

2020 Vision: Focusing on the Future of Nutrition & Dietetics

April 23-24, 2020 Nebraska Innovation Campus, Lincoln, NE

Thursday, April 23rd WORKING AGENDA *CEU/LMNT pending

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 **Stop Forking Around! Straight Answers on Eating for Performance, Nutrition, and Health,**

Michele Tuttle, MPH, RD, CSSD

Sponsored by Nebraska Wheat Commission & Wheat Foods Council

(1.0 CPE) *Banquet Hall*

We live in a world where Instagram, Twitter & Facebook are considered “accurate” and “credible” sources of nutrition information and where YouTube ratings trump science. Dietitians must constantly compete with social media celebrities, personal trainers and others to be heard above the noise which, lately, has been all about keto, paleo and gluten-free. Is there any substance there? What do these “diets” mean for athletes? What do they mean for everyone else? Dietitians can establish their expertise, credibility by providing clear messages about what is truth (and the science behind it), and what is nonsense when it comes to diets of all types. More importantly, we can translate our knowledge into food, a language that all people speak and enjoy.

- Examine the short and long term nutrient implications of keto, paleo and gluten-free diets in terms of missing vitamins and minerals
- Explain the consequences of following any type of “diet” in terms of athletic performance
- Explore the psychological implications of carbohydrate restricting on performance
- Discuss the ways that RDNs can establish themselves as THE nutrition experts by using social and traditional media and regularly reminding themselves and others that our training, experience and understanding of food is what sets us apart from others
- Translate the science of nutrition into meals that athletes can eat despite a busy training schedule

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

9:15-10:30 **Nourished: A New Model for Childhood Nutrition,** Jill Castle, MS, RDN

Sponsored by Nebraska Beef Council

(1.5 CPE, 1.5 LMNT) *Auditorium*

U.S. children are not getting healthier, they’re getting sicker. Despite ongoing efforts to change this, the growing burden on our nation’s families and healthcare systems is undeniable. Simultaneously, more families fear food and look to popular diets and trendy foods as a guarantee to raising a healthy child. What if we’ve been focusing too much on food and nutrition and not enough on nourishing the whole child? This presentation will challenge you to shift the focus from food solutions to a more modern whole-child approach, including the interaction of food, feeding and childhood development. Attendees will see a clear path to child health through a comprehensive whole child approach to nourishing children of all ages.

- Facilitate nutrition interventions by using a holistic approach, including food and nutrients, positive feeding strategies, and child developmental considerations
- Strategize fresh approaches highlighting nutritious food, positive feeding, and autonomy with developmentally-sensitive instruction around nutrition at different ages and stages
- Utilize modern, evidence-based, commonsense techniques to help families raise healthy kids, inside and out

- 10:30-11:15 **MNT License – The Road Ahead for Change**, Paula Ritter-Gooder PhD, RDN, CSG, LMNT, FAND
Sponsored by NAND Public Policy Committee
 (1.0 CPE) **Auditorium**
 The aim of this presentation is to discuss the current initiative to modernize the regulation of medical nutrition therapy in Nebraska.
- List the reasons for modernization of the Nebraska MNT licensure law and regulations
 - Describe the steps taken by NAND to modernize and update our state law
 - List the proposed changes and additions to strengthen the licensure law
 - Define the role of dietitians in Nebraska as well as the role of the NAND lobbyist in advocating for the new licensure bill adoption and passage
- 11:15-12:00 **Exhibits** (1.0 CPE, 1.0 LMNT) **Banquet Hall**
- 12:00-1:00 Lunch / Awards **Banquet Hall**
- 1:00-2:15 **One Size Doesn't Fit All: Transforming Healthcare**, Clancy Cash Harrison, MS, RDN, FAND
 (1.5 CPE, 1.5 LMNT) **Auditorium**
 Over 40 million Americans cannot afford a steady supply of food. Yet, most healthcare professionals promote the impractical consumption of produce for disease prevention and management. Clancy will discuss why promoting fresh produce to prevent diabetes does not work for a patient who does not have a steady supply of food. For many patients, it is not about the broccoli but the access to food. To successfully connect, engage and inspire change in other people, you must be inspired yourself. Clancy tackles a sobering topic, like hunger, with humility, honesty and humor making it inclusive for everyone. Audience members will awaken (or in some cases reinvigorate) their sense of professional responsibility to improve access to healthy food for everyone. This interactive session integrates eye-opening storytelling with statistics so participants shift their mindset and skillset to inspire effective collaboration, improve health outcomes and bust through the stigma associated with food assistance programs.
- Describe the role of RDs with food insecurity and demystify the hidden epidemic of food insecurity
 - Distinguish patients at risk for malnutrition related to food insecurity and explain the connection between food access and overall health
 - Identify innovative solutions to improve access to healthy food for their patients
- 2:15-2:30 Break/Transition to Breakouts

Breakout Sessions

- 2:30-3:15 Breakouts (Choose One)
Diet and Parkinson's Disease: Does Gut Health Matter? Heather Rasmussen, PhD, RDN
 (1.0 CPE, 1.0 LMNT) **Auditorium**
 The role of the gut microbiota in both gastrointestinal and systemic health has recently been recognized, including its importance in the gut-brain axis. One example is Parkinson's disease, as recent evidence suggests that Parkinson's disease may originate in the gut, and microbiota in those with Parkinson's disease may differ from healthy individuals. While MNT for those with Parkinson's disease is established, the role of diet in the etiology of Parkinson's disease is less well known. It is tempting to consider that dietary interventions to modulate gut health, such as prebiotics, may influence Parkinson's risk.
- Understand the components that comprise gastrointestinal (gut) health
 - Describe the relation between gut and brain health
 - Describe the mechanisms by which gastrointestinal health can impact host health, such as Parkinson's disease
 - Identify strategies (prebiotics) to beneficially modify the gut microbiota to influence host health

Food Safety, Foodborne Illness, and your Patients! Byron Chaves-Elizondo, PhD.

(1.0 CPE) *Breakout Room A1-A2*

The overall goal of this presentation is to introduce the audience to the current food safety landscape in the U.S., with a particular emphasis on foodborne illness mitigation for susceptible individuals in healthcare settings. An overview of the current epidemiological status of foodborne illness will be presented, including number of illness cases, etiological agents, and most common vehicles and settings for illness transmission. Following, a description of pathogen transmission routes will be described, with specific examples for norovirus, *Clostridium perfringens*, *Listeria monocytogenes*, *Salmonella*, and *Shigella*. The third section of the presentation will focus on food safety for highly susceptible populations, including pregnant women, cancer and transplant patients, as well as children and older adults. Risk mitigation and risk communication strategies will be presented and emphasized to provide the audience with tools to use with their own patients or clientele.

- Identify microbiological food safety hazards relevant to healthcare settings;
- Describe the routes of transmission of foodborne pathogens in healthcare facilities;
- Identify control strategies for the mitigation of foodborne illness in susceptible/vulnerable populations.

3:15-3:30 Transition to next Breakout/Grab & Go Snack

3:30-4:15 Breakouts (Choose One)

Plant Based Diets: Research & Resource for Fighting CKD, Lindsey Zirker, MS, RD, CSR
(1.0 CPE, 1.0 LMNT) *Auditorium*

Whether people are on dialysis or hoping to slow the progression of CKD, there are many opinions about what people with kidney disease should and shouldn't eat. Together, we will review the evidence for traditional renal diets, as well as evidence supporting plant-based diets in CKD including those on dialysis. This session will also consider the possible benefits, concerns and the most frequently asked questions about implementing a plant-based diet in the CKD population, including supplements that may or may not be helpful. We will also explore evidence based recommendations for when and how to actually use plant-based diets in the CKD population to improve outcomes.

- Be able to explain what a plant based diet is to patients/other healthcare providers
- Review, analyze and evaluate evidence for using a plant based diet to slow progression of CKD and/or use in dialysis patients
- Utilize evidence based recommendations in implementing plant based diets in the CKD population as appropriate

The MAGIC of Learning, Doug McCallum

(1.0 CPE) *Breakout Room A1-A2*

Education and training, at its most engaging moment, is performance and participative art. From the moment an educator steps into the room, participants look to him or her to set the tone and course of study for everyone, from the most enthusiastic to the most apathetic participants. Educators need to engage students in the process, and serve as a vital conduit between learner and subject matter. Instructor Led/Participant centered training is engagement through performance and may just be the most important skill in an educator's bag of tricks. The first job is to help the participants enjoy the subject matter as much as possible. That does not have to be done by waving your arms and prancing around; there are all sorts of ways to go at it, but no matter what, you as the educator are a symbol of the subject in the participants' minds. We have a duty to engage, to create romance that can transform apathy into interest, and, if the job is done well, a sort of transference of enthusiasm from educator to participant hopefully takes place.

- Model techniques of conducting and facilitating better meetings/training sessions
- Demonstrate essential skills and techniques for running better trainings/meetings as well as facilitating individual and group activities
- To put fun (MAGIC) into the training - which will in turn, put the fun (MAGIC) into learning
- Learn why the Instructor Led & Participant Centered Training Model is advantageous to those in attendance

4:15 Announcements and Adjourn

Possible: (8 CPE, 6 LMNT) Thursday

Friday, April 24th

6:45-7:00 Registration / Grab-and-Go Breakfast **Banquet Hall**

7:00-7:45 **Busting the Myths about Antibiotics and Hormones in our Food**, Galen Erickson, PhD & Elaine Farley-Zoucha, RD, LMNT

Sponsored by Common Ground

(1.0 CPE, 1.0 LMNT) **Banquet Hall**

Microorganisms are all around us, and they are capable of surviving in a wide array of environmental conditions. They are a necessary part of our world and perform a variety of useful functions. Unfortunately, microorganisms also can be detrimental. They are the cause of many diseases in humans, animals, and plants. Keeping our food supply safe means managing microorganism contamination through the entire food production process. Added Hormones and Antibiotic use in livestock is a key part of that safety, however, there is a lot of misconception that surrounds the use of added hormones and antibiotics. Dr. Erickson will share his knowledge about the types of hormones and antibiotics used and the metabolic process for clearing them from the animal before the animal is processed.

- Understand beef production systems in general
- Learn what feed antibiotics are utilized and tight control within cattle industry
- Learn what hormones are utilized in cattle production along with why they are used and safety of use.
- Gain knowledge regarding beef characteristics and misconceptions of beef consumption and impact on human health
- Identify the differences between Antibiotic Residue and Antibiotic Resistance and the effect, if any, on our food supply

7:45-8:00 Transition to Auditorium / Welcome and Announcements

8:00-9:15 **The Food Matrix: More Than the Sum of Nutrients**, Matthew Pikosky, PhD, RDN, FACN

Sponsored by Midwest Dairy

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

It is commonly accepted that we eat foods, not nutrients; however, until recently the relationship between diet and health has focused on individual nutrients. Today, the focus is shifting toward the impact of whole foods. The food matrix is an emerging concept that looks at the physical structure of foods and the nutrients and bioactive factors within them may impact digestion, absorption and health beyond the impact of individual nutrients. This session will provide a foundation on the food matrix concept and highlight research that suggest further exploration could impact the future of nutrition guidance.

- Describe the emerging concept of the food matrix and how unique combinations of nutrients and bioactives work together in synergy to impact health
- Discuss the unique components of the dairy matrix
- Provide examples of scientific research that supports that the consumption of dairy foods (e.g. milk, cheese, yogurt) is linked to lower risk of cardiovascular disease and type 2 diabetes, as well as improved bone health

9:15-9:30 Activity Break / Networking

9:30-10:45 **MNT and DSMES: Meeting People Where They Are**, Sacha Uelmen, RDN, CDE

Sponsored by Nebraska Department of Health and Human Services

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

This presentation will provide an overview of integrating MNT and DSMES as complementary services in the diabetes care setting while maximizing reimbursement for sustainability in an ever-changing healthcare landscape. Dietitians play a unique and essential role on the diabetes care team by meeting people where they are and working with them to help answer one of the most important questions faced

daily, “What to eat?” Current hot topics in diabetes nutrition research will be also be reviewed including the ketogenic diet, intermittent fasting and carbohydrate needs and misconceptions.

- Participants will learn key differences between nutrition education as part of DSMES and MNT as related to billing and reimbursement.
- Participants will gain an understanding of important connections across the healthcare ecosystem to increase long term sustainability.
- Participants will be able to guide people with diabetes toward healthier food choices on a daily basis using the most current evidence in nutrition for people with diabetes.
- Participants will be able to assess media headlines on nutrition with more scrutiny to determine when and if to apply new findings to patient care recommendations.

10:45-11:00 Activity Break / Networking

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

12:30-1:30 **Cultivating Healthy Relationships with Food across the Lifespan by Building Kitchen Confidence**, Jamie Bommarito Daugherty, PhD, RDN, CSSD
Presentation made possible through Food & Culinary Professionals Dietetic Practice Group & Academy Foundation Speakers Bureau Award
(1.0 CPE) **Auditorium**

This presentation will provide attendees an overview of basic cooking skills and techniques which can be incorporated and adapted across the lifespan. Whether working with preschoolers or older adults, this presentation provides practical applications and opportunities to empower and engage your clients and consumers to gain kitchen confidence. Having this tool in their toolbox is crucial to building and maintaining healthier relationships with food, themselves and others. This presentation will provide 3-5 different recipe/meal ideas that can be incorporated across the lifespan, detailing how each age group can be involved, which continuing to hone and build upon basic culinary knowledge. Recipes will highlight simple mis en place techniques, food safety, measuring basics, basic terms and equipment use, and how to incorporate additional flavors without adding calories or fat.

- Describe basic cooking skills to assist in building healthier relationships with food
- Demonstrate the effect of various preparation and techniques on the nutritional value, palatability and safety of foods
- Identify 3-5 recipe templates that can be incorporated and modified across the lifespan, highlighting specific methods of preparation that can be altered depending on stage of life

1:30-1:45 Activity Break / Networking

Breakout Sessions

1:45-2:45 Breakouts (Choose one)

Liver Disease & Chronic Kidney Disease Stage 5 Hemodialysis: Considerations, Commonalities & Interventions for Malnutrition, Eileen Moore, CNSC, RD, LD

Sponsored by Pentec

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

This presentation will review the types, diagnoses and interventions of liver diseases and the relationship to metabolic syndrome. Nutrition assessment and nutrition needs of malnutrition in advanced End Stage

Liver Disease (ESLD) will also be discussed. We will also compare and contrast nutrition interventions for malnourished ESLD and CKD-5 HD patients

- Describe liver disease and advancement to end stage liver disease (ESLD) specific to: alcoholic liver disease, NALFD, NASH
- Describe NAFLD/NASH and the relationship to metabolic syndrome as well as its diagnosis and treatment interventions
- Discuss assessment of nutrition status and malnutrition in the patient with advanced or ESLD as well as awareness of the potential for vitamin and micronutrient deficiencies
- Compare and contrast interventions for the malnourished patient with advanced/ESLD and CKD-5 HD: oral, enteral and parenteral

A Client Centered Approach to Treating Obesity: Improving Collaboration with Clients, Craig Johnston, PhD

(1.0 CPE) *Auditorium*

The core issues of counseling will be discussed. Practical considerations for how these tools are implemented and the “spirit” behind these techniques will be provided. Participants will be given the opportunity to identify areas of strengths and areas in which they would like to improve. A brief overview of client-centered approaches including motivational interviewing and cognitive behavioral therapy are provided and the practical application of these techniques are discussed in regards to clients who suffer from diseases including diabetes and obesity. Although these diseases are used as examples, the techniques are applicable to any disease or problem that benefits from clinician-client joint decision making. Participants should be able to identify at least 2 client centered skills that they can begin using to improve communication in sessions and ultimately improve client outcomes.

- Recognizes and applies education and learning theories and principles into practice
- Establishes, develops and implements program outlines and learning plans to meet the needs of various individuals, groups and populations
- Uses effective counseling and coaching skills and strategies in practice

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

3:00-4:15 **Wellness, Not Weight: Creating a Weight Inclusive Nutrition Practice**,

Cara Harbstreet, MS, RD, LD

(1.5 CPE, 1.5 LMNT?) *Auditorium*

Fad diets and eating trends are more popular than ever, but patients and clinicians alike can experience frustration when counseling for weight loss. With greater awareness of the risks of dieting, how can dietitians be more effective in supporting healthy habits without the pressure to deliver weight loss results? This session will explore the evidence for Intuitive Eating and Health at Every Size (HAES) as an alternative to a weight-normative approach. Principles of Intuitive Eating will be introduced along with

key strategies for shifting to a culture of weight inclusivity in your nutrition practice to better support patients and clients in adopting healthful behavior change. Included, will be examples of case studies as well as tools and resources for use in clinical practice.

- Compare and contrast the weight-normative and weight-inclusive approach to dietetics and MNT, using case studies and examples of PES statements
- Review the evidence to support a non-diet approach for well-being
- Introduce the core concepts of Health at Every Size (HAES) to clients in clinical practice and create a culture of weight inclusivity within their nutrition practice

4:15 Thank You and Adjourn / Evaluation Link Available

Possible (7.5 CPE, 6.5 LMNT) Friday