

WEST VIRGINIA ACADEMY OF NUTRITION AND DIETETICS ANNUAL CONFERENCE & EXPO

MARCH 14-15 2024 | CHARLESTON, WV 25314

Thursday, March 14, 2024	
1:00 pm	Welcome and Announcements
1:00-4:00 pm	Food is Medicine Pre-Conference Workshop: Putting Fresh Produce at the Forefront of the Fight Against Food Insecurity and Chronic Disease 3.0 CPE Facilitated by Gina Wood MPH, RDN, LD
4:15 pm	Happy Hour Sponsored by Abbott Nutrition
5:30-7:00 pm	Networking Banquet and WVAND Awards Buffet Dinner
Friday, March 15, 2024	
7:00 am	Continental Breakfast
8:00 am	Welcome and Announcements
8:15 am	The Relationship Between Dairy Foods and Health: Utilization of NHANES Data 1.0 CPE Christopher Cifelli, PhD <i>Sponsored by American Dairy Association Mideast</i>
9:15 am	Break/Exhibits
9:30 am	Empowering Athletes: Insights from a Sports Nutrition Dietitian 1.0 CPE James Burns, MS, RD, LD
10:30 am	Break/Exhibits
10:45 am	Fad Diets: Rad or Bad? 1.5 CPE Marshall University Dietetic Interns Facilitated by Mallory Mount, EdD, RDN, LD, CDCES, FAND
12:15 pm	Lunch/Business Meeting/WVAND Year in Review
1:30 pm	Master the Art of Leading Cooking Demos 1.0 CPE Karman Meyer, RDN <i>Sponsored by the Food and Culinary Professionals Dietetic Practice Group & the Academy of Nutrition and Dietetics Foundation</i>
2:30 pm	Break/Exhibits
2:45 pm	Pop Up Topics and Discussion 1.0 CPE <ul style="list-style-type: none"> ● New Weight Loss Medications - Ayesha Hassan, MD ● Artificial Intelligence and Dietetics - Pam Charney, PhD, RD, LD, FAND ● Why Leadership Matters - Marty Yadrick, MS, MBI, ACHIP, RDN, LD, FAND ● Nutrition Personas - Nina Crowley, PhD, RDN, LD
4:00 pm	Raffle, Reminders, and Wrap-Up
4:15 pm	Adjourn

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THURSDAY, MARCH 14 | 1-4 PM



FOOD IS MEDICINE PRE-CONFERENCE WORKSHOP

3 CPE

The Food is Medicine movement has been recently positioned in the national spotlight for its ability to link nutrition and health care by providing diet and nutrition-related resources to those in need through collaborations among public and private sectors. This broad spectrum of food-based policy and programmatic interventions that comprise “Food is Medicine” shows promise in preventing and managing diet-sensitive conditions, improving food security and reducing health care costs, especially among vulnerable populations.



During this session, attendees will learn about the variety of Food is Medicine interventions being offered both across the nation and within West Virginia, and hear some of the more commonly applied implementation strategies, evaluation methods and funding mechanisms. Attendees will also have an opportunity to engage in a hands-on produce prescription experience, learn about participant experiences from the perspective of a dietetic intern, hear from an agricultural partner, and engage in small group interactions with a variety of cross-sector partners from across the state who bring these innovative programs to a variety of priority populations.

THURSDAY, MARCH 14 | 5-7 PM



NETWORKING BANQUET AND WVAND AWARDS

Join us for a fun networking and awards banquet that is open to all members, non-members, and any healthcare professional with a keen interest in nutrition and the profession of dietetics. This event is an opportunity to connect with like-minded individuals, exchange ideas, and celebrate excellence in the field of dietetics. Regardless of whether you're attending the conference or not, everyone is encouraged to partake in an evening of camaraderie and recognition. Come be a part of this gathering, where the passion for nutrition unites us all.

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FRIDAY, MARCH 15 | 8 AM - 4:15 PM



WELCOME AND ANNOUNCEMENTS

Stephanie Thompson, MS, RD, LD, WVAND President
Jenna Boytek, MS, RD, LD, WVAND Fundraising Chair



THE RELATIONSHIP BETWEEN DAIRY FOODS AND HEALTH: UTILIZATION OF NHANES DATA

Christopher Cifelli, PhD

Sponsored by American Dairy Association Mideast

Session description pending

1 CPE



EMPOWERING ATHLETES: INSIGHTS FROM A SPORTS NUTRITION DIETITIAN

James Burns, MS, RD, LD

Join us for an insightful session that delves into the exciting world of sports nutrition. Gain valuable insights into the specialized field of sports nutrition, with a focus on working closely with Division 1 athletes competing on high-performance teams. In this presentation, we will explore the steps and experiences involved in carving out a successful career as a sports nutrition dietitian. From academic pursuits to practical experiences, discover the key milestones and challenges on the path to achieving this rewarding profession.

1 CPE



FAD DIETS - RAD OR BAD?

Marshall University Dietetic Interns

Facilitated by Mallory Mount, EdD, RDN, LD, CDCES, FAND

Join the Marshall University On-site Dietetic Interns for a review of popular fad diets, updated research regarding these diets, and how RDN's and NDTR's can support patients choosing to follow these eating patterns.

1.5 CPE

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FRIDAY, MARCH 15 | 8 AM - 4:15 PM



LUNCH/BUSINESS MEETING

WVAND YEAR IN REVIEW

Stephanie Thompson, MS, RD, LD, WVAND President



MASTER THE ART OF LEADING COOKING DEMO

Karman Meyer, RDN

Sponsored by Food and Culinary Professionals Dietetic Practice Group & Academy of Nutrition and Dietetics Foundation

1 CPE

Whether doing an on-air cooking segment, a virtual cooking class, or a demonstration at a trade show, create an experience they'll remember and master the art of leading cooking demos! In this session, we will cover steps to selecting crowd-pleasing recipes, creating an attractive display, developing memorable nutrition messages, and important technology tools to use when teaching virtual classes. You'll feel more confident and prepared to give an engaging and effective culinary demo after this session.



POP-UP TOPICS

- **New Weight Loss Medications - Ayesha Hassan**
- **Artificial Intelligence and Dietetics - Pam Charney**
- **Why Leadership Matters - Marty Yadrick**
- **Nutrition Personas - Nina Crowley**

1 CPE

Each of these experts will join us via the internet to give a 15 minute overview of a specific hot topic in the field of dietetics. These presentations allow us to have national experts speak at our conference to peak our interest, start us on our journey of learning, and spark discussions with fellow nutrition professionals.



RAFFLE, REMINDERS, AND WRAP-UP

Stephanie Thompson, MS, RD, LD, WVAND President
Jenna Boytek, MS, RD, LD, WVAND Fundraising Chair

WEST VIRGINIA ACADEMY OF NUTRITION AND DIETETICS ANNUAL CONFERENCE & EXPO

MEET THE SPEAKERS



JAMES BURNS, MS, RD, LD

Empowering Athletes: Insights from a Sports Nutrition Dietitian

James Burns joined the Mountaineer athletics staff as the Director of Sports Nutrition for Olympic sports in May 2023.

At West Virginia, Burns develops and oversees the nutritional needs for WVU's Olympic sports student-athletes. He counsels individuals and groups on daily nutrition for performance and health. He researches the most recent scientific evidence and turns it into practical sports nutrition recommendations and tracks and documents the outcomes of nutrition services. He serves as a food and nutrition resource for Mountaineer student-athletes, providing education and maintaining professional competency and skills required for practice.

Burns develops and counsels in hydration protocols, addresses nutritional challenges to performance, evaluates nutritional supplements, develops all menus and oversees fueling and refueling stations.

Most recently, he worked as the University of Delaware's performance dietitian where he managed a staff of 30-plus interns and volunteers at the program's nutrition center. In 2022, Burns was one of 10 dietitians in the country to be selected for the Gatorade Sports Nutrition Immersion Fellowship.

His professional experience also includes a six-month sports nutrition internship at Northwestern University and stints at Humboldt Park Health, UI Health Outpatient Diabetes Clinic and Gourmet Gorilla, Inc. in 2021.

He earned a bachelor's degree in secondary education from Manhattan College in 2010, and a master's degree in nutrition and dietetics at University of Illinois-Chicago in 2021.

An avid outdoorsman, Burns recently competed in his third Chicago Marathon. He resides in Morgantown.

WEST VIRGINIA ACADEMY OF NUTRITION AND DIETETICS ANNUAL CONFERENCE & EXPO

MEET THE SPEAKERS



PAMELA CHARNEY, PHD, RD, LD, FAND

Pop-Up: Artificial Intelligence in Dietetics

An expert Registered Dietitian (RD), interdisciplinary health educator, and health informatics specialist with over 25 years experience in leadership and higher education. Successful in clinical nutrition management/leadership, pediatric nutrition, critical care nutrition, nutrition support, and nutrition informatics. Detail-oriented, expert capabilities for review of medical records.

Highly sought after as speaker, writer, and trainer in health care management, health informatics and all aspects of clinical nutrition management. Consultant in electronic health record design, implementation and system lifecycle evaluation. Provide creative evaluation of website design and offer solutions to usability to optimize user experience.

My attention to detail and knowledge of clinical practice, standards of care, health care processes and optimal team functioning facilitates my ability to create successful solutions to evaluation of care quality, expert medical record review, and education of health care professionals. I have a proven track record demonstrating my ability to see beyond traditional professional silos and create teams that function at the highest levels.

I am one of only a handful of dietetics professionals who has taken the next steps and sought formal graduate level education and experience in health and medical informatics, making me one of only a few experts who are fully qualified to practice in nutrition informatics. I am proud to be the first RD to be awarded a prestigious fellowship from the National Library of Medicine to attend the Bioinformatics Short Course at the Marine Biologic Lab at Woods Hole, MA.

WEST VIRGINIA ACADEMY OF NUTRITION AND DIETETCS ANNUAL CONFERENCE & EXPO

MEET THE SPEAKERS



CHRISTOPHER CIFELLI, PHD

The Relationship Between Dairy Foods and Health: Utilization of NHANES Data

Christopher J. Cifelli, Ph.D., is Senior Vice President of Nutrition Research at National Dairy Council (NDC). In this position, Dr. Cifelli leads the Nutrition Research program at NDC. Dr. Cifelli is responsible for establishing the strategic vision for the research program, which examines the role of dairy foods in healthy and sustainable eating patterns and the effect of dairy intake on key wellness territories.

Dr. Cifelli obtained both his B.S. degree in Biology and his Ph.D. degree in Nutritional Sciences from the Pennsylvania State University, where his graduate work focused on understanding how vitamin A status and inflammation affected retinoic acid metabolism. Additionally, he utilized mathematical modeling to study the effects of retinoic acid supplementation on whole-body vitamin A kinetics. During his post-doctorate work at Penn State, he examined vitamin A kinetics, storage and disposal rates in adults from different ethnic backgrounds.

Dr. Cifelli is active in several professional organizations. He currently serves as the Chair of the Sustaining Partners Program of the American Society for Nutrition, is a member of the Membership Committee of the American Society of Nutrition and is Chair of the Gut Microbiome Committee of the Institute for the Advancement of Food and Nutrition Science. In addition, he has authored or co-authored over 40 peer-reviewed manuscripts, reviews and abstracts.

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MEET THE SPEAKERS



NINA CROWLEY, PHD, RDN, LD

Pop-Up: Empower Behavior Change using Nutrition Personas as Your Guide

Nina Crowley, PhD, RD, LD is an advocate for effective communication, patient-centered approach, and improved access to care for people with obesity. After 16 years as dietitian and Program Coordinator with Medical University of South Carolina's Metabolic and Bariatric Surgery Program, she has recently joined seca's Medical Body Composition and Bioimpedance Analysis Division as the Professional Affiliations and Education Manager. Nina partners with health care providers and organizations to provide education and support for using body composition analysis as an outcome.

Nina holds her doctorate in Health Psychology from Walden University, her MS in Health Care Policy and Management from the State University of New York at Stony Brook, and her BS in Nutrition Science from Cornell University. Dr. Crowley has authored publications on binge eating and food cravings in bariatric surgery patients, enjoys presenting on weight recurrence, obesity stigma and weight bias, and the importance of careful language for impactful communication. She can be found tweeting online at professional meetings at @PsychoDietitian.



AYESHA HASSAN, MD

Pop-Up: New Weight Loss Medications

Ayesha Hassan graduated from Shifa College of Medicine in Pakistan in 2017, she then moved to West Virginia and completed her internal medicine residency from WVU in 2019. Since then she has been working as an assistant professor in the Medical Weight Management clinic in WVU. She is passionate about obesity and endocrinology and is going on to endocrinology fellowship next year. She is actively involved in teaching, and is involved in ongoing obesity, and diabetes research. She graduated top of her medical school class and was a semifinalist in medical jeopardy in the national ACP conference in 2022.

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MEET THE SPEAKERS



KARMAN MEYER, RDN

Master the Art of Leading Cooking Demos

Karman Meyer is an RDN with 15 years of experience and holds a certification in Culinary Nutrition. She's the author of 'Eat To Sleep: What To Eat & When To Eat It for a Good Night's Sleep' (2019) and 'The Everything DASH Diet Meal Prep Cookbook' (2023). Karman is the host of 'Eat To Sleep', a PBS special program, and has been featured in publications such as Bon Appetit, Shape Magazine, FoodNetwork.com, and WomensHealthMag.com. She has led over 400+ virtual and in-person cooking classes and is passionate about helping others build their confidence in the kitchen.



MALLORY MOUNT, EDD, RDN, LD, CDCES, FAND

Fad Diets - Rad or Bad?

Mallory Mount, EdD, RDN, LD, CDCES, FAND is an Assistant Professor of Dietetics and Director of the Dietetic Internship program at Marshall University. She completed her bachelor's degree, master's degree, dietetic internship, and Doctor of Education Degree in Curriculum and Instruction at Marshall University. Before her career as an educator, she worked as a dietitian in the community, acute care, and outpatient settings. Mallory is the consultant dietitian for the Southwestern Community Action Council Head Start Program in Huntington, WV. Her primary interests are in clinical nutrition, diabetes management, health promotion / disease prevention, and nutrition education. Mallory has provided nutrition education in various settings in Ohio and West Virginia, and continues to provide education in different community settings throughout the tri-state area.



MARSHALL UNIVERSITY ON-SITE DIETETIC INTERNS

Back Row (L to R): Kenlee Bonecutter, Meagan Camden, Emilie Riley, Casey Mahoney, Darshana Sooknundun

Front Row (L to R): Erin Robison, Wendy Chan, Taylor Bonn, Adriana Knauss

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MEET THE SPEAKERS



GINA WOOD, MPH, RDN, LD

Food is Medicine Pre-Conference Workshop: Putting Fresh Produce at the Forefront of the Fight Against Food Insecurity and Chronic Disease

Gina is an Assistant Professor within WVU Extension where her role is primarily focused on administration and implementation of service delivery programs to under-resourced communities and populations through education and outreach associated with the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program - Education (SNAP-Ed). Over the past four years, she has been a key member of a collaborative team which plans, implements, and evaluates processes for the FARMacy WV: Prescriptions for Produce program. This program has facilitated partnerships with health care systems, local agriculture, and Extension to improve both the quality of care and access to nutritious food resources for some of our most rural communities. This has led to bringing additional Food is Medicine partners together which strengthens our ability to provide greater outreach to more areas of our state and develop plans for improved sustainability.



MARTY YADRICK, MS, MBI, ACHIP, RDN, LD, FAND

Pop-Up: Why Leadership Matters

A dietitian for over 42 years, Marty Yadrick is Director of Sales Support and Nutrition Informatics for Computrition, Inc., where he has worked since 1993. Marty has a Master of Biomedical Informatics degree, along with an MBA and an MS in dietetics & nutrition. In 2022, Marty achieved the ACHIP credential (AMIA Certified Health Informatics Professional), joining the inaugural group of less than 100 diplomates, as the only dietitian in the group. He is a former President of the Academy of Nutrition and Dietetics and currently serves as Chair of the Academy Nominating Committee and as Secretary of the International Confederation of Dietetic Associations.