



Presents...

*ROADMAP
TO NUTRITION DIVERSITY*



*2014 Annual
Nutrition
Conference*

*On the campus of Fairmont State University and
Pierpont Community and Technical College
Fairmont, WV*

Continuing Professional Education

This program has been approved for 14.5 **CPEs** by the Commission on Dietetic Registration for Registered Dietitians and Dietetic Technicians, Registered. Exhibits are approved for 1 **CPE** and educational sessions are approved for 13.5 **CPEs**. A blank certificate of attendance has been included in your packet; please make copies and document your attendance for your Professional Development Portfolio and state licensure as applicable. Electronic copies are available upon request.

Visit the WVAND Website

www.eatrightwv.org

The WVAND website contains the complete Annual Meeting program. Visit www.eatrightwv.org for up-to-date information. You can also view speaker information, handouts, and view the full meeting brochure. Check back often as updates on continuing education, job openings, recipes, and other content is updated regularly.

Online Registration and Program Material Feedback

Please provide your feedback on the online meeting evaluation form. This will help us improve the educational experience for future meetings.

Questions and Comments

Please contact Anna Davis at 304-598-1100 ext. 1054 or e-mail: anna.davis@healthsouth.com with questions or comments. If you have ideas or comments to be considered for next year's meeting, please contact Heather Dyson by email at dysonh@wvuhealthcare.com.

Thank You

Special thank you to conference host Fairmont State University and Pierpont Community Center and Technical College, your hospitality is greatly appreciated.

This year's program mailer was created by WVU Healthcare Dietetic Intern Marie Bieber.

**Fairmont State University and Pierpont
Community and Technical College**

Falcon Center
1201 Locust Avenue
Fairmont, WV 26554



Tuesday, May 13th 2014

7:30-8:00

Registration Opens

8:00-8:15

WVAND President Welcome and Opening Remarks

Cathy Shaw, RD, LD

8:15-9:45

AND Welcome and Member Updates

Dr. Glenna McCollum, MPH, RDN

AND President

Introduction by: Cathy Shaw, RD, LD

Learn about recent developments in the Academy of Nutrition and Dietetics, the benefits to membership, and the many roles played by dietetics professionals in improving the nutrition and health of the public.



9:45-10:45

The Learning Connection:

How Nutrition and Activity Build the Brain

Robert Murray, MD

Introduction by: Sharon Maynard, RD, LD

Understand the concept of epigenetics in terms of fetal development and risk of adult diseases and factors in early childhood that build the brain. Learn the powerful impact of nutrition and physical activity on brain function, classroom behavior, and academic success.



10:45-11:00

Break

11:00-12:30



Obesity Rhetoric

Dr. Jonathan Isaac Robison, PhD, MS

Introduction by: Amy Gannon, MS, RD, LD

Explore the social, political, economic, and scientific foundations of the War on Obesity. Learn the Health-Centered approach for helping people with weight-related concerns and practical applications for the workplace, private practice, and public health policy.

12:30-1:30

Lunch

1:30-2:30

What's On Your Plate Can Make You Ill

Ellen Karlin, MMSc, RD, LDN, FADA

Introduction by: Pam Hamilton, RD, LD

Identify components of food allergy symptoms and discover the steps patients can take to deal with the challenges of cross contact and label reading to enhance you patients' allergy-free and gluten-free lifestyles.

2:30-2:45

Break

2:45-4:15



Malnutrition and Physical Assessment

Deborah Hutcheson, DCN, LDN, RDN, CDE

Introduction by: Meghan Murphy, RD, LD, CNSC

Learn the etiology of malnutrition based on Academy and ASPEN criteria and characteristics in the adult population. Learn how to identify physical and clinical characteristics that support the diagnosis of malnutrition, and distinguish the severity of fat loss, muscle wasting, and edema in the presence of malnutrition.

4:15-5:15

Nutrition Issues in Special Needs

Monica Andis, MS, RD, LD

Introduction by: Erika Ford, RD, LD

Explore the common nutrition-related issues in special needs including feeding problems and how to evaluate weight and calories needs in individuals with special needs.

6:00

Student Social -- [Heston Farm](#)

Wednesday, May 14th 2014

6:30-7:15

Yoga

8:00-9:00



Dreaming Big, Going Further, Making Impact

Jamie Summerlin, Motivational Speaker and USMC Veteran
Introduction by: Heather Dyson, MS, RD, LD

Motivational speaker and USMC veteran paints a picture of ultrarunning and his run across America to honor our veterans. Learn how to think about your own dreams and utilizing the abilities you've been blessed with; then take those talents and do great things for yourself and others. Jamie's vision of honoring and inspiring veterans of the US Military through his run begs the question of each participant "What will I do with what I've been given?"

9:00-10:00

Patient-Centered Medical Home: The RD's Role

Judy Siebert, MS, RD, LD, CDE

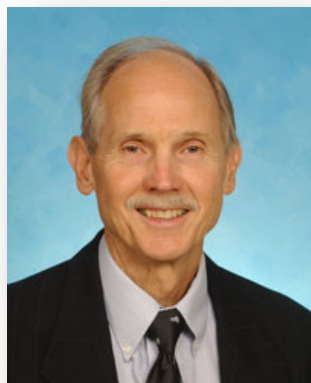
Introduction by: Jill Johnston, MS, RD, LD

Understand the concept of Medical Centered Home and the role of the RD as well as the discharge and diabetic clinic's function in the Medical Home.

10:00-10:15

Break

10:15-11:15



Being a Wellness Champion, Mentor, and Preceptor- We Make the Road by Walking

Bill Reger-Nash, EdD

Introduction by: Cindy Gay, RD, LD

Identify the six domains of wellness, four characteristics of leadership, and the definition of mentoring. Apply these domains and characteristics to preceptor roles.

11:15-12:15



How to Cook Like a Chef and Still Think Like a Dietitian

Chef Brian A. Floyd, CEC, CCE, MA

Introduction by: Brooke Nissim-Sabat, RD, LD

Explore some of the latest food trends, and discover methods that chefs use to present foods for plating and demonstration. We'll use words like healthful, locally grown, and ancient grains and see if we can make them taste good too.

12:15-1:30

Lunch and WVAND Annual Awards & Business Meeting

All attendees

1:30-2:30

How to Irrigate West Virginia's Food Deserts

Tom McConnell, MS, BS

Introduction by: Barbara Hartman,
MS, RD, LD

Learn how the local food production system working, how to encourage local food production and how to access local foods.



2:30-3:30



An Inside Look at the Academy's New Sustainable, Resilient, and Healthy Food and Water Systems Standards of Professional Performance

Barbara Hartman, MS, RD, LD

Introduction by: Megan Govindan, MS, RD, LD

Registered Dietitian Nutritionists in all practice areas have an opportunity to impact sustainability, resiliency and health issues involving food and water systems. Learn about the new Standards of Professional Performance (SOPP) for Sustainable, Resilient, and Healthy (SRH) Food and Water Systems.

3:30-4:00

Closing Remarks and Raffle

Cathy Shaw, RD, LD

Linda St. Clair RD, LD, CDE

4:00-5:00

Exhibits/Poster Sessions

Various vendors and local merchants

4:00-6:00

Mountaineer Country Farmers Market