

Nebraska Academy of Nutrition and Dietetics
2019 Annual Conference
Good Life, Great Nutrition
April 25th- 26th, 2019 Nebraska Innovation Campus, Lincoln, NE

ALL CPE/LMNT AWAITING APPROVAL

Thursday, April 25th

7:30-7:55 Registration / Exhibits / Grab-and-Go Breakfast ***Banquet Hall***

7:55-8:00 Welcome and Announcements ***Banquet Hall***

8:00-9:00 **I'm a Registered Dietitian, Now What? Creating Passionate Conversations About Your Career**, Anne Elizabeth Cundiff, RD, LD, FAND
(1.0 CPE) ***Banquet Hall***

Everyone who is a registered dietitian started with a passion for our profession. We find ourselves at different stages in our career, possibly questioning what we are doing now and what we want to be doing in the future. It is important to live your passion by knowing how to tell your story, develop your philosophy, carry out your purpose and create conversations with other registered dietitians for a meaningful career, that not only shapes your future but the future of our profession. This presentation will provide the audience with resources for creating a personal philosophy, discovering things you are passionate about and creating important conversations with yourself and others.

- Learn how to construct a personal philosophy as a registered dietitian.
- Identify professional outlets aligning with your passion as a registered dietitian.
- Learn how to create conversations with other registered dietitians to shape your future and the future of our profession.

9:00-9:15 Exhibits / Break / Transition to Auditorium

9:15-10:15 **Helping Clients Wade Through a Fad-Crazed World**, Toby Amidor, MS, RD, CDN
Sponsored by Nebraska Beef Council
(1.0 CPE, 1.0 LMNT) ***Auditorium***

New fad diets enter the mainstream health, wellness, and weight loss consciousness each year, and nutrition professionals need to be well-informed of the potential medical nutrition and therapeutic origins and uses of these diets, as well as the evidence-based research behind each. This presentation will discuss the most popular fad diets, including keto, gluten-free, and Mediterranean, their evidence-based uses in the treatment and management of certain disease states, and the why's and how's behind their not-so-evidence-based mainstream adoption for overall wellness and weight loss. The pros and cons of each will be discussed, as well as effective ways to deal with clients and patients who insist on inappropriately following fad diets.

- Understand the most popular fad diets, their evidence-based uses in the treatment and management of certain disease states, and their adoption by the mainstream.
- Identify and debunk misconceptions of these diets.
- Determine nutrient needs of the client on a fad diet and be able to recommend appropriate dietary actions needed to enable safe weight loss in the presence of potential comorbidities, such as diabetes and cardiovascular diseases.

10:15-11:15 **Eat What You Love, Love What You Eat: Mindful Eating for Optimal Well-Being in the Patient with Diabetes**, Michelle May, MD, CSP

Sponsored by Nebraska Department of Health and Human Services

(1.0 CPE, 1.0 LMNT) **Auditorium**

Decades of ineffective dieting have left Americans feeling guilty, disappointed, overwhelmed, and *less* healthy, especially those living with diabetes and its potential health complications. This eye-opening session will deconstruct the Mindful Eating Cycle and explore the bio-psycho-social drivers of each decision point, with specific application in the nutrition treatment of individuals with diabetes. You'll learn a powerful and universal approach to the complex issues contributing to eating behaviors, activity, and self-care. We'll delve into six unconventional strategies that promote the fearless and mindful enjoyment of food and movement in the presence of chronic disease.

- Identify the six crucial decision points in the Mindful Eating Cycle.
- Understand the psycho-social-behavioral patterns involved in both overeating and restrictive eating and how these patterns affect diabetes patients.
- List six specific mindful eating strategies to help diabetes patients develop a more positive, balanced relationship with food and physical activity, leading to better, more sustainable blood glucose control and better health outcomes.
- Assess a person with diabetes for yo-yo dieting and/or mindless or emotional eating habits that may be interfering with blood glucose management, and if indicated, consider application of specific mindful eating strategies to improve diabetes self-management.

11:15-12:00 **Exhibits & Poster Session** (1.0 CPE, 1.0 LMNT) **Banquet Hall**

12:00-1:00 Lunch / Awards **Banquet Hall**

Breakout Sessions

1:00-1:45 Breakouts (Choose One)

Comprehensive Treatment of Binge Eating Disorder from Provider and Patient Perspective, Moderator: Emily Estes, MS, RD, LMNT

Sponsored by EDCare

(1.0 CPE, 1.0 LMNT) **Auditorium**

Binge Eating Disorder (BED) is the most common eating disorder in the United States, with approximately 2.8 million people suffering from the disorder. Comprehensive treatment is essential, with an estimate of only 28% currently receiving treatment. A multi-disciplinary team comprised of a psychiatrist, psychologist, and registered dietitian

will join a patient in recovery from BED to discuss treatment protocol for BED. Three out of ten individuals looking for weight loss treatment show signs of BED; as registered dietitians, it is essential to know and understand the signs and symptoms of BED, when to refer, and what treatment protocol is necessary for individuals who may be struggling with BED. Hear from a patient how working with her treatment team has positively impacted her recovery process.

- Define diagnostic criteria and appropriate treatment protocol for BED.
- Understand the necessity of a multidisciplinary team approach to eating disorder treatment.
- Identify key barriers to treatment for patients presenting with BED.

Dump Living Paycheck to Paycheck: Practice “Private Practice Profitability!”

Kendall Singleton

Sponsored by Healthy Bytes

(1.0 CPE) **Breakout Room A1-A2**

Let’s discuss the business of owning your own business—with a focus on profitability while maintaining the highest standards of patient and client care. Topics include creating an appropriate practice environment, managing overhead costs, establishing a strong referral base, focusing on customer retention, and setting your rates and pricing strategies. We’ll also help you budget for financial success—what do you need to consider and what do you need to earn in order to turn a profit?

We’ll examine how you can become your own best billing department! (Or you may decide that this piece is best left to a third party!) We’ll address how to handle charging clients—both in the patient policy realm, as well as the logistics of actually getting paid by patients. How do you figure out reimbursement rates with different companies and what to charge clients? What should you charge a client when they’re responsible for paying out-of-pocket? No scratch paper needed for this session, but we’re eager to set you on the path to financial stability!

- Discern what pieces of one’s private practice to self-manage and which pieces to outsource.
- Illustrate how to handle charging clients, setting rates with insurance companies, setting out-of-pocket rates, etc.
- Demonstrate understanding of managing the business back-end in private practice.

2:00-2:45

Breakouts (Choose One)

“I’m sure it’s my thyroid.” An Endocrinology and Nutrition Perspective on Thyroid and Body Weight, Leslie Eiland, MD and Meghan McLarney, RD, LMNT, CDE
(1.0 CPE, 1.0 LMNT) **Auditorium**

Your thyroid is essential to your metabolism, and when it’s not functioning optimally, it can leave you feeling exhausted, overweight, depressed, constipated, and in a total fog. With an estimated 20 million Americans suffering from some form of thyroid dysfunction and up to 60 percent of those suffering unaware of their condition, it’s

important for both medical and nutrition professionals to work together on proper and timely diagnosis and treatment. This session will cover thyroid anatomy, function, pathology, and statistics. Session attendees will learn about differential diagnosis of symptoms common to thyroid disease and proper nutrition assessment and management protocols.

- Review thyroid anatomy, physiology, and pathology.
- Understand how to interpret thyroid lab assays.
- Understand how diet components, especially iodine and goitrogens, can affect thyroid function.
- Learn the clinical application of nutritional assessment and treatment of thyroid disease as it pertains to weight control.

Demystifying Insurance & Navigating the Claims Landscape, Kendall Singleton

Sponsored by Healthy Bytes

(1.0 CPE) **Breakout Room A1-A2**

Make health insurance work for your practice! We know that getting set up with insurance in your private practice takes time and patience. What is an NPI number, exactly? When can I expect payment from the insurance company? How does accepting insurance help me grow my practice? This session will help you understand the benefits of being an in-network provider so that you can fully realize the potential of insurance as a core way of attracting clients to your practice. Once you're contracted with insurance companies, your door will open to clients who may not have been able to see you otherwise. This session will walk you through: 1) Setting up your business, 2) Getting credentialed, 3) Getting contracted, and 4) Start billing!

- Discuss the benefits and considerations regarding accepting insurance; formulate the best plan of action for your private practice.
- Identify and apply initial steps necessary for credentialing, contracting and reimbursement.
- Demonstrate a comfort level with various means of coverage—private vs. public.

2:45-3:00 Transition to Auditorium / Grab-and-Go Snack

Bon Appetit! Connecting and Healing Through the Use of Therapeutic Meals

Tamara Pryor, PhD, FAED

Sponsored by EDCare

(1.5 CPE, 1.5 LMNT) **Auditorium**

The aim of this presentation is to examine the clinical use of meal therapy as we step outside the office to share the intimate, frightening, secretive, and symbolic world of our patients and their relationship with food. We will acquaint participants with how this perceived boundary-crossing may enhance clinical goals, connection, and self-directedness while being consistent with behavioral, humanistic and cognitive-behavioral orientations.

- Identify when meal therapy could serve as part of the recommended technique for treating eating disorder patients through utilizing food and feelings journals to determine form, timing and dosage of meal sharing.
- Learn how to use therapeutic meal outings to help patients challenge fear and avoidance as they transition from being “in program” to their real lives.
- Identify personal triggers and vulnerabilities that come with exposure of the practitioners own relationship to food, as a model for comfort and confidence when relating to the patient outside the security of the office.

4:15 Announcements and Adjourn

(7.5 CPE, 6.5 LMNT) Thursday **ALL CPE/LMNT AWAITING APPROVAL**

Friday, April 26th

- 6:30-7:00 Registration / Grab-and-Go Breakfast **Banquet Hall**
- 7:00-7:45 **Changing the Landscape of Dietetics/Nutrition Regulation**, Charla Burill, JD, RD & Robyn Smith Brown, MBA, RDN, LDN
Sponsored by NAND Public Policy Committee
(1.0 CPE) **Banquet Hall**
Regulatory laws addressing dietetics/nutrition practice have either not kept pace with changes in the profession or have faced severe criticism for being monopolistic and anti-competitive. The aim of this talk is to address the current nation-wide landscape regarding occupational regulation, provide context for what spurred North Carolina (NC) to seek change and lessons learned, and provide analysis of NC House Bill 357, including reasons for the specific language used, and how this could lay the foundation for future regulation of the profession.
- Understand the purpose and authority behind occupational regulation and the nation-wide debate.
 - Learn about the events that incited NC to take proactive steps, ensuring Nebraska dietitians are not only ready for change, but are leading change.
 - Understand how HB 357 amended NC's Dietetics/Nutrition Practice Act, including narrowing the requirements of licensure for medical nutrition therapy.
 - Learn to address shortcomings in your own state law, work with other professional nutrition groups, and understand the bigger picture.
- 7:45-8:00 Transition to Auditorium / Welcome and Announcements
- 8:00-9:15 **Nutrition with a Mission: Fermented Dairy's Role in a Healthy, Affordable Diet**
Katie Brown, EdD, RDN & Chris Cifelli, PhD
Sponsored by Midwest Dairy
(1.5 CPE, 1.5 LMNT) **Auditorium**
Perhaps it is a combination of their unique taste profile, artisan aura, and health benefits that has secured fermented foods a top spot with trend spotters across the globe. This session will clear up the confusion related to fermented foods and probiotics and explore how the unique matrix of fermented dairy foods may play a role in recent findings associating fermented dairy foods with reduced risk and dietary treatment of some chronic disease states.
- Distinguish between fermented foods and probiotics.
 - Describe the benefits of the dairy food matrix.
 - Discuss the growing body of scientific evidence supporting intake of fermented dairy foods in the reduced risk and prevention of type 2 diabetes and cardiovascular disease, as well as emerging evidence on yogurt's role in reducing inflammation.

- Provide science-based recommendations for building healthy and appealing eating patterns to support the prevention of chronic diseases, which incorporate fermented dairy foods.

9:15-9:30 Activity Break / Networking

9:30-10:45 **Treating the Patient, Not Just the Stone: Clinical Use of the Kidney Stone Prevention Diet for Patient Success**, Jill Harris, LPN, Kidney Stone Prevention Specialist

(1.5 CPE, 1.5 LMNT) *Auditorium*

Kidney stones are a chronic disease but CAN be prevented. This presentation will leave you with the knowledge and practical solutions to help your patients take control of their lives and health once again. We will begin by discussing the key science-based information that supports the kidney stone prevention diet, including: supersaturation, diet calcium, sodium, sugar and protein in relation to hypercalciuria, bone disease, blood pressure, oxalate, and use of the alkaline diet to raise urine citrate. All of this will explain why the diet requires multiple linked changes, as opposed to changes one at a time, and why 24-hour urine test results must guide diet use. Finally, Jill will illustrate the diet components and their relationship to 24-hour urine findings in select patients for the practical and effective use of the kidney stone prevention diet in your clinical practice.

- Develop a working knowledge of the science-based information that supports the kidney stone prevention diet.
- Learn the key components of the kidney stone prevention diet and how they interact.
- Learn how to effectively treat patients using the kidney stone prevention diet.

10:45-11:00 Activity Break / Networking

11:00-12:30 Lunch / NAND Annual Meeting *Banquet Hall*

12:30-1:45 **Food Intolerance in IBS: FODMAPs and Beyond**, Kate Scarlata, RDN

(1.5 CPE, 1.5 LMNT) *Auditorium*

Food malabsorption syndromes and food intolerance is reported in about 20% of westernized countries leading to a cascade of gastrointestinal and extra-intestinal complaints. Food intolerance can occur from a variety of food components, carbohydrates (such as FODMAPs), protein (biogenetic amines such as histamine), and protein (beta-casein, gluten and amylase trypsin inhibitors). Helping patients navigate their food intolerance in a culture where food fears are omnipresent is an essential skill for dietitians. Learn to separate the science from the hype in this session.

- Distinguish between the causes and symptoms of food allergy and food intolerance.
- Detail factors involved with food intolerance/malabsorption and GI symptom induction.
- List potential IBS food triggers.

1:45-2:00 Activity Break / Networking

Breakout Sessions

2:00-2:45 Breakouts (Choose one)

Kidney Stones, Fear and Prevention: What Dietitians Need to Know

Jill Harris, LPN, Kidney Stone Prevention Specialist

(1.0 CPE, 1.0 LMNT) *Auditorium*

Kidney stone patients approach medical professionals every day feeling overwhelmed, afraid, and desperate to not form another stone. The most frustrating issue for stone patients is that many of them are also on other therapeutic diet orders from various doctors, potentially contradicting the kidney stone prevention diet. In this breakout session, we will talk about the most important things you, the clinical dietitian, need to know to help lessen the fear these patients experience and increase the likelihood of their success in following the kidney stone prevention diet.

- Learn what oxalate is and why it is important to stone patients.
- Understand the feelings of fear these patients face.
- Understand how to incorporate the kidney stone prevention diet with other therapeutic diet orders your patients might be juggling.

A Peek Behind the High Performance Fueling Team at UNL Athletics

Dave Ellis, RD, CSCS

(1.0 CPE)

With over 24 sports and 600+ athletes that make up the team rosters at UNL Athletics, the resources allocated for the high performance fueling mission are substantial and growing. Innovations will be discussed that have been implemented since Dave Ellis' return to UNL after 17 years, as well as some insights into what is yet to come!

- Learn about the 'food first' fueling mission known as Fueling Tactics, pioneered at UNL.
- Understand the 'food and supplement security' role of today's Sports RDs and growth of the field.
- Learn about a unique approach to personalized body composition goal setting based on the athlete's frame.

2:45-3:00 Transition to Auditorium / Grab-and-Go Snack

You and Your Trillions of Microbial Friends: Understanding the Gut Microbiota and Its Impact on Health, Amanda Ramer-Tait, PhD

(1.5 CPE, 1.5 LMNT) *Auditorium*

The importance of the gut microbiota in human health will be reviewed. Included will be a primer on gut microbiology and the role of diet on gut health. Probiotics and prebiotics will be defined and how they influence health will be described. The latest science on gut health will also be reviewed in the context of how it may influence the nutritional treatment of disease states.

- Identify the role of the gut microbiome in overall health and how it influences disease states, including obesity and its comorbidities, as well as other metabolic diseases.
- Identify factors that influence the gut microbiome throughout life.
- Discuss how probiotics and prebiotics influence gut health.

4:15 Thank You and Adjourn / Evaluation Link Available

(7.5 CPE, 7 LMNT) Friday **ALL CPE/LMNT AWAITING APPROVAL**