

Nebraska Academy of Nutrition and Dietetics  
2018 Annual Conference

***Coming to the Table: Conversations on the transformative power of food & nutrition***  
**April 19<sup>th</sup>- 20<sup>th</sup>, 2018 Nebraska Innovation Campus, Lincoln, NE**

**Thursday, April 19<sup>th</sup>**

- 7:15-7:45 Registration / Exhibits / Grab-and-Go Breakfast
- 7:45-8:00 Welcome and Announcements
- 8:00-9:30 **Fitting Nutrition into Your Genes**, Martha Ann Belury, PhD, RD  
*Sponsored by Nebraska Beef Council*  
Objectives & Learning Codes: 2050, 2070, 5090, 5390, 9020
- Discuss the overview of research involving genetics, diet, and nutrition.
  - Review terminology useful in clinical applications of genetics and dietary fat quality in relationship to health and disease of adults.
  - Identify chronic health conditions whereby dietary fat quality works with genes to influence health outcomes.
  - Learn how to integrate nutritional and metabolic status with genetic predisposition for personalized dietetic practice.
- 9:30-10:00 Exhibits / Poster Session / Break
- 10:00-11:30 **Evaluating the Safety and Efficacy of GMOs in Relation to Food Allergies**, Richard E. Goodman, PhD & Elaine Farley-Zoucha, RD, LMNT  
*Sponsored by CommonGround*  
Objectives & Learning Codes: 2100, 2040, 2060, 5110, 5420
- Understand how the prescribed safety evaluation process identifies potentially hazardous (allergenic) proteins in GM crops.
  - Identify the risks of food allergen contamination in prepared and packaged food to the risks of new GM crops.
  - Understand the impact of labeling foods as containing “GMO”, vs contains peanuts, vs contains gluten, including the impact on food costs.
  - Explain the pros/cons of food allergy testing vs elimination diet and the role the RDN has in the treatment of food allergies.
- 11:30-12:30 Lunch / NAND Awards
- 12:30-1:00 **Exhibits & Poster Session**
- 1:00-2:00 Breakouts (Choose one)  
**Diabetes Update: New Roles for the RDN from Specialty to Primary Care**, Meghan McLarney, RD, LMNT, CDE, CPT  
*Sponsored by NDHHS*  
Objectives & Learning Codes: 1011, 1070, 3005, 4015, 4125, 4040, 5190, 5400, 6000, 6050, 7180, 9030
- Identify best practices in nutritional diabetes assessment and intervention according to the 2018 standards of care published by the American Diabetes Association and the American Association of Clinical Endocrinologists.
  - Name resources for referrals and management of diabetes in Nebraska.
  - Understand the role of inpatient and outpatient RDNs in developing diabetes resources and educational programming.
  - Understand the role of RDNs in the patient centered medical home, and learn novel approaches to diabetes management.

**Cardiovascular Disease and Diet: Hot Topics and Current Research**, Martha Ann Belury, PhD, RD

*Sponsored by Nebraska Beef Council*

Objectives & Learning Codes: 2070, 3005, 3020, 3090, 5090, 5160, 5390

- Summarize hot topics in CVD pathology and treatments, including pharmaceutical, dietary, and lifestyle therapies.
- Define the fastest growing groups of patients with CVD.
- Identify the evidence-based science to guide dietary recommendations for managing CVD.
- Discuss ways to integrate dietetic recommendations into practice using evidence-based rationale for the pathology of CVD.

2:00-3:00

Breakouts (Choose one)

**The Nourished Life: Finding Health at Every Size**, Emily Estes, MS, RD, LMNT

Objectives & Learning Codes: 3010, 3090, 4040, 5200

- Understand the principles of the Health at Every Size (HAES) initiative.
- Apply HAES principles in medical nutrition therapy sessions.
- Identify personal biases around food, weight, and body image.

**Strategies for Parenteral Nutrition Management in Adult Patients**, Sheri Seburg, RD, LMNT, CNSC

Objectives & Learning Codes: 2070, 3060, 5010, 5090, 5440, 5280

- Identify appropriate indications for parenteral nutrition support.
- Understand how to write a safe and accurate parenteral nutrition prescription.
- Recognize complications associated with parenteral nutrition support.
- Address how to manage complications associated with parenteral nutrition support.

3:00-4:30

**Bariatric Care Team Panel: The Importance of the Multi-Disciplinary Team in Patients' Success**

Objectives & Learning Codes: 5125, 5370, 5410, 5090, 6020

- Identify key elements of the multi-disciplinary approach for patients undergoing bariatric surgery.
- Review how each health care provider role assesses nutrition status.
- Review nutritional and health impact of patients after bariatric surgery.
- Discuss and review the treatment of obesity with bariatric surgery.

4:30-4:45

Adjourn / Evaluations

## **Friday, April 20th**

- 7:00-8:00 Breakfast Session  
**Hot Topics in Diabetes: What Dietitians Need to Know**, Charlene Dorcey, MS, RDN, LMNT, CDE  
Objectives & Learning Codes: 4015, 5190, 7170, 9020
- Explore current research and clinical nutrition recommendations.
  - Discuss key diabetes and nutrition management considerations when working with type 1 or type 2 diabetes patients.
  - Describe new treatment therapies and devices for diabetes management.
  - Identify current diabetes nutrition resources.
- 6:45-8:00 Registration
- 8:00-8:15 Welcome and Announcements
- 8:15-9:30 **The New Label: What Dietitians Need to Know**, Brenda Jacob, RDN, MPH, LD  
*Sponsored by Midwest Dairy*  
Objectives & Learning Codes: 2020, 4030
- Help patients understand new nutrition information labels and apply this knowledge to food choices that fit with individual diet recommendations.
  - Increase knowledge of nutrition label changes and ability to translate label information to make food choices that meet dietary needs.
  - Learn steps in the regulatory rule-making process.
  - Gain insights into the role of dietitians in the food industry.
- 9:30-9:45 Activity Break / Networking
- 9:45-11:15 **Pay It Forward: The Effects of Perinatal Nutrition on Future Generations**, Elizabeth Ward, MS, RD  
*Sponsored by Midwest Dairy*  
Objectives & Learning Codes: 4120, 4130, 4140, 4180, 5310, 5370
- Determine suggested gestational weight gain for pregnant women based on pre-pregnancy Body Mass Index (BMI), and provide guidance about calorie intake to promote a healthy weight gain.
  - Identify at least four micronutrients pregnant women need every day.
  - State the relationship between alcohol intake during pregnancy and the potential for physical and mental health problems in offspring.
  - Gain a basic understanding of the role mom's microbiota plays in baby's health.
  - Gain a basic understanding of nutritional assessment, diet modification, and specialized nutrition support needed to promote a healthy pregnancy and avoid nutrition-related health complications in baby, such as birth defects, and in mom, such as iron deficiency anemia.
- 11:15-12:30 Lunch / NAND Annual Meeting / Activity Break
- 12:30-1:30 **Charting a Course to Use Evidence-Based Outcomes to Influence Policy**, Susan C. Scott, MS, RDN, LD  
Objectives & Learning Codes: 1080, 1070, 9020, 5410
- Explore the impact of legislation and regulations on the reimbursement of services provided by RDNs.
  - Discuss how outcomes research supports access to patient care.
  - Using evidence-based practice guidelines to provide MNT, determine possible outcomes study criteria.
  - Call to action indentifying a broad spectrum of stakeholders that can benefit from outcomes research results.
- 1:30-1:45 Activity Break / Transition to Breakouts

1:45-2:45

Breakouts (Choose one)

**PCOS: The Skinny on Polycystic Ovarian Syndrome**, Jessica Wegener, RD, CSSD, LMNT

Objectives & Learning Codes: 5090, 5290, 4180, 2070, 2090

- Understand the medical nutrition therapy recommendations for the management of polycystic ovarian syndrome (PCOS).
- Understand the medical diagnosis and lab values associated with PCOS.
- Understand the current research on dietary supplementation in association with MNT for the management of PCOS.
- Understand the medical demographics associated with PCOS diagnosis.

**A Community Approach to Pediatric Obesity Treatment: Kearney Public Schools and Building Healthy Families**, Kate Heelan, PhD

Objectives & Learning Codes: 4000, 4010, 4020, 4040, 5370, 5070

- Understand the concept of energy balance and the impact of our environment on weight maintenance.
- Identify the current prevalence rates of childhood obesity and associated health risks.
- Understand components of a community-based pediatric obesity treatment program including recruitment, screening, intervention and assessment.

2:45-3:45

**Safe Supplementation in Older Adults**, Marcia Shade, BS, MSN, PhD, RN

Objectives & Learning Codes: 2010, 2090, 3005, 3020, 3070, 4110, 5100, 5400, 5460

- Define oral dietary supplements.
- Explain characteristics and common reasons for supplement use in the MNT setting.
- Discuss supplements recommended for use in consumers 50 years of age and older.
- Highlight important keys for safety with supplements in older adults and provide resources for providers and consumers.

3:45-4:00

Adjourn / Turn in Evaluations