



IANAD

Indiana Academy of
Nutrition & Dietetics

ANNUAL CONFERENCE

April 9th-10th, 2026

Forum Events Center
Fishers, Indiana

LIVE PRESENTATIONS
EXHIBIT HALL | POSTERS
NETWORKING
OPPORTUNITIES

WWW.EATRIGHTIN.ORG



IAND

Indiana Academy of
Nutrition & Dietetics

IAND Annual Meeting

Table of Contents

History of IAND	01
FNCE 2030	02
Thursday Schedule	03
Friday Schedule	04
Speakers	05
Poster Presentations	11
Awards and Scholarships	12
Planning Committee	13
50-Year Members	14
Sponsors	15
Diet Manual	18

A LEGACY OF LEADERSHIP: THE HISTORY OF IAND

What began as a small group of hospital dietitians in Indianapolis has grown into a dynamic, statewide community advancing nutrition and health. On November 16, 1921, a handful of dietitians came together with a shared goal: to bring greater recognition to the role of nutrition in medical care. They met informally in hospitals, learning from physicians and exchanging ideas at a time when the profession was still taking shape.

By March 24, 1923, that vision became official. The Indiana Dietetic Association (IDA) was chartered at City Hospital in Indianapolis by nine founding members, leaders whose work laid the foundation for the profession across the state.

Over the decades, IDA expanded alongside the field of dietetics. During the 1930s and 1940s, members played key roles in community nutrition efforts shaped by the Great Depression and World War II. By the mid-20th century, the organization had established scholarships and fellowships to support future dietitians, an investment that continues today.

As membership grew, so did impact. District associations formed across Indiana, professional development opportunities expanded, and the organization strengthened its role in advocacy in partnership with the Academy of Nutrition and Dietetics. Through each era, the mission remained the same: to support dietitians and elevate the profession.

Today, the Indiana Academy of Nutrition and Dietetics (IAND) reflects more than a century of leadership, connection, and progress, carried forward by the members who continue to shape its future.

A Note on Our Milestones:

- This is IAND's **94th Annual Meeting**
- The first IDA State Meeting was held in April 1932
- IDA was officially chartered on March 24, 1923 (103 years ago)

FNCE IS COMING TO INDIANAPOLIS IN 2030!

Get ready, Indiana: nutrition's biggest stage is coming home!

The Food & Nutrition Conference & Expo (FNCE), hosted by the Academy of Nutrition and Dietetics, will take place in Indianapolis, Indiana, **October 12–15, 2030**. This premier national conference brings together thousands of dietitians, nutrition professionals, educators, and industry leaders for cutting-edge education, networking, and inspiration.

Indianapolis hosted a national dietetics meeting over a century ago. From October 15–17, 1923, the American Dietetic Association (now the Academy of Nutrition and Dietetics) gathered right here in Indy. As we look ahead to 2030, we celebrate not only the future of the profession, but also a powerful full-circle moment in its history.

Hosting FNCE offers a unique opportunity to showcase Indiana's leadership in nutrition, connect our vibrant professional community with colleagues from across the country, and inspire the next generation of dietitians.

Mark your calendars, you won't want to miss it!

Save the Dates: Upcoming FNCE Conferences:

- October 24–27, 2026 — San Antonio, TX
- October 23–26, 2027 — Washington, D.C.
- October 7–10, 2028 — Salt Lake City, UT
- October 27–30, 2029 — New Orleans, LA
- **October 12–15, 2030 — Indianapolis, IN**



SCHEDULE THURSDAY, APRIL 9TH

9:00AM

REGISTRATION OPEN, COFFEE BAR

10-10:05

OPENING REMARKS BY CASEY STRAWSER,
CPI CHAIR

10:05-11:05
1 CEU

KEYNOTE: THE STATE OF HEALTH IN INDIANA
LINDSAY WEAVER, MD, FACEP
STATE HEALTH COMMISSIONER

11:15-12:15
1 CEU

**Sarah Amidon,
MS, RDN, LDN, IFNCP**

THE COMPLIANCE CONUNDRUM:
LEVERAGING DNA-DRIVEN
STRATEGIES FOR LASTING CLIENT
CHANGE

GRAND

**Deanna Campbell
MS, RDN, LD**

LAUNCHING A PRIVATE
PRACTICE ON A DIME

FORUM BC

12:15-2:00
1 CEU

POSTERS, EXHIBITS, BOXED LUNCH

Michelle Shippy, MS, RDN, and Naima Gardner, MPH

1:15-1:45

ADVANCING PUBLIC HEALTH NUTRITION: DIETITIANS AS KEY
PARTNERS IN HEALTH DEPARTMENT INITIATIVES

GRAND

2:00-3:00
1 CEU

**Erin Hurst, MS, RDN, LD, Amanda Worrick, DTR, Katherine
Matutes, PhD, MA, RDN, LDN, State Rep. Chris Campbell**

PUBLIC POLICY / ADVOCACY PANEL

3:10-4:10
1 CEU

**Jessica Ward, MS, RD, LD, CEDS-C
w/River Lin**

TUNING IN: HOW YOGA SUPPORTS HUNGER,
FULLNESS, & EMOTIONAL AWARENESS

FORUM BC

**Katherine Beals, PhD, RD,
FACSM, CSSD**

RUNNERS HIGH: ELEVATED A1C IN
ENDURANCE ATHLETES:
MECHANISMS AND MANAGEMENT

GRAND

4:20-5:20
1 CEU

**Barb Wakeen MA, RDN, LD,
CD, CCFP, CCHP**

NON-TRADITIONAL ROLE OF RDS IN
CORRECTIONS

FORUM BC

Denise Potter, RDN, CDCES

KETOGENIC METABOLIC THERAPY IN
MENTAL HEALTH AND BEYOND EVIDENCE,
MECHANISMS, AND CLINICAL
APPLICATION

GRAND

6:00-7:30

BOARD MEETING AT HYATT PLACE IN
FISHERS: PIZZA AND PJ'S

SCHEDULE FRIDAY, APRIL 10TH

7:00-8:00 AM

REGISTRATION AND NETWORKING

8:00-9:00
1 CEU

Brandon Lee, DHSc, RD, CSSD, CCRP, FAND

TACTICAL PERFORMANCE NUTRITION: FUELING MILITARY READINESS
AND RECOVERY

9:10-10:10
1 CEU

**Mark Kelnhoffer, CFBE, MBA,
CTA**

INCREASING THE ACCURACY OF YOUR
RECIPE COSTING

GRAND

**Beth Young, EdD, RD, CSSD, LD &
Jamie Baker, MS, RD, LD, IBCLC,
University of South Indiana**

ADAPTIVE COOKING CLASSES; AN APPROACH
TO ENHANCE THE INDEPENDENCE OF
INDIVIDUALS WITH DOWN SYNDROME

FORUM BC

10:20-11:20
1 CEU

Heather Eicher-Miller, PhD, Purdue

UNDERSTANDING THE DIETARY GUIDELINES FOR AMERICANS 2025-2030

11:20-12:45

BUFFET LUNCH, BUSINESS MEETING, AND AWARDS

12:55-1:55

**RoseAnna B. Holliday, PhD, MPH, RDN, LD, FAND
and House of Delegates Speaker**

UPDATE ON ACADEMY INITIATIVES, FUTURE TRENDS, OPPORTUNITIES

2:05-3:05
1 CEU

Liping Lu, PhD, MD, Ball State

MAGNESIUM STATUS AND CHRONIC METABOLIC DISEASES: LESSONS
FROM PROSPECTIVE COHORTS AND META-ANALYSES

3:15-4:15
1 CEU

Hanna Kelley, RD, LD

FULL-FAT FACTS: DAIRY'S ROLE IN NUTRITION SCIENCE,
PUBLIC HEALTH, AND DIETARY GUIDANCE

4:20-4:25

**CLOSING REMARKS, SILENT AUCTION WINNERS
(CASEY STRAWSER, CPI CHAIR)**

SPEAKERS



LINDSAY WEAVER

Dr. Weaver, MD, FACEP was reappointed Indiana State Health Commissioner in January 2025, after first being appointed in 2023. She leads statewide public health initiatives focused on prevention, data-informed decision-making, and equitable access to care, including GROW: Cultivating Hoosier Health and Health First Indiana, which strengthen rural health and core public health services across the state.



SARAH AMIDON

Sarah Amidon, MS, RDN, LDN, IFNCP is a functional and integrative nutrition expert specializing in nutritional genomics and sports nutrition through her practice, Root & Fruit Nutrition in Indianapolis. She is a published researcher, co-editor of Krause's Food & the Nutrition Care Process genomics chapter, co-host of the Beyond the Sequence podcast, and creator of The Genomic Edge®, an evidence-based DNA testing program for performance and recovery.



DEANNA CAMPBELL

Deanna Campbell, MS, RDN, LD is a graduate of Cornell University and Tufts University and began her career working in both hospital and research settings. With a lean budget, she built Always NutritionWorks from the ground up into a successful insurance-based private practice. Deanna works with teens and adults to reduce the risk of diabetes, cultivate healthier eating behaviors and foster a positive relationship with food. She lives in West Lafayette with her spouse and a cat and has 3 adult children.



JESSICA WARD

Jessica Ward, MS, RD, LD, CEDS-C is a Registered Dietitian with more than 25 years of experience and 17 years in eating disorder care. She holds degrees from Gannon University and Ball State University, is a Certified Eating Disorder Specialist Consultant, and opened her private practice in 2024. Her work focuses on counseling, group facilitation, presenting, and empowering others to reach their goals.

JULIANA SILVA

SPEAKERS



KATHERINE BEALS

Katherine Beals, PhD, RD, FACSM, CSSD is Director of Performance Nutrition for Ball State University Athletics and a board-certified sports dietitian with 25+ years of experience in performance nutrition. A former Clinical Associate Professor at the University of Utah, she has authored numerous publications and books and is a leader in international sport nutrition education through PINES.



BARB WAKEEN

Barbara Wakeen, MA, RDN, LD, CD, CCFP, CCHP, is the owner of Correctional Nutrition Consultants, Ltd. and an internationally recognized expert in correctional foodservice and nutrition with more than 37 years of experience. She is a long-standing national leader within the Academy of Nutrition and Dietetics and received the Academy's Medallion Award in 2024 for her contributions to correctional nutrition.



DENISE POTTER

Denise Potter, RDN, CDCES has over 33 years of experience as a dietitian, including 17 years specializing in Ketogenic Metabolic Therapy. She trains professionals worldwide through seminars, webinars, online courses, and research presentations. A Michigan State graduate and Metabolic Mind Award recipient from the Baszucki Brain Research Fund, she is passionate about expanding safe, therapeutic ketogenic care for underserved populations.



BRANDON LEE

Brandon Lee, DHSc, RD, CSSD, CCRP, FAND is a human performance practitioner and researcher focused on optimizing athlete and tactical performance. A Registered Dietitian and Board Certified Specialist in Sports Dietetics, he serves within the U.S. Army's Holistic Health and Fitness (H2F) system, providing performance nutrition support to over 4,000 Soldiers in the 10th Mountain Division through evidence-based, interdisciplinary practice.

SPEAKERS



MARK KELNHOFFER

Mark Kelnhofer, CFBE, MBA, CTA is President and CEO of Return On Ingredients® LLC and an international speaker and author specializing in recipe costing, menu engineering, and foodservice cost control. A hospitality educator at The Ohio State University, he has helped organizations save millions through data-driven cost systems and was named the 2025 Educator of the Year by the Ohio Restaurant & Hospitality Alliance.



DR. BETH YOUNG

Beth Young, RD, CSSD, LD is an Assistant Professor and Director of the Dietetics Program at the University of S. Indiana. She is a registered dietitian and Board Certified Specialist in Sports Dietetics with experience spanning clinical nutrition, wellness, and sports performance. Her career includes leadership roles in long-term care, and population health. She continues to consult with individuals and sports teams and contributes to nutrition publications as a guest columnist.



DR. HEATHER EICHER-MILLER

Heather Eicher-Miller, PhD, is a Professor of Nutrition Science at Purdue University and a nutrition epidemiologist specializing in dietary assessment and food patterns in low-resource populations. She serves in national leadership and editorial roles, including with the Journal of the Academy of Nutrition and Dietetics and Advances in Nutrition, and recently contributed to the 2025–2030 Dietary Guidelines for Americans Scientific Committee. She is the 2023–2024 Danone International Prize for Alimentation Laureate.



ROSEANNA B. HOLLIDAY

RoseAnna Holliday, PhD, MPH, RDN, LD, FAND is House of Delegates Speaker for the Academy of Nutrition & Dietetics, and an associate professor in the biology department at the College of Southern Idaho. She is a graduate of the University of Idaho, and earned a master's degree from the University of Minnesota and a doctorate from the University of Connecticut. AND sponsored presentation; attendees will receive a separate survey and CPEU certificate for participation

SPEAKERS



DR. LIPING LU

Dr. Liping (Lucie) Lu, MD, PhD, MS is an Assistant Professor of Nutrition and Health Science at Ball State University. Her research focuses on nutritional and environmental epidemiology, with emphasis on chronic disease and maternal and child health. She completed postdoctoral training in epidemiology and biostatistics at Columbia University Irving Medical Center and holds advanced degrees in biostatistics, nutrition, and medicine.



HANNA KELLEY

Hanna Kelley, RD, LD is Director of Health and Wellness for the American Dairy Association Indiana, where she has represented Indiana's dairy farm families for the past decade. With more than 20 years of experience across healthcare, community nutrition, and association leadership—including serving as Executive Director of the Indiana Academy of Nutrition and Dietetics—she is passionate about connecting people with the science of food and agriculture.



RIVER LIN

River Lin is the founder of Zokawa, a wellness and life transformation studio, and has provided trauma-informed yoga instruction at Selah House for the past five years. With a background in education and integrative health, River's work explores the therapeutic applications of yoga for nervous system regulation, interoceptive awareness, and long-term recovery outcomes.



JAMIE BAKER

Jamie Baker, MS, RD, LD, IBCLC, began her career with the WIC Program at the Green River District Health Department, where she developed a passion for breastfeeding support and served as Regional Breastfeeding Coordinator. She later worked as a Dietetics Educator with the Kentucky State WIC Program before joining the University of Southern Indiana as faculty in the Food and Nutrition Department.

SPEAKERS



MICHELLE SHIPPY

Michelle Shippy, MS, RDN began her career as a WIC nutritionist at the Marion County Public Health Department, where she helped launch one of the first Produce Prescription Programs and expand the statewide SNAP-matching program, Double Up Indiana. In 2024, she became Indiana's first Food is Medicine Director, focusing on program development, grant management, and evaluation. She now serves as Executive Director of the Healthy Hoosiers Foundation, advancing public health initiatives across the state.



NAIMA GARDNER

Naima Gardner, MPH is Director of the Division of Nutrition and Physical Activity at the Indiana Department of Health, where she leads statewide strategies to reduce obesity and chronic disease and improve nutrition security. Previously, she served as SNAP-Ed and Nutrition Programs Director and worked in policy with the American Heart Association to expand healthy food access. Naima holds an MPH from Indiana University and a Culinary Arts degree from Johnson & Wales University, and her work is rooted in a holistic, food systems approach to public health.



AMANDA WORRICK

Amanda Worrick, DTR is a Registered Dietetic Technician with 25 years of experience in nutrition, including 11 years in K-12 school nutrition. She is a graduate of Ball State University and serves as Director of Nutrition Services for South Madison Community Schools in Pendleton, Indiana. Amanda is the Immediate Past President and current Public Policy and Legislative Chair for the Indiana School Nutrition Association, where she advocates for strong, sustainable school meal programs and policies supporting healthy meals for all Hoosiers.



KATHERINE MATUTES

Katherine Matutes, PhD, MA, RDN, LDN holds a doctorate in Interdepartmental Nutrition from Purdue University with an emphasis in molecular nutrition and food science, and a master's degree in science writing from Johns Hopkins University. She is a registered dietitian nutritionist with expertise in sustainable cooking, weight management, and sports and cardiovascular nutrition. She has also been a certified personal trainer for 30 years and is an advanced yoga instructor.

SPEAKERS

ERIN HURST



Erin Hurst, MS, RDN, LD is a second-career dietitian specializing in eating disorder care and complex medical nutrition. She practices from a size-inclusive, autonomy-focused perspective. Erin has experience in nonprofit management, fitness instruction, and over eight years in inpatient and outpatient clinical care. Since 2019, she has owned a private practice in northern Indiana. She is an active member of the Eating Disorder Task Force of Indiana and has served on the Indiana Academy of Nutrition and Dietetics board since 2020, supporting state nutrition policy.

CHRIS CAMPBELL



State Rep. Chris Campbell was elected to the Indiana House of Representatives in 2018 and serves as Ranking Democrat on the House Insurance Committee, as well as on the Ways and Means and Government and Regulatory Reform Committees. An audiologist from Lafayette, she is deeply engaged in her community through volunteerism and local initiatives. She serves on the Indiana Board of the American Red Cross and is active in organizations supporting education, housing, and community development.

POSTER PRESENTATIONS (1 CEU)

EFFECT OF ADDING A REGISTERED DIETITIAN TO RURAL COMMUNITY HEALTHY BEHAVIOR SUPPORT SERVICES FOR MANAGEMENT OF TYPE 2 DIABETES

Authors: Dr. Lisa Spence, PhD, RD, Dr. Nana Gletsu-Miller, PhD, Dr. Priscilla Barnes, MPH, PhD, MCHES, Amy Todd, RN, BSN, Andrea Kohlmeyer, MS, RDN, CD, CDCES

HOW EFFECTIVE ARE NON-NUTRITIVE SWEETENERS FOR WEIGHT REDUCTION IN ADULTS WITH A BMI OVER 25 COMPARED TO NUTRITIVE SWEETENERS?

Authors: Eve White, Hannah Hasselbrinck, Dr. Beth Young, RD, CSSD, LD

IS THE CONSUMPTION OF SEED OILS MORE EFFECTIVE IN LOWERING THE PREVALENCE OF HYPERLIPIDEMIA COMPARED TO ANIMAL BASED FAT IN ADULTS (18+)?

Authors: Emilie Vincent, Jack Carter, Mattilynn Smith, and Dr. Beth Young, RD, CSSD, LD

TOLERANCE OF A PEA PROTEIN PLANT-BASED FORMULA IN THE CRITICALLY ILL ENTERALLY FED PATIENT: A RETROSPECTIVE REVIEW

Authors: Jennifer Peyton, MA, RD, LD, CNSC, Ann Thomas MS, RD, CNSC

DIFFERENTIAL EFFECTS OF INDIVIDUAL SATURATED FATTY ACIDS ON CARDIOMETABOLIC RISK FACTORS IN ADULTS: A NARRATIVE REVIEW

Author: Emma James, M.S.

AWARDS AND SCHOLARSHIPS



OLIVIA SNYDER

Purdue University, Master's Program

**OUTSTANDING STUDENT
INTERN**



EMILIE VINCENT

University of Southern Indiana, Senior

**OUTSTANDING STUDENT
IN DPD PROGRAM**



MADELINE THOMPSON

Purdue University, Masters in Dietetics

**OUTSTANDING STUDENT IN A
COORDINATED PROGRAM**



KATELYN STAVITZKE

Purdue University, Senior

**MARY HEBENSTREIT
MEMORIAL SCHOLARSHIP**



VERONICA POPE

Ball State, Sophomore

**MARY HEBENSTREIT
MEMORIAL SCHOLARSHIP**



SAMANTHA JOHNSON

Purdue University, Senior

**LUTE TROUTT MEMORIAL
SCHOLARSHIP**



EMMA ARAYA

Purdue University, Senior

**LUTE TROUTT MEMORIAL
SCHOLARSHIP**



OLIVIA STEVENSON

IUB, Senior

IAND SCHOLARSHIP



MORGAN WITTENHAUER

IUI, MSDI

IAND SCHOLARSHIP

PLANNING COMMITTEE



**CASEY STRAWSER,
DED, RD, LD**

CPI CHAIR



**RACHEL DOLGNER, MS,
RDN, LDN**

CPI-ELECT



**KATIE FULK, MA,
RDN, LD**

PRESIDENT-ELECT



**BROOKE
HUDSON, MS, RDN,
LDN**

**SCHOLARSHIP
CHAIR**



**PATTY DENTON,
MPH, RDN**

**SPONSORSHIPS/
EXHIBITS CHAIR**



**KELCIE WALTERS,
MS, RD, LD, CNSC**

**CONTINUING ED. &
POSTER CHAIR**



**HANNAH DORAN,
MS, RD**

**AWARDS
COORDINATOR**



**KATE CAPEN, RD,
LD**

**REGISTRATION
CHAIR**



**ASHLEY KIM, RD, LD
HISTORIAN**



**DEVIN CAHILL, BS
BROCHURE EDITOR**

ROBERT SIMMONS, RDN, LD: TREASURER

HONORING OUR 50-YEAR MEMBERS

WE EXTEND OUR DEEPEST GRATITUDE TO OUR 50-YEAR MEMBERS FOR THEIR EXTRAORDINARY DEDICATION TO THE PROFESSION OF DIETETICS AND TO THE INDIANA ACADEMY OF NUTRITION AND DIETETICS. FOR FIVE DECADES, YOU HAVE SHAPED THE FIELD THROUGH YOUR EXPERTISE, LEADERSHIP, MENTORSHIP, AND UNWAVERING COMMITMENT TO IMPROVING THE HEALTH AND WELL-BEING OF INDIVIDUALS AND COMMUNITIES. YOUR CAREERS REFLECT NOT ONLY THE EVOLUTION OF NUTRITION PRACTICE, BUT ALSO THE ENDURING VALUES OF COMPASSION, CURIOSITY, AND SERVICE THAT DEFINE OUR PROFESSION.

BECAUSE OF YOU, GENERATIONS OF DIETITIANS HAVE BEEN INSPIRED, SUPPORTED, AND EMPOWERED TO CARRY THIS WORK FORWARD. YOUR LEGACY IS WOVEN INTO THE FABRIC OF IAND, AND YOUR IMPACT CONTINUES TO BE FELT IN CLASSROOMS, CLINICS, COMMUNITIES, AND BEYOND. WE ARE HONORED TO CELEBRATE YOU AND THANK YOU FOR THE LASTING DIFFERENCE YOU HAVE MADE.



**NANCY
CUBA**



**BARBARA JO
HOMOLA**



**JENNIFER
CONNOR**

SPONSORS



INDIANA UNIVERSITY
INDIANAPOLIS



www.iui.edu



317-274-4856

ESKENAZI
HEALTH



www.eskenazihealth.edu



317-880-0000



www.indianapork.org



317-872-7500

SPONSORS



www.nutricia.com



800-365-7354



yourindianaturkeyfarmers.com



765-494-8517



**AMERICAN DAIRY
ASSOCIATION INDIANA INC.™**

WinnersDrinkMilk.com



winnersdrinkmilk.com



317-842-3060

SPONSORS



www.orgain.com



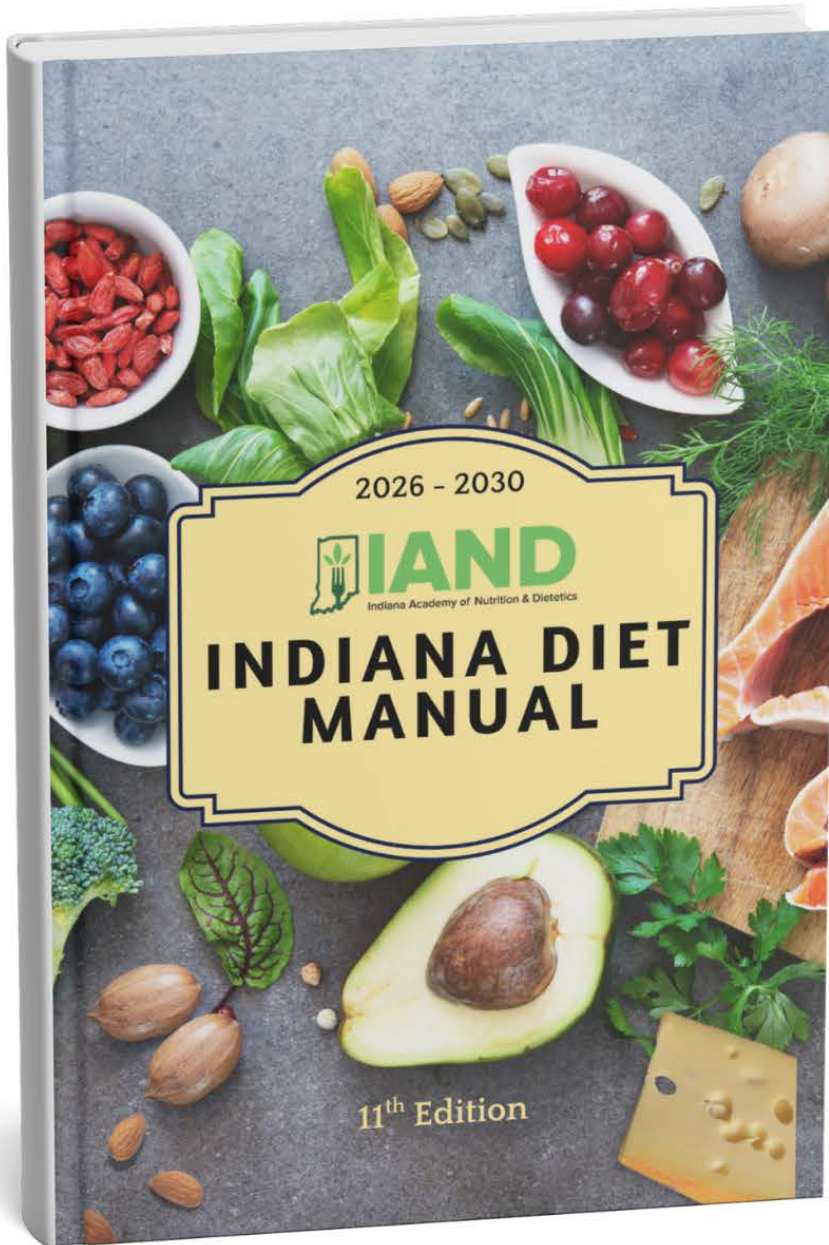
888-881-4246



www.indianabeef.org



317- 293-BEEF



Order the updated 2026
IAND Diet Manual!

Your trusted, evidence-
based guide to better
nutrition, healthier
patients, and smarter
foodservice solutions.



Eatrightin.org