
11:20-12:45 pm	Members' Meeting, Awards & Silent Auction (Hendricks C) Buffet Lunch (Hendricks Pre-Function Space)		
12:55-1:55 pm	Expanded Pediatric Nutrition-focused Physical Exam	Michele Spurlock , RD	Hendricks Conference Room C
12:55-1:55 pm	Nutritional Management of Metabolic Disorders: An Overview	Danielle Ruebel , RDN, LD	Hendricks Conference Room D
2:05-3:05 pm	Failure is Not an Option: Precision Nutrigenomic Interventions for Optimal Sports Performance and Recovery	Sarah Amidon , MS, RDN, LDN, IFNCP	Hendricks Conference Room C
2:05-3:05 pm	Win-Win: A Guide to Beneficial Precepting	Nichole Anguilm , MS, RDN	Hendricks Conference Room D
3:15-4:15 pm	Cultural Competency in Nutrition: Bridging Gaps, Breaking Barriers	Gina Forrest , PhD, MPH, CCHW	Hendricks Conference Room C
4:15-4:25 pm	Closing Remarks: Annual Meeting Chair	Selena Baker , MS, RDN, LD	Hendricks Conference Room C