



- Over 17 CEU's have been requested for this 2-day meeting
- Register before April 1st for early registration pricing. Registration is available online at <https://eatrightin.org/members/meetings/annual-meeting-registration/>
- Additional Information, including hotel accommodations for IAND members, can be found at <https://eatrightin.org/members/meetings/>

DAY ONE: Wednesday, April 11, 2018

- 7:30am Registration Opens
- 7:30-9:30am Continental Breakfast
- 8:00am Silent Auction open for the day
- 8:00am WELCOMING REMARKS- Amanda Kruse, IAND President
- 8:10-9:00am **Keynote Address: Academy Update 2018**
Speaker: Donna Martin, EdS, RDN, LD, SNS, FAND
Donna Martin, AND President, will be here to highlight the current activities and recent developments at the Academy of Nutrition and Dietetics and the Foundation. The Academy Update 2018 presentation spotlights new and continuing benefits of Academy membership, such as resources available to assist members in their personal and professional growth; emphasizes the value of the Academy and members to our profession and challenges we face; contains information on the Academy's new Mission, Vision and Principles; and updates members on the progress of the Second Century initiative. The Academy's activities and successes in such areas as public policy and advocacy, media outreach and scientific research will be discussed.

Session Sponsored By:



- 9:00-9:30am **Political Action Update: Farm Bill Nutrition Programs**
Speaker: Brandon Herget, Senator Donnelly's Deputy State Director

Refreshments Sponsored by:



- 9:30-10:30am **Session 1A: Code of Ethics**
Speaker: Mark McInerney, DHSC., RD, CD; Hanna Kelley, RD, CD; and Kate Capen, RDN, LD, CD
As dietetic professionals, we are charged with upholding a code of ethics. This session will provide you with guiding principles (fundamentals) to use to help resolve ethical dilemmas in practice.
- Session 1B: Nutrition for Special Populations**
Speaker: Amy Carter, MA, RD, CD, CDE
Providing effective nutrition education when working with special populations requires an in-depth knowledge of foods, culture and resources available. In this presentation, you will look at various special populations, their specific needs,

and ways to influence nutrition compliance particularly in chronic disease prevention and management.

10:30-11:30am

Session 2: Fitting Nutrition into your Genes: Working Molecular Biology into Your Practice

Speaker: Martha Belury, PhD, RD

Now that the human genome is sequenced, we have excellent tools to personalize nutrition care. With so much information, using evidence-based approaches for guiding dietetic practice is important. This session will help dietitians distill the complex science of genetics to better utilize the data in every day practice in clinical dietetics. We will focus on dietary fat quality as an exemplar dietary area for linking genetics, fats and health.

Session Sponsored By:



11:30am-12:30pm

Lunch Sponsored By:



12:30-1:30pm

Session 3: Omega 3's Athletes and Brain Health

Speaker: Tavis Piattoly, MS, RD, LDN

Omega 3 is an extremely versatile nutrient that provides a wide variety of benefits for infants, children, adults and the high-performance athlete. This presentation will explore the variety of benefits Omega 3 offers to consumers and athletes according to the scientific evidence while providing guidelines on optimal dosing and supplementation. Attend to explore the different forms of Omega 3 for consumer and athlete needs.

1:30-2:30pm

Session 4A: Is it OK to Eat Farmed Seafood?

Speaker: Steve Hart

Come debunk the common myths around farmed seafood and learn how to make informed seafood purchases when it comes to selecting both wild and farmed products.

Session 4B: Creating a Collaborative Approach between Therapists and Dietitians

Speakers: Lolly Wool, M.Ed., LPC, NCC and Chelsea Martin, RD, LD, CEDRD

Explore the evidenced-based research behind the importance of collaboration among the treatment team for eating disorder clients. Discuss the difficulties that come with lack of collaboration, ways in which to increase it, and ways to stay in your designated scope of practice with this clientele.

Session Sponsored By:



2:30-3:00pm

Indiana Dietetics in Healthcare Communities (IN DHCC) Practice Group Update

Refreshments Sponsored by:



3:00pm-3:45pm

Session 5: More than Keeping You Regular: How Fiber-Microbiome Interactions Shape Health

Speaker: Dr. Stephen Lindemann, Ph.D.

What is the interaction between dietary fibers and the gut microbiome? You will learn how even subtle variations in structure can cause big changes for gut microbes and in turn, for humans.

3:45-4:30pm

Session 6: Stop Telling Me What To Do. Evoking Your Patient's Motivation.

Speaker: Julie Pike, RD, CDE

Motivational interviewing is a conversation style used to strengthen an individual's motivation for change. There is consideration evidenced that motivational interviewing is effective in helping people make health behavior changes. During this presentation, you will learn the stages of change in which motivational interviewing is most effective, the methods of motivational interviewing, and discuss examples of the core interviewing skills used.

5:00-8:00pm

Evening Event: Screening of Food Evolution:

Location: Wellington Fishers Conference Center

Speaker: Trace Sheehan

Join us for a movie premiere entitled *Food Evolution*, dinner and drinks, and discussion with producer Trace Sheehan. CEU's provided. RSVP required due to limited seating.

Evening Sponsored By:



DAY TWO: Thursday, April 12, 2018

7:30am Registration Opens

7:30-9:30am **Continental Breakfast Sponsored By:**



8:00am Silent Auction open for the day

8:00am WELCOMING REMARKS- Amanda Kruse, IAND President

8:05-9:00am **Keynote Address: Humor Helps Us Thrive on Change**

Speaker: John Wagner

This seriously funny program will help you breakthrough your comfort zone. You will learn to lighten up, manage the stress of change, positively engage with people that matter in your life, and enhance happiness. You will laugh as you improve your attitudes and actions. You will be entertained, energized and empowered.

9:00-10:00am **Session 1: Reimbursement: New Game, New Rules**

Speaker: Marsha Schofield, MS, RD, LD, FAND

Healthcare delivery and payment systems are changing, requiring changes in the RDN's approach to advocating for the recognition of nutrition services. Come learn about new opportunities to get paid for your services in both the public and private markets. This session will equip you to rethink your role, business model and messaging to come out on top.

Session Sponsored By: Academy of Nutrition and Dietetics' Nutrition Services Payment Committee



9:00-10:00am **Student Session: Power of Choice**

Speaker: John Wagner

This workshop shows you how to use the power of choice to manage, sell, teach, and serve people so everyone experiences the fun and joy of winning. The only person you can control is you, but you can influence others. Choosing humor as a response can positively and powerfully influence others

10:00-10:15am

Break Refreshments Sponsored By:



10:15-11:45am

Session 2: Consumer Perceptions of Genetically Modified Foods Panel

Speakers: Dr. William Hallman, PhD, Trace Sheehan, Joe Kelsay, and Roxi Beck

In the nutrition therapy world, where science based information guides recommendations, why is there such debate over the words “Genetically Modified” (GM)? Join experimental psychologist William K. Hallman, PhD as he sheds light on public perception of genetically modified foods, and the reasons behind them. A moderated panel of experts will accompany him in further discussion regarding the complexity of consumer choices when it comes to genetically modified foods and new technologies. Learn how this affects communication and implications for Registered Dietitian Nutritionists thru this insightful session.

11:45am-1:15pm

Lunch, IAND Business Meeting and Awards Program

1:15-3:15pm

EXPO and Poster Sessions

3:15-4:30pm

Session 3: Selling Good Nutrition: Marketing Your Child Nutrition Program

Speaker: Barbara Minger, MS, RD

School nutrition has changed vastly over the past five years leading to large decreases in participation and program revenue. In this session, we will review all existing and future nutrition guidelines and how to effectively market these changes through creative programming.

Session Sponsored By:



3:30pm

Silent Auction Closes