



2016 West Virginia Academy of  
Nutrition and Dietetics  
Annual Conference

**Program & Agenda**

Wednesday, April 20 Pre-conference Dairy Farm Educational Tour:

Mason Run Farm

Bruceton Mills, WV

Thursday, April 21 and Friday, April 22 Conference:

Lakeview Golf Resort and Spa

Morgantown, WV



## Continuing Professional Education Hours

This program is approved for 16.5 CPEUs by the Commission on Dietetic Registration for Registered Dietitians and Dietetic Technicians, Registered.

<b>Wednesday Pre-Conference Dairy Farm Educational Tour:</b>	<b>3.5 CPEUs</b>
<b>Thursday Conference Sessions:</b>	<b>6 CPEUs</b>
<b>Thursday Poster Session:</b>	<b>0.5 CPEUs</b>
<b>Exhibits:</b>	<b>0.5 CPEUs</b>
<b>Friday Conference Sessions:</b>	<b>6 CPEUs</b>

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.

## Hotel Information

Information about Lakeview Resort can be found on their website: <http://www.lakeviewresort.com>. You may check in after 3:00pm and check out by 12:00pm.

## Visit the WVAND Website

WVAND is staying green. Handouts will be available for download on the WVAND website prior to the conference. We will not have any handouts at the meeting. While you are on the website you can check out job postings, the most recent WVAND public newsletters, and recent and upcoming events.

## Program Material Feedback

We want to hear from you! A post conference survey will be emailed to the address you registered with. Please provide your feedback. This will help us to improve the educational experience for future meetings.

## Questions and Comments

Please contact Erika Ford at [forneri@wvumedicine.org](mailto:forneri@wvumedicine.org) with questions or comments concerning this year's conference. If you have ideas or comments for next year's meeting, please contact Lacy Davidson at [Lacydavidson@me.com](mailto:Lacydavidson@me.com).

## Thank You

Special thank you to conference host, Lakeview Resort. Your hospitality is greatly appreciated.

# CONFERENCE SCHEDULE

## Wednesday April 20, 2015

10:30 am – 4:00 pm

### **Dairy Farm Educational Tour**

This tour will help current and future health professionals understand the care and commitment dairy farmers' have to their animals, their environment and their community and give a glimpse of what happens on the farm in order to produce wholesome, nutritious milk and dairy foods. Participants will see first-hand where milk is produced – from the animal care facility to the milking parlor and everywhere in between. Issues of high interest, such as organic, hormones, antibiotics, food safety, animal care, and environmental implications of dairy farming will be addressed.

**CPE Level 2: CPE Credit: 3.5 LNC: 2020, 2030, 2040, 4030, 8018, 8040, 8070**

This session is being put on by American Dairy Association Mideast.

6:00 pm

### **Board Meeting and Dinner**

## Thursday April 21, 2015

7:30 am

### **Registration Opens**

8:15 am – 8:25 am

### **President's Welcome**

Speaker: *Tim Bender, WVAND President*

8:25 am - 9:55 am

### **Nutrition Education Through Entertainment**

Speaker: *Jill Jayne, MS, RD*

Jump with Jill is a music based performance that travels the country transforming nutrition education into a rock & roll nutrition concert. Armed with catchy songs, upbeat dance moves, and a hip wardrobe, Jump with Jill energizes and engages audiences to make the choices that show their bodies the respect they deserve. Come learn about the science behind the show's strategies in making nutrition rock. Expect to leave with pointers on cross-curricular training, kinesthetic learning, and a celtic punk song about water stuck in your head.

*Jill Jayne, MS, RD, is the country's only Rockstar Nutritionist. She is the leading expert in creating and delivering interactive media about health to kids and families.*

**CPE Level 2: CPE Credit: 1.5 LNC: 1130, 6040, 7120**

Sponsored in part by: American Dairy Association Mideast

9:55 am – 10:15 am

### **Break**

#### *Student Social*

*Join us tonight at 7:30 pm in Legends Sports Bar and Grill for some networking. ALL dietitians, interns, and students welcome!*

10:15 am – 11: 45 am

### **What's Hot, What's Cool, What's Green! Innovations and Trends in Kitchen Equipment**

Speaker: *Amy Collins, RD, LD*

This session will explore the latest innovations and trends in cooking technology, refrigeration solutions, and energy efficient equipment. We've come a long way from the commercial kitchens of the past.

*Amy's work experience as a Nutrition Services Director has helped her to implement Meal Delivery Systems in hospitals across the country. She currently works for WB marketing, serving as an equipment and education resource for operations in healthcare, nursing homes, schools, and other institutions and restaurants.*

**CPE Level 2: CPE Credit: 1.5 LNC: 8000, 8020, 8030**

Sponsored by: Hormel Foods

11:45 am – 1:15 pm

### **Exhibits, Posters, and Boxed Lunch**

Boxed lunches will be served at 12:30.

**CPE Level 1: CPE Credit: 1** (0.5 for Exhibits, 0.5 for Posters)

#### *Exhibit and Poster Raffle*

*As you visit each exhibit and poster presentation, don't forget to receive a ticket. Return "Ticket" to the Registration Table and save "Keep This Coupon" for your chance to win!*

1:15 pm – 2:15 pm

### **Geriatric Nutrition: How Dietitians Can Make a Positive Impact on Our Aging Population**

Speaker: *Meridith Paterson, MS, RDN, CSG, LDN*

Food insecurity, avoiding long term care, managing chronic diseases, and making informed decisions about end of life care are just some of the issues facing our aging population.

This session will focus on these areas, the role of the dietitian and how to improve the quality of life in our aging population.

*Meridith has 15 years of experience working with the geriatric population in long term care, hospice, and in the community. She currently works for Community LIFE.*

**CPE Level 2: CPE Credit: 1.0 LNC: 4190, 5100, 5430**

2:15 pm - 2:30 pm

**Break**

2:30 pm – 3:30 pm

**You are what you eat, and much more...**

Speaker: *Philippe T. Georgel, PhD*

This session will inform members of the importance of maternal diet on their off-spring with a focus on omega-3 and omega-6 fatty acids and their contribution to epigenetic programming and its transmission from generation to generation.

*Dr. Georgel obtained his PhD in Biochemistry and Biophysics from Oregon State University, and then went on to work at the National Institute of Health. His recent research focus has included the effects of diet on cancer, attempting to understand the molecular mechanism involved in the protective effects induced by consumption of various nutrients.*

**CPE Level 2: CPE Credit: 1.0 LNC: 2000, 2050, 4130**

3:30 pm – 4:30 pm

**Nutrition Policy Beyond the Bill**

Speaker: *Hannah Martin, MPH, RD*

This session will offer a high-level overview of hot-button policy issues affecting nutrition and dietetics at the federal level, and present ways to get involved through both the Academy/WVAND and in your everyday work that will help advance the profession and health of the nation.

*Hannah Martin is a policy analyst with the Prevention Initiative at the Bipartisan Policy Center in Washington, DC where she works on a variety of public health topics. Prior to joining BPC, Martin was a nutrition policy fellow at the Food Research and Action Center where her work focused on the Child and Adult Care Food Program and WIC.*

**CPE Level 1: CPE Credit: 1.0 LNC: 1000, 1080, 4000, 4080**

4:30 pm

**Announcements and Exhibit Raffle**

7:30 pm

**Student Social**

Friday April 22, 2015

8:00 am

**Registration Opens**



## A Viable Voice for Health Issues in West Virginia

The mission of the West Virginia Rural Health Association is to unite people, communities and organizations to strengthen rural health in West Virginia.

PO Box 2073, Shady Spring, WV 25918  
304 890 7017, [info@wvrha.org](mailto:info@wvrha.org)

[wvrha.org](http://wvrha.org)



8:30 am - 9:30 am

### **Academy of Nutrition and Dietetics Update**

Speaker: *Tamara Randall, MS, RD, LD, CDE, FAND*

This presentation will offer members information on recent developments of the Academy of Nutrition and Dietetics. It will highlight top changes, challenges, and initiatives of our profession and summarize the many roles played by dietetics professionals. The benefits of membership will be discussed including the myriad resources available to assist members in their personal and professional development.

*Tamara is a member of the Academy's Board of Directors serving as a member of the House of Delegates Leadership team. In her day job, she is an Instructor and Dietetic Internship Director in the Department of Nutrition at Case Western Reserve University's School of Medicine in Cleveland, OH.*

**CPE Level 2: CPE Credit: 1.0 LNC: 1000, 1080, 4100, 7200, 7050**

9:30 am – 9:45 am

### **Break**

9:45 am – 11:15 am

### **Identifying, Treating, and Preventing the Disease of Pediatric Obesity**

Speakers: *Ellen Cernich, MS, RD, LDN, CDE and Ann Condon Meyers, MS, LDN*

Dietitians will be presented with effective strategies for prevention and treatment of pediatric obesity. Techniques will be incorporated into role playing to demonstrate how to use motivational interviewing.

*Ellen has been an RD and CDE for over 15 years. Her previous roles include working with clinical pediatric diabetes patients, insulin pump therapy training, and in the last 4 years working at Children's Hospital of Pittsburgh in Weight Management. Ann has been a dietitian at Children's Hospital of Pittsburgh for more than 23 years. In addition to working with the Weight Management Program as a Wellness Advisor, Ann also works with a team of pediatricians, speech pathologists, occupational therapists, and behavioral therapists to help children who have difficulty eating a balanced diet due to biological and/or psychological barriers to eating.*

**CPE Level 2: CPE Credit: 1.5 LNC: 5070, 5370, 4150, 4160**

11:15 am – 1:00 pm

### **WVAND Board Awards, Business Meeting, and Lunch**

1:00 pm – 2:00 pm

### **Understanding DPD Curriculum, DI Program Changes, and Preceptor 101**

Speaker: *Adam Burda, MS, RDN, LDN, FAND*

This presentation will cover the changing curriculum requirements for undergraduate DPD programs, DI programs, and future graduate degree requirements. The presentation will also delve into the realm of a preceptor, how to become a preceptor, why become a preceptor, and tips for being a better preceptor.

### Foundation Raffle

*Don't forget to bring money for the foundation raffle! As always, we will have a great selection of baskets.*

*Adam currently works for two textbook publishing companies and is a Teaching Assistant Professor at WVU. He also serves as the Bylaws Chair for the West Virginia Academy of Nutrition and Dietetics and is the Regional Director for area 5 for the Nutrition and Dietetic Educators and Preceptors Council.*

**CPE Level 2: CPE Credit: 1.0 LNC: 1000, 1010**

2:00 pm – 3:00 pm

### **Parenteral Nutrition: An Evidence Based Practice Review**

Speaker: *Karen Higginbotham, RD, LD*

This session will discuss current evidence based practice for TPN indications and recommendations.

*Karen is currently employed as a Pediatric Dietitian through WVU Medicine's Children's Hospital. Prior to moving to Morgantown in 2013, Karen practiced dietetics at Children's National Medical Center in Washington DC where she specialized in the NICU and with the Intestinal Rehabilitation Program where she was the home TPN coordinator.*

**CPE Level 2: CPE Credit: 1.0 LNC: 5000, 5440**

3:00 pm – 3:15 pm

### **Break**

3:15 pm – 4:45 pm

### **Integrative and Functional Nutrition: Curious Minds Want to Know**

Speaker: *Kathie Madonna Swift, MS, RDN, LDN, FAND*

Integrative and function medical nutrition therapy (IFMNT) is an emerging evidence-based practice area for dietitians. This session will review the principles of integrative and functional nutrition and using a case-based approach, apply IFMNT clinical tools in practice. Exciting opportunities and future challenges in this area will also be discussed.

*An author, educator, and integrative clinical nutritionist, Kathie is recognized nationally as a dietitian who is making a difference. Kathie co-founded the Integrative and Functional Nutrition Academy™ and is the Education Director for Food As Medicine. She is on the Advisory Board for Integrative Medicine: A Clinician's Journal and maintains an active role in the Dietitians in Integrative and Functional Medicine DPG, serving as their past Chair and current Delegate.*

**CPE Level 2: CPE Credit: 1.5 LNC: 5000, 3000, 3060**

4:45 pm

### **Foundation Raffle and Closing Remarks**

# SPECIAL THANK YOU TO SPONSORS AND EXHIBITORS

At the time of publication, the following sponsors and exhibitors have generously committed to the 2016 WVAND Annual Conference.

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American Dairy Association Mideast  
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## Exhibitors:

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West Virginia Rural Health Association  
WVU Extension-Family Nutrition Program  
WVU Medicine-United Hospital Center  
WVU Medicine-WVU Hospitals/University Health Associates

West Virginia Academy of Nutrition and Dietetics extends its sincere appreciation to **WVU Medicine-United Hospital Center** for graciously providing the conference registration bags and to **Today's Dietitian** for providing a free 3 year subscription to their magazine as a raffle prize.

