

Nebraska Academy of Nutrition and Dietetics
2024 Annual Conference
Reconnect, Re-nourish, Re-inspire
April 25-26, 2024 | Creighton University - Skutt Student Center

Thursday, April 25, 2024

7:30-7:55 Registration

7:55-8:00 Welcome and Announcements | ***SSCR Ballroom***

8:00-9:00

Dietary Fiber: A Remarkably Diverse Nutrient

Edward Deehan, PhD, RD

(1 CPE) ***Auditorium***

Increased dietary fiber consumption has been shown to reduce inflammatory, glycemic, and lipidemic-related markers often dysregulated in obesity. Several mechanisms underlie the health benefits of fiber, with an emerging mechanism being the modulation of the gut microbiome. However, dietary fibers are structurally heterogeneous, and effects on both the gut microbiome and cardiometabolic risk markers are, in part, governed by fiber structure. This presentation will discuss the consequences of consuming a diet low in fiber, the benefits of increased fiber consumption, and the role of the gut microbiome in these effects.

After attending the presentation, the dietitian will be able to:

1. Define dietary fiber and appreciate the nutrient's structural diversity.
2. Recognize the value of including dietary fibers as an element of MNT for obesity and related cardiometabolic diseases.
3. Identify practical sources of different dietary fiber types.

9:00-9:15 Break | Networking

9:15-10:15

Pediatric Feeding Disorder: Much More than Picky Eating

Rachel Knight, PhD

(1 CPE) ***Auditorium***

Pediatric feeding disorders are very common in the general population and even more common in children with developmental disabilities and complex medical conditions. However, there is still little awareness for these types of disorders in the general population. This talk will provide detailed information regarding how pediatric feeding disorders are defined, the etiology of pediatric feeding disorders, and an overview of the interdisciplinary care model recommended for assessment and treatment of pediatric feeding disorders. It will also include some strategies to address picky eating as well as red flags for when to refer to more specialized care.

After attending the presentation, the dietitian will be able to:

1. Learn how to define and screen for a pediatric feeding disorder during a nutrition assessment and how it differs from selective eating.
2. Learn strategies to improve adherence to nutrition recommendations in children with a pediatric feeding disorder.
3. Learn when to refer patients and families for more specialized feeding treatment.
4. Learn the roles of an interdisciplinary team in the assessment and treatment of children with pediatric feeding disorder.

10:15-10:30 Break | Networking

10:30-11:30

Menopause and Diet: Approaches, Challenges and Evidence-Based Solutions

Hillary Wright, MEd, RDN, LDN

(1 CPE) **SSCR Ballroom**

A woman can live between 30% and 40% of her years after menopause occurs. We know menopause is coming, yet many women are unprepared for the metabolic changes that begin in perimenopause and may significantly affect their health. This session will explore what is known about metabolic changes during perimenopause and how diet and lifestyle strategies may help women navigate this complex phase of life. Topics covered include weight gain through the menopause transition and strategies for managing, indications for dietary supplementation, and evidence-based dietary patterns associated with better brain and bone health and lower risk of chronic disease through the menopause transition and beyond.

After attending the presentation, the dietitian will be able to:

1. Describe the metabolic changes that contribute to body changes in the perimenopausal years and their implications on diet and lifestyle counseling.
2. Explain the presence or absence of evidence supporting various dietary and lifestyle approaches for managing menopause symptoms and changes that affect the risk for chronic disease.
3. Consider a broad range of medical nutrition therapy approaches when counseling those in the peri- and post-menopausal years.

11:30-1:00 **Exhibits (1 CPE)** | Lunch | Awards

1:00-2:00

Use of the Ketogenic Diet for the Reversal of Type 2 Diabetes in Clinical Practice, an Introduction.

Karen Miller MD

(1 CPE) *SSCR Ballroom*

Provide a definition of the ketogenic diet. Review literature to support its efficacy and safety. Discuss the evidence supporting its use in the reversal of Type 2 diabetes. Discuss risks and benefits of utilization of a ketogenic diet in this setting. Discuss practical application of the ketogenic diet in clinical practice. Review common side effects and potential complications of implementation. Provide practical tips to help patients be successful with this pattern of eating. Review clinical example(s) of a ketogenic diet utilized to reverse Type 2 diabetes.

After attending the presentation, the dietitian will be able to:

1. The benefits and practical application of the ketogenic diet for reversal of Type 2 diabetes in clinic practice.

2:00-2:15 Transition to Breakouts | Networking

Breakout Sessions

2:15-3:00

Promoting the Use of the Global Malnutrition Composite Score in the Acute Care Setting

Julie Juddi, MBA, RDN, LMNT, LD

(0.75 CPE) *Breakout Room 105*

I have been attending The Academy's webinars to learn more about the Global Malnutrition Composite Score (GMCS). A year ago I went to the quality department with our health system & asked if it was a possibility to report on this electronic clinical quality measure & they were open to the idea. I convened a task force which meets every two months. Our quality department is considering choosing this as a measure to report on starting in 2024 because of my engagement. I would be willing to share what I know about GMCS & the journey I've taken to help others promote this quality measure & really highlight the work of the dietitians.

After attending the presentation, the dietitian will be able to:

1. Understand what the Global Malnutrition Composite Score is.
2. Be able to formulate a plan to work with an interdisciplinary team to monitor and make improvements on reporting this quality measure.
3. Consider ways to improve provider diagnosis of malnutrition based on the Registered Dietitian Nutritionist's nutrition assessment.

The Impact of Malnutrition and Cachexia Documentation: An Interdisciplinary Approach

Megan Timmerman, MPA, RDN, LMNT

(0.75 CPE) *SSCR Ballroom*

Malnutrition and Cachexia are significant medical conditions affecting adverse clinical

outcomes in hospitalized patients. They are often underdiagnosed in the hospital setting. A novel approach was designed by the Clinical Quality and Nutrition Teams at Nebraska Medicine to address the gap in documentation in adult hospitalized patients. This presentation seeks to define how Nebraska Medicine staff defined malnutrition and cachexia, initiated a hospital wide process improvement project, implemented an interdisciplinary team approach to documenting and capturing this data, as well as a process that led to statistically significant increase in diagnosis capture and outcome measures in these patients.

After attending the presentation, the dietitian will be able to:

1. Describe malnutrition and cachexia risk and diagnostic criteria in hospitalized patients.
2. Understand the quality improvement process NM initiated to define cachexia diagnostic criteria, improve documentation and charge capture rates for hospitalized patients.
3. Describe patient outcomes by examining pre and post-implementation data that show statistically significant increases in diagnosis capture and hospital outcome measures.

3:00-3:15 Break | Networking | Snack

3:15-4:15

Connecting Through Collaboration: Capitalizing On This (Not-So-Secret) Asset

Toni Toledo, MPH RDN

(1 CPE) *SSCR Ballroom*

Dietitians embody a myriad amazing skills, qualities and passion for our field. We are fortunate to have the opportunities we do. However, we can amplify our opportunities and take our profession to the next level if we capitalize on collaborations. This session will outline the power of collaborations and inspire attendees to make the most of them.

After attending the presentation, the dietitian will be able to:

1. Appreciate the unique and distinct value that they can bring to collaborations AND what they can get from working alongside others to grow, learn and thrive in their role as an RDN.
2. Be equipped with specific things they can consider to be a better collaborator by learning through the stories, anecdotes, and tips.
3. Be ready to make the Next Steps in order to increase their involvement in collaboration in our field.

4:30 Announcements and Adjourn

(Total: 6.75 CPE)

Friday, April 26, 2024

7:30-7:55 Registration

7:55-8:00 Welcome and Announcements | ***SSCR Ballroom***

8:00-9:00

Health Communication: A Model for When Food and Facts Collide

Milton Stokes

(1 CPE) ***SSCR Ballroom***

Sorting truth about food from fiction can be overwhelming to consumers we serve--especially considering the ubiquity of information driven by aggressive headlines generating nonstop competition for attention. This educational session covers a research-based communication paradigm including a review of some contentious, and also urgent, topics pertaining to food and nutrition. The speaker will share an approach to engage in tough conversations to help build trust with consumers and other stakeholders. This session comprises pointers from the speaker's experience interlaced with content from the Center for Food Integrity to help RDs reach patients/consumers with more impact.

After attending the presentation, the dietitian will be able to:

1. Describe why leading with facts is not always the best approach to reach consumers.
2. Understand the power of RD voice as a trusted source of information.
3. Identify the two variables that drive trust and discuss one to two values with universal appeal.

9:00-9:15 Break | Networking

9:15-10:00

Does Place Matter? Mapping Health in Lincoln, Nebraska

Lori Seibel, President & CEO

(0.75 CPE) ***SSCR Ballroom***

10:00-10:15 Break | Activity Break

10:15-11:15

Precision Nutrition - Recent Advances and Controversies in Genetic Testing

Ahmed El-Sohemy, PhD

(1 CPE) ***SSCR Ballroom***

There is increasing awareness among researchers, educators, healthcare professionals and consumers that the one-size-fits-all, population-based approach to nutritional guidance is inefficient and sometimes ineffective. Genetic differences can explain some of these different responses and randomized controlled trials show that giving DNA-based dietary advice can be superior to population-based recommendations for improving compliance. With increasing consumer awareness and demand for genetic testing, there is a need for registered dietitian nutritionists to have sufficient knowledge to understand the science

behind these tests, and determine the benefits and limitations of both the science and the testing.

After attending the presentation, the dietitian will be able to:

1. Understand how genetic variation impacts nutritional requirements.
2. Learn how to identify relevant genetic markers with clinical relevance.
3. Recognize the benefits and limitations of consumer genetic testing and understand what genetic tests can and cannot reveal about a person's health and dietary recommendations.

11:15-12:45 Lunch | NAND Annual Meeting

12:45-1:00 Break | Transition to Breakout sessions

Breakout Sessions

1:00-1:45

A New Doctoral Degree Opportunity from ACEND

Corri Hanson, PhD, RDN, LMNT, FAND

(0.75 CPE) ***Breakout Room 105***

The Accreditation Council for Education in Nutrition and Dietetics (ACEND) has developed a new degree option for practicing Registered Dietitian Nutritionists (RDNs). This Advanced Practice Doctorate degree, with the credential DrDN, is designed to provide RDNs with additional knowledge and competencies to fill leadership roles through an advanced practice course of study including advanced clinical nutrition and nutrition science, leadership, advocacy, education in higher learning institutions, and scholarly activity. The DrDN has the potential to increase recognition of RDNs' expertise, attract and retain expert practitioners in clinical, leadership, and academic settings, enhance graduates' career trajectory, and contribute to the advancement of the discipline through scholarly activity. Dr. Hanson has served on the Standards Development Committee and will give a presentation of the background, process, and requirements of the degree, as well as an online option developed at UNMC to meet degree requirements.

After attending the presentation, the dietitian will be able to:

1. Understand the rationale for the development of accredited Advance Practice Doctorate in Nutrition and Dietetics.

Looking West: UNMC Rural Health Initiatives and Expansion of Nutrition Education

Megan Timmerman, MPA, RDN, LMNT

(0.75 CPE) ***SSCR Ballroom***

UNMC is actively engaged in the expansion of health education in central and western Nebraska. The UNMC Rural Health Initiatives seek to address these deficiencies through a series of initiatives. This presentation seeks to discuss health care shortages facing Nebraska, review these ongoing initiatives and their impact on health care in central and western Nebraska, and highlight the role UNMC seeks to address Nutrition

Therapist shortages across the state through an expansion to the UNK Campus.

After attending the presentation, the dietitian will be able to:

1. Understand the state of Nebraska's current and future health care needs and shortage of providers across all health care disciplines and solutions being created to maintain access to healthcare throughout Nebraska.
2. Understand Rural Pathway and Rural Health Opportunity Programs in the state of Nebraska and the impact they have on rural communities in Nebraska.
3. Discuss how UNMC Masters of Medical Nutrition seeks to address the Nutrition Therapist shortage in Central and Western Nebraska through our expansion to the University of Nebraska at Kearney Expansion Project.
4. Describe changes in education methods to educate the next generation of Nutrition Therapists and advance the practice in a competency based learning environment.

1:45-2:00 Break | Networking | Snack

2:00-3:00

Public Policy Team Presentation

Paula Ritter-Gooder PhD RDN CSG LMNT FAND

(1 CPE) *SSCR Ballroom*

In June 2023, the Medical Nutrition Therapy Practice Act was signed into NE law. The Act modernizes the old Act passed over 25 years ago. Features of the new Act include specific scope of practice language. Diet order writing, prescribing vitamin/mineral, supplements, and ordering medical tests to monitor and evaluate nutrition interventions are included. In addition to the CDR RDN eligibility requirement for applicants, an alternate pathway for other nutrition professionals is outlined that aligns closely with CDR requirements. The Act continues to exempt general nutrition activities that are not MNT. Upon finalization of the regulations, the MNT credential is no longer used. The credentials, Licensed Dietitian Nutritionist (LDN) and Licensed Nutritionist (LN) are used based on eligibility for licensure. The new Act brings a perfect opportunity to increase your practice efficiency and pass a Dietitian Licensure Compact in NE.

After attending the presentation, the dietitian will be able to:

1. Participants will be able to describe the difference between the MNT Act and the MNT regulations and where to locate both on the internet.
2. Participants will be able to list 2 new scope of practice items in the Act and how it can affect MNT practice in NE.
3. Participants will identify how the Medical Nutrition Therapy Board will determine eligibility for licensure for the 2 new credentials that replace the LMNT credential.
4. Participants will be able to discuss why Dietitian Licensure Compact is desired in NE.

3:00-3:15 Break | Networking

3:15-4:15

Circadian Rhythms and Food Timing: Is there Evidence for Implementation?

Heather Rasmussen, PhD, RDN

(1 CPE) *SSCR Ballroom*

While it is well-recognized that diet contributes significantly to health, the influence of time of eating on health is a much more nascent field of investigation. Recommendations related to favorable time of eating are currently being incorporated into practice, but it is likely that providers are less confident about the evidence behind these recommendations because of their less-established precedence in the field. The proposed presentation will cover a background on circadian rhythms, how the time of eating impacts these rhythms, and the resultant influence on health. Recommendations will be made to help practicing registered dietitian nutritionists provide evidence-based information about food timing to patients and clients.

After attending the presentation, the dietitian will be able to:

1. Understand circadian rhythms and how these rhythms are influenced by food timing.
2. Be able to describe the current evidence connecting food timing to health, including markers of cardiovascular disease and diabetes.
3. Provide evidence-based recommendations to patients/clients related to food timing

4:15 Thank You and Adjourn

(Total: 5.5 CPE)