

WVAND Annual Conference & Expo 2022
Session Overviews & Handouts

Check back at the beginning of the week of April 18th, 2022 for handouts

April 21st, 2022

- ***Communicating Nutrition Messages Through Tours, Demos, and Photography***
Sponsored by the American Dairy Association Mideast

Overview:

This interactive and hands-on session will provide participants tools to communicate nutrition messages more effectively in different settings. Participants will learn expert insights on how to lead compelling grocery store tours, execute an enticing cooking demonstration of a dairy charcuterie board, and sharpen food photography skills.

April 22nd, 2022

- ***Academy Updates***

Overview:

This interactive presentation will highlight current activities and recent developments at the Academy and the Foundation. The Academy's activities and successes in such vital areas as public policy and advocacy, malnutrition, media outreach and scientific research are addressed. Attendees will learn:

- 1) The wide-ranging and lasting value of Academy membership for all RDNs and NDTRs
- 2) How the Academy helps advance members' personal and professional development through opportunities in leadership, networking and education
- 3) The countless ways in which members *are* the Academy.

- *Interprofessional Approaches to Addressing Stress and Burnout Across the Health Care Education Continuum*

Overview:

Literature from across multiple health professions points to a crisis where current and future health professionals are suffering from stress and burnout at an alarming rate that threatens the vitality of our health care system. Students and practitioners in the field of nutrition and dietetics are not immune to this challenge. The goal of this presentation is to describe how stress is affecting all aspects of the healthcare system and to chart a path forward in maintaining a healthy nutrition and dietetics workforce that can continue to meet the needs of their patients and clients. Additionally, there is an emphasis on the role the RDN can play in helping our interprofessional colleagues care for themselves. Based on work from the National Academy of Medicine and the Interprofessional Education Collaborative, the presentation will specifically address strategies to reduce stress and burnout among NDTRs, RDNs, dietetics students and interns.

- *Modernizing Our Approach to Skeletal Health*

Overview:

This session will focus on the current evidence for diet and activity to promote skeletal health. Low bone mass is often viewed as a lifetime of contributing factors, regardless of the age of the individual. This session will review evidence of the nature of exercise that enhances skeletal health beyond the usual suggestion of "weight-bearing" activity. As well, the science of dietary habits that promote good skeletal health has evolved over time, and many points of confusion exist. Many RDNs counsel adults about weight management potentially overlooking the impact on bone until the client is in the menopausal years. Our focus on skeletal health needs to include all life stages as well as include more osteogenic activity conversations.

- *WV Registered Dietitian Private Practice Panel*

Overview:

This session will be a panel of 4 West Virginia RDNs who have started a private practice. Each RDN on the panel will have valuable information on how to start a Private Practice. Bring your questions and learn how you can start your own practice even as a side job while working full time.

- *What's New in Dietetics Education?*

Overview:

COVID-19 has altered the path of education unlike any other change in recent history. Strategies for how dietetic education programs (both undergraduate and internships) are adjusting and modifying instruction and supervised practice experiences is essential to know and understand. Many educational adjustments will continue as programs plan for "normalcy" and continue to adapt to an ever changing environment. This pandemic has not only impacted how we educate students, but also how our students educate and support those living with health disparities in our communities. Huntington's Kitchen, the community teaching kitchen at Marshall University; the Marshall University Food Pantry; and our new substance abuse nutrition education program are just a few ways our faculty, nutrition education program staff, and students are reaching community members. Another changing factor in June 2022 will be updated ACEND standards. Join us to learn about methods implemented in dietetics programs during COVID-19, including relevant internship rotations; how students and educators can impact health disparities in WV communities; how new ACEND guidelines will impact your role as a preceptor; and how we can work together to benefit our profession during this time. With everyone making changes related to the current pandemic and new ACEND standards, this information is relevant to educators in higher education, as well as preceptors, students, and future employers of these students.

- *Treating BED: How Focusing on Weight Keeps your Patient from Healing*

Overview:

Binge Eating Disorder (BED) is the most common eating disorder in the United States, with similar rates across various races, genders, and socio-economic status. Misinformation related to BED leads to under-diagnosis and limited access to appropriate care. Treating individuals who struggle with binge eating with compassion and expertise requires confidence and skill in challenging social constructs regarding food and weight. This discussion will address effective treatment strategies and interventions focusing on behavior rather than weight.