



Presents...

Committed to our **Community**



West Virginia Academy of Nutrition and Dietetics

2015 Annual Conference • April 1-2

*Wednesday and Thursday
April 1 & 2, 2015
Stonewall Jackson Resort
Roanoke, WV*

Continuing Professional Education

This program is pending approval for 12.5 **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 11.5 **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 postings on continuing education, job openings, recipes, public newsletters, and other content is updated regularly.

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 Heather Dyson at dysonh@wvuhealthcare.com with questions or comments. If you have ideas or comments to be considered for next year's meeting, please contact Erika Ford at 906-364-9768 or by email at forderi@uhcwv.org.

Thank You

Special thank you to conference host Stonewall Jackson Resort, your hospitality is greatly appreciated.

Special Thank You to Sponsors and Exhibitors

At the time of publication, the following sponsors and exhibitors have generously committed to the 2015 WVAND Annual Conference.

Snack Sponsors:



Exhibitors:



Wednesday April 1st , 2015

8:00 am

Registration Opens

8:45 am - 9:45 am



Academy of Nutrition and Dietetics Update

Catherine W. Christie, PhD, RDN, LD/N, FAND

To offer members an interesting and informative report on recent developments of the Academy of Nutrition and Dietetics. The focus will be to highlight the top changes, challenges, and initiatives of our profession focusing on future trends and opportunities. In addition, the many benefits of membership will be discussed including the myriad of resources available to assist members in their personal and professional development. The presentation summarizes the many roles played by dietetics professionals in improving the nutrition and health of the public, educates members on the rich history of their organization, and keeps members well-informed of activities being carried out on their behalf.

9:45 am - 10:00 pm

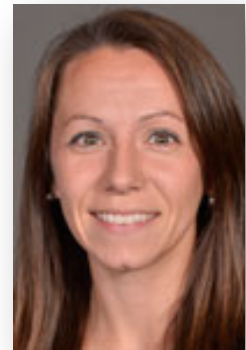
BREAK

10:00 am - 11:30 am

Feed for Speed: Nutrition for Athletes

Nettie Freshour, MS, RD, CSSD, LD

Dive into the specific needs of an athlete. From energy availability and body composition to the high needs of an athlete with food allergies and beyond. We will discuss the ins and outs of how to properly help an athlete enhance performance.



11:30 am - 1:00 pm

Lunch and WVAND Board Awards and Business Meeting

All Attendees

1:00 pm - 3:00 pm

Committed to WV Food and Families: Community Nutrition Panel

Child Nutrition From Concept to Tray: Breakfast Pilot in WV

Sharon Maynard, RD, LD

From concept to tray, participants will learn the steps taken to introduce new breakfast concepts into recipes which were introduced and adopted into school meals.

Farm to Table

Beckki Leigh

No information at this time.

Try This West Virginia: Trying to Knock WV off the Worst Health Lists

Kate Long

An overview of Try This West Virginia, a statewide healthy lifestyle movement overseen by a coalition of 20 statewide groups.

Presentation will focus on the aspects of the Try This program aimed at expanding the supply of fresh local food and increasing public awareness of good nutrition and provide the audience with information about ways they can join in with Try This activities.



The Potato Goes to Washington

Denise Ferris, DrPh, MS

Participants will understand the history of the WIC food package and be introduced to major changes and new features that the WIC program is implementing.

What's New at the WV Department of Education-Office of Child Nutrition?

Linda St.Clair, MS, RD, LD, CDE, SNS

Participants will become familiar with the latest initiatives at the WVDE office of child nutrition.



3:00 pm - 3:15 pm

BREAK

3:15 pm - 4:45 pm

Nutrition Interventions for People With Eating Disorders

Brandi Sentz, MHA, CDE, RD, LD

This session will highlight the role of the Registered Dietitian among the eating disorder treatment team. The presentation will describe the two different phases of Medical Nutrition Therapy for eating disorders and nutrition intervention of anorexia nervosa, bulimia nervosa, and binge eating disorder.

7:30 pm

Student Social --- TJ Muskies Lounge

Thursday April 2nd, 2015

8:30 am

Registration Opens

9:00 am – 10:00 am

Nutrition is Our Profession: Is Policy Our Passion?

Teresa Nece, MS, RDN, LD, SNS

By attending this session, past, current, and prospective members will gain an understanding of the efforts of ANDPAC, receive updates on state and national policy efforts, identify candidates whose stance on legislation aligns with the Academy's, and be empowered to reach out to key stakeholders to advocate for the legislation that will benefit the dietetics profession.



10:00 am – 11:30 am

Changing the Way We Look at Agriculture

Jennifer Schmidt, MS, MD

In this session, attendees will gain an understanding of the current state of U.S. farming vs. international farming and learn innovative strategies happening globally to help nutritiously feed our growing world population. Attendees will learn of ag-related projects and practices that other affiliates and DPGs are participating in their own affiliate/DPG to be more connected to agriculture and have a better understanding of agriculture practices worldwide.

11:30 am – 1:00 pm

**Lunch On Your Own
Exhibitors/Poster Session**

1:00 pm – 2:30 pm



No More Wasted Time: Ideas for Grabbing and Maintaining Your Client's Attention

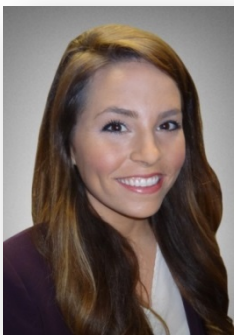
Angie Hasemann, MS, RDN, CSP

This presentation will feature a discussion to help any RD who has felt their knowledge, ideas, and intervention strategies have gone in one ear and out the other of a client. Learn ways to utilize motivational interviewing techniques and your voice, spatial positioning, body language, and visual aids to grab clients' attention and hold on to it. This presentation will be full of hands-on activities demonstrating techniques, as well as opportunities for audience to practice techniques and brainstorm new ones.

2:30 pm – 2:45 pm

BREAK

2:45 pm – 4:15 pm



Applying Nutrigenomic Technologies in Clinical Practice

Lacy Davidson, MS, RDN, LD, RYT-200

There is increased awareness among dietitians, researchers, and consumers that the one-size-fits-all, population-based approach nutritional guidance can sometimes be ineffective. This has created a demand for lab tests such as genetic testing. As their use becomes more widespread, dietitians will be asked to advise their clients on these emerging technologies. Understanding the science, the strengths, the application, and limitations is essential to providing informed recommendations.