

How to Be a Smooth(ie) Talker!

0.5 CPE  **Light Breakfast Provided | 7:30 am**

Sponsored by American Dairy Association Mid-East

Discover the latest dairy health-related messages during a smoothie taste test and demonstration. You'll hear tips for demonstrating smoothies to various audiences including children, school foodservice staff, campus dining staff, WIC participants, Extension program participants, adults, athletes and more! Attendees will also be introduced to the commercial equipment needed to make large-batch smoothies at school. *Suggested Performance Indicators: 2.1, 8.5, 9.2*



Sharon Maynard, RD, LD, FAND

Sharon is a Registered and Licensed dietitian and a Fellow of the Academy of Nutrition and Dietetics with the American Dairy Association Mideast, the local affiliate of the National Dairy Council. As the Nutrition Affairs Manager, she is responsible for medical outreach programs in West Virginia and serves as a resource for health professionals, consumer leaders, media, dietetic programs, and the dairy industry. As the School Wellness manager, she manages the education partnership, ADA Mideast grants, educational programs, and the Fuel up to Play 60 Program for West Virginia schools. She has been a regular media spokesperson on WSAZ. Sharon is a former president, delegate and treasurer of the WVAND and has served on numerous committees, including the legislative committee and the first licensure board for dietitians in West Virginia. She has been acknowledged by the WVAND with the "Recognized Young Dietitian of the Year" and "Outstanding Dietitian of the Year" awards. Sharon has been a presenter for multiple WV state conferences including the WV school nutrition association, WV association of school nurses, ShapeWV (PE and Health Teacher conference), WV WIC, Regional Extension conference, WV Academy of Nutrition and Dietetics, WV Office of Child Nutrition and more. She graduated with a Bachelor of Science degree in Dietetics from Marshall University and completed a post-graduate internship at WVU Hospitals, Inc. She has extensive experience in the areas of clinical practice, community nutrition, nutrition education and diabetes care including medical nutrition therapy, communications, and media. In her spare time, Sharon enjoys spending time with family, outdoor photography, hiking, and church.

Academy, Advocacy, and Advancing the Profession

1.0 CPE | 8:15 am

The Academy of Nutrition and Dietetics – our members, our leaders and our headquarters team – have made a strong commitment to seeking, creating and implementing policy solutions to the food and nutrition issues that affect all people, to envisioning a preferred future for our profession, and for making that future happen. This presentation will spotlight current activities and successes by the Academy and its Foundation in vital areas including public policy and advocacy, malnutrition, media outreach and scientific research. The role of such initiatives as the Leadership Institute and President's Strategic Advisory Groups will be featured as notable examples of ways in which innovation accelerates our tactical impact in practice to improve everyone's nutritional health. *Suggested Performance Indicators: 1.1.5, 2.3.3, 3.2, 12.1.1*



Lauri Wright, PhD, RDN, LD, FAND

Dr. Wright worked as a clinical dietitian at the Tampa VA Hospital for more than 15 years, specializing in infectious disease. She began and directed the dietetic internship at Bay Pines VA Hospital. After completing her doctorate degree, Dr. Wright directed the master's/dietetic internship program at the University of North Florida. While at UNF, her work with HIV moved into the community. Dr. Wright then joined the faculty at University of South Florida where her research focused on food insecurity and its health impact. Lauri, who is currently living in Ghana, also works internationally with malnutrition and the nutrition transition. Dr. Wright is the founding director of the UNF Doctorate of Clinical Nutrition program and the Center for Nutrition and Food Security where she directs Meals on Wings, a food recovery-meal program for low-income seniors.

Intuitive Eating: A Guide to Healing Clients' Relationship with Food & Body

1.0 CPE | 9:15 am

Intuitive Eating is an evidenced-based, self-care eating framework; there are 10 principles within this weight neutral model. The IE framework is rooted in respect for all bodies (body diversity) and focuses on the following characteristics: reliance on internal hunger and satiety cues, unconditional permission to eat (a.k.a. attunement), and food-body choice congruence. Throughout this presentation, this framework and the corresponding research will be presented, along with practical application of said framework in order for dietitians, working in a variety of settings, to apply what they have learned in their specialty area. *Suggested Performance Indicators: 6.8.4, 8.1.1, 9.3*



Sina King, MS, MEd, RDN, LD

Sina King-Smith is a Registered Dietitian, Certified Intuitive Eating Counselor, and yoga instructor in West Virginia. She hails from Ohio, where she completed her BS in Dietetics and Master of Education in Exercise Physiology at the University of Akron while participating in collegiate basketball. She then completed a Master of Science in Animal and Nutritional Sciences and Dietetic Internship at West Virginia University. Shortly after, she began her career as the Director of Sports Nutrition for Olympic Sports at WVU. Sina has also worked as a clinical dietitian, campus dietitian, and most currently with an organization that specializes in the treatment of eating disorders and disordered eating concerns. Sina is currently pursuing a graduate degree in mental health counseling while also working with clients in her private practice. Sina's approach towards nutrition counseling utilizes intuitive eating and mindful-based eating approaches that align with the principles of Health at Every Size (HAES), all while respecting the inherent diversity of people and their body sizes. She also utilizes principles that consider the intersectionality that exists between a person's mental, emotional, physical, spiritual, social, and financial health, while supporting them in their journey towards value-based living. Her professional mission in life is to help others find healing and peace with their relationship to food & their body. Her nutrition counseling philosophy is one in which she believes every person has the potential to create a life free of dieting, body dissatisfaction, intrusive (noisy) thoughts, and distrust in their ability to find a version of health that works for them. Sina specializes in supporting clients with disordered eating, eating disorders, body image concerns, sports nutrition needs, and trauma related eating/body concerns. In her spare time, Sina enjoys reading, listening to podcasts, drawing, and many types of movement activities. She also enjoys spending time with her partner, gardening, and baking. A fun fact about Sina is that she is VERY afraid of heights and went sky diving (but never again!).

Rethinking Myths about Animal Agriculture, Farming, and Food

1.0 CPE | 10:45 am

Sponsored by National Pork Board

People want to know more about their food, where it comes from and how it's raised. Step into a pig barn through a virtual LIVE tour! In this session, a farmer and veterinarian will provide answers to the questions you may be receiving about animal agriculture, focusing on pork production. Bring your questions about raising livestock, farming and food to discuss! *Suggested Performance Indicators: 8.1, 11.2, 12.4*



Leah Dorman, DVM

Dr. Dorman is a graduate of The Ohio State University where she earned her Doctor of Veterinary Medicine and completed undergraduate coursework in Animal Sciences. Dr. Dorman is the Director of Communications and Consumer Engagement at Phibro Animal Health Corporation. Previously, she served as the Assistant State Veterinarian for the Ohio Department of Agriculture and as the Senior Director of Policy Outreach at the Ohio Farm Bureau Federation. She is a member of the American Veterinary Medication Association, the U.S. Animal Health Association and the National Institute for Animal Agriculture, where she has served in several leadership roles. Dr. Dorman is a native of Findlay, Ohio and currently lives on a farm in central Ohio with her husband and three daughters. She prides herself in serving as a resource to all who are interested in animal agriculture.

Nutrition and Wound Healing: An Overview of Mechanisms and Guidelines

1.0 CPE | 11:45 am

Sponsored by Abbott Nutrition

This presentation reviews complexities associated with wound care and best practices to promote wound healing. Different wound types are described including information about particular nutrient requirements needed for the management of pressure injuries, diabetic foot ulcers, burns and beyond. *Suggested Performance Indicators: 8.1.5, 8.3.1, 8.3.4*



Katie Robinson, PhD, MPH, RD

Katie Robinson serves as a Senior Medical Science Liaison with the Adult Therapeutics MSL Team. Prior to joining Abbott, she conducted research on the impact of nutrition and genetics on outcomes of behavioral and surgical weight loss interventions. Dr. Robinson completed her bachelor's degree in Dietetics at Iowa State University and her dietetic internship at the University of Illinois in Urbana-Champaign (UIUC). She earned her Master of Public Health and PhD in Nutritional Sciences in the Illinois Transdisciplinary Obesity Prevention Program at UIUC. Her graduate research sought to understand how preoperative dietary interventions and individual genetic variation contribute to improved insulin sensitivity following bariatric surgery. During her time at UIUC, she taught multiple undergraduate and graduate courses and assisted with coordinating the undergraduate didactic program in dietetics. Following graduate school, she completed postdoctoral training at the University of Iowa in the Fraternal Order of the Eagles Diabetes Research Center. Dr. Robinson has numerous publications in peer-reviewed journals and has presented her research at national and international conferences.

Licensure is Your Livelihood - Let's Talk About It!

1.0 CPE | 1:45 pm

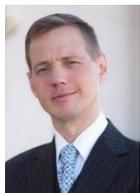
State licensure laws regulating a variety of professions and occupations have come under a newly sustained attack over the last decade from both sides of the political spectrum raising questions about their effectiveness, necessity, overbreadth, constitutionality, and inefficiency in accomplishing the goal of protecting the public from harm. This session will examine the current state of licensure both nationally and in West Virginia and clarify important aspects and limitations of West Virginia's licensure law, paying particular attention to previously successful efforts to maintain it and highlight strategies to ensure optimal outcomes in the future.

Suggested Performance Indicators: 1.1.3, 2.1, 3.2



Melanie Pagliaro

Melanie has over 15 years of executive leadership and management experience. She has over 20 years of public policy experience federal and state. Her public policy experience is derived from having served as a budget and policy analyst for the Speaker and Majority Leader of the West Virginia House of Delegates, and House Finance Committee. Her experience with the Executive Branch was obtained as she served as the director of legislative services for the Department of Health and Human Resources and as senior policy analyst in the Office of the Governor. Prior to her service in state government, Melanie spent more than 10 years working for non-profits where she lobbied for associations and coalitions. She has previous experience working with local government.



Pepin Tuma, JD

Pepin Andrew Tuma served as the Senior Director for Government and Regulatory Affairs with the Academy of Nutrition and Dietetics for over a decade, working to advance the Academy's public policy priorities through regulations and legislation, and serves as. Mr. Tuma has significant experience in government affairs and grassroots political campaigns and is a graduate of the College of William and Mary (History and Government) and the University of Virginia School of Law. He frequently speaks about issues at the intersection of law and health policy, with a recent focus on the impact of the First Amendment on government initiatives that empower or enable consumers to make knowledgeable, healthy choices about their health.

The Dietetic Dream Team: An Almost Heaven Solution in WV

1.0 CPE | 2:45 pm

West Virginia now has its first fully ACEND-accredited Nutrition and Dietetic Technology Program. This session will highlight the NDTR Scope of Practice and Standards of Professional Performance, provide examples of NDTR work experiences and how the NDTR supports the RDN in various practice settings. Speakers will highlight examples of the RDN/NDTR team in action, the patient and facility benefit of having an NDTR on staff, and seasoned best practices of this "Dietetic Dream Team" from our neighboring state of Ohio. *Suggested Performance Indicators: 2.3, 2.4.5, 3.2.5*



Pam Hamilton, MS, RDN, LD, CCMS

Pam is Senior Professor and Director of the Nutrition & Dietetic Technology Program at Pierpont Community & Technical College in Fairmont, WV. She holds a Bachelor of Arts in Education and a Master of Science in Human Nutrition & Foods. Pam has been a Registered Dietitian Nutritionist and a Licensed Dietitian in West Virginia since 2001. She earned her Certified Culinary Medicine Specialist certification in 2022. In 2011, Pam was named the West Virginia Academy of Nutrition & Dietetics Outstanding Dietitian of the Year, served as the West Virginia affiliate president in 2012-13, and has been a New Item Writer for the Dietetic Technician, Registered Credentialing Exam with the Commission on Dietetic Registration.



Anna Davis, RD, LD

Anna is the Food and Nutrition Service Director with Encompass Health and Rehabilitation Hospital in Morgantown, WV. She serves as a Regional Nutrition Advisory Board member overseeing 15 hospitals in the Mid-Atlantic Region. In her role, she is responsible for development and implementation of policies and procedures in preparation for Medicare and JCAHO regulatory agencies and actively coordinates dietetics in various hospital-wide specialty programs. She was the 2015 WVAND Outstanding Dietitian of the Year and earned the Outstanding Preceptor Award for 2013-2014.



Sonya Phares-Weiford, RDN

Sonya is a Clinical Dietitian with Davis Medical Center in Elkins, WV. In this role, Sonya provides Medical Nutrition Therapy to both in- and out-patients using the Nutrition Care Process for a multitude of conditions including diabetes, COPD, CHF, kidney disease, cancer, malnutrition, pressure wounds, GI disorders, and post-surgical nutrition interventions. Sonya conducts both Diabetes Self-Management Education/Training and Life Skills programs accredited by the American Diabetes Association, provides nutrition education at the Cardiac Rehabilitation Center, and routine nutrition education sessions to community and staff. She is a preceptor for both the WVU Dietetic Internship and Pierpont’s NDT program.



David Clark, MS, RDN, LD

David Clark is the Program Director of the Nutrition and Dietetics Technician program at Sinclair Community College in Dayton, Ohio. David also continues outpatient clinical practice at the Good Neighbor House medical clinic and is a featured nutrition speaker for the Premier Health Speakers Bureau, which provides area healthcare facilities and community agencies with a wide range of exciting topics in nutrition. David holds a Bachelor’s degree in Clinical Nutrition and a Master’s degree in Human Nutrition. David has been a Nutrition Educator in the Dayton area community for the past 15 years, providing nutrition education for various health fairs, area business wellness forums, and High School healthcare preparatory classes. David is a previous president of the Dayton Dietetic Association and remains an active member.



Karen Shultz, DTR

Karen is a Dietetic Technician, Registered with Encompass Health in Morgantown, WV. She earned her associate degree at Gateway Community & Technical College in 2003 and has worked in that role with Encompass Health, previously HealthSouth for over 20 years.

Implementation of a Multidisciplinary Team Approach to Nutritional Counseling in a West Virginia Obesity Medicine Clinic
1.0 CPE | 3:45 pm

Obesity is a chronic medical condition that affects many who live in West Virginia (39.1%) and the United States. There are evidence-based clinical practice guidelines to treat obesity in the medical setting however there are barriers to their use. There are significant intersections between medical treatment and healthy eating patterns in the treatment of obesity. However, nutrition adjustment in relation to treatment of obesity, is difficult to implement into a clinical program. Barriers to nutrition education include time for education, health professional knowledge gaps about nutrition changes for weight management, and compensation for expert level advice in relation to nutrition. These barriers are elevated by social determinants of health that are commonly found in West Virginia including economic depression, access to care, and limited education. The WVU Medicine Medical Weight Management

team will discuss a multidisciplinary team approach to obesity treatment with patients in rural West Virginia. Next steps for disseminating evidence-based obesity medicine guidance in rural West Virginia will be discussed. *Suggested Performance Indicators: 10.1.1, 10.3.1, 10.2.2*



Treah Haggerty, MD and the WVU Medicine Medical Weight Management Team

Dr. Treah Haggerty is a Family Medicine physician and a diplomat of the American Board of Obesity Medicine. She is an associate professor in the West Virginia University Department of Family Medicine and director of Pediatric, Family-based Medical Weight Management at WVU Medicine. Dr. Haggerty earned her Bachelor of Science in Aerospace Engineering at WVU and then completed her MD at the WVU School of Medicine in 2007. She completed her residency in Family Medicine in 2010. Dr. Haggerty is co-director of the WVU Dept of Family Medicine Rural Scholars Program and co-director of the WVU School of Medicine Rural Track. She leads innovative immersions in rural West Virginia for training health professional students around rural specific significant health issues. She is associate program director for the WVU Nutrition and Metabolic Diseases Fellowship to train physicians in obesity medicine.



Cathy Shaw, RD, CSOWM, LD

Cathy Shaw is a Registered and Licensed Dietitian with over 30 years of experience as a clinical dietitian and counselor in a wide variety of practice areas including hospital, long term care, outpatient and community settings. She received her Bachelor of Science Degree from West Virginia Wesleyan College and went on to complete her Dietetic Internship at West Virginia University Hospitals, Inc. She is a Certified Specialist in Obesity and Weight Management and has been providing weight management counseling services in health care centers, private practice, and community programs since 2008. She has served as a nutrition consultant and educator/coach for various community-based wellness programs and has been involved in many statewide initiatives in WV, aiming to address the obesity crisis from a population health perspective. She is currently the clinical dietitian for the Medical Weight Management Program at WVU Medicine and serves as an integral part of this multidisciplinary evidence based approach to the treatment of obesity in both adults and children. She serves as a preceptor for the WVU Medicine Dietetic Internship and provides education for dietetic students on counseling and nutrition intervention for the treatment of obesity. She is also actively involved in policy efforts to further equitable access to obesity care and strives to advocate for the elimination of weight stigma and bias. Cathy has served for many years in various roles on the executive board of the West Virginia Academy of Nutrition and dietetics and is currently serving in the Academy's House of Delegates as the Delegate for West Virginia.