

# 2024 Annual Meeting and Conference Agenda

## Day 1

### 7:00 - 8:00 - Networking and Light Breakfast

### 8:00 - 8:15 - Welcome and Opening Remarks

Ashley Danielson, RDN, LD, Iowa Academy President

### 8:15 - 9:15 - Complex GI Issues and the Latest in Nutrition Intervention

Carol Ireton-Jones, PhD, RDN, LD, CNSC, FAND, FASPEN

**Suggested Performance Indicators:** 8.3.1, 11.2.3

#### Objectives:

1. Review diagnoses commonly seen in patients with GI challenges.
2. Describe application of symptom management of GI diseases including diet, EN and PN.
3. Describe key components of the GI RD practice.

#### Session Description:

People with GI intolerances and most recently dysautonomia diagnosis have multiple symptoms including pain, increased GI output, abdominal distention, nausea and vomiting. The Registered Dietitian should complete a thorough nutrition assessment, symptom assessment and work with the patient to develop a nutrition intervention that provides for successful outcomes. While this seems straightforward, many GI patients have poor intake and food fears. Many have seen non-evidence-based practitioners and may have used unproven therapies or “emerging therapies”. Nutrition management must follow evidence-based nutrition practice to support all patients but especially complex GI patients.

### 9:15 - 9:30 - BREAK

### 9:30 - 10:30 - Beyond the Hype: Examining the Scientific Evidence for the Mediterranean Diet

Matthew Landry, PhD, RDN, DipACLM, FAND, FAHA

**Suggested Performance Indicators:** 2.1\*, 9.1, 10.3

#### Objectives:

1. Describe the challenges in creating a universally accepted dietary template that captures the diverse culinary heritage of Mediterranean countries and the exclusion of traditional cuisines from other Mediterranean coastlines.
2. Evaluate the current body of evidence supporting the health benefits of the Mediterranean diet that link the dietary pattern to reduced risks of cardiovascular diseases, diabetes, certain cancers, and cognitive decline.
3. Assess the transferability of the Mediterranean diet to non-Mediterranean regions, recognizing the limitations and barriers faced by different populations in integrating the diet into their lifestyles.
4. Develop an awareness of potential modifications and cultural adaptations to make the Mediterranean diet more accessible, inclusive, and relevant for individuals with diverse cultural backgrounds.

#### Session Description:

Let's revisit what you think you know about the Mediterranean Diet! In recent years, new evidence and critiques of the Mediterranean Diet have emerged in the medical, dietetic, and broader literature. Rooted in the traditional eating patterns of European Mediterranean countries, the Mediterranean Diet emphasizes a nutrient intake moderate-to-high in carbohydrates and low in saturated fat. Substantial evidence supports the diet's potential health benefits, linking it to reduced risks of cardiovascular diseases, diabetes, certain cancers, and cognitive decline. Additionally, new research reveals a positive influence of this diet on gut microbiome symbiosis and inflammation. However, despite its potential, adherence to the Mediterranean Diet is limited

among the US population and critiques indicate it may not be appropriate for all people. Reasons for this may be related to cultural and racial exclusion (including structural inequities) and the cost and accessibility of foods. This session will discuss the nuances of the diet, new research findings, critiques and concerns, and appropriate applications.

### **10:30 - 11:30 - Diabetes and Nutrition Management: Challenges and Opportunities**

Katie Robinson, PhD, MPH, RD, LD, CNSC

**Suggested Performance Indicators:** 7.2.1, 10.6.3, 11.1.3

#### **Objectives:**

1. Identify diabetes-related nutritional needs and gaps in diabetes-care.
2. Discuss relevant guidelines for the nutrition care of patients with diabetes.
3. Evaluate evidence to support nutritional therapies and technologies in the inpatient and outpatient setting for diabetes management.

#### **Session Description:**

In this session, an overview of the challenges in diabetes care and strategies to overcome gaps in diabetes care are explored. A general overview of important nutrients that play a role in diabetes progression and treatment are reviewed. Diabetes management strategies involving lifestyle management and the use of digital technologies, such as continuous glucose monitoring, to enhance patient outcomes is discussed.

### **11:30 - 12:30 - LUNCH**

### **12:30 - 1:30 - The What, Why, and How around Plant-Based Diets**

Matthew Landry, PhD, RDN, DipACLM, FAND, FAHA

**Suggested Performance Indicators:** 2.1\*, 9.1, 10.3

#### **Objectives:**

1. Describe components of a plant-based diet and their benefits for the prevention and treatment of nutrition-related chronic diseases.
2. Evaluate key findings of studies comparing the cardiometabolic effects of omnivorous and vegan diets among various populations.
3. Develop strategies to assist patients and clients in adopting and adhering to plant-based eating patterns.

#### **Session Description:**

A combination of factors that include health considerations, environmental concerns, ethical considerations, and culinary innovation all contribute to the growing popularity of plant-based diets. This session will cover the WHAT, WHY, and HOW around plant-based diets. Specifically, WHAT falls under the diverse umbrella of plant-based diets, the scientific rationale behind WHY we should be recommending plant-based diets for prevention and management of chronic diseases, and HOW to effectively get even the most challenging patients and clients to move towards adopting plant-based diets. The session will feature recent evidence from plant-based dietary interventions conducted by the speaker including a recent study of a vegan diet versus omnivorous diet among identical twins which was featured in the Netflix docuseries "You Are What You Eat: A Twin Experiment". Learn what the documentary got right and what were some potential biases. You'll leave this session with the knowledge and skills to advocate for, implement, and support the adoption of plant-centric eating habits.

### **1:30 - 2:00 - EXHIBITS**

## **2:00 - 3:00 - “Everyone as a community should help.” Identifying and Addressing Social Determinants of Child Health Behaviors**

Lenora Goodman, MPH, RDN

**Suggested Performance Indicators:** 1.7\*, 1.7.2\*, 2.3\*, 2.3.3\*, 2.4\*, 2.4.4\*

### **Objectives:**

1. Define and identify social determinants of health (SDoH) relevant to child and adolescent health and health behaviors.
2. Identify how SDoH intersects with culture and social position to affect the health of children and families from historically marginalized backgrounds.
3. Identify strategies for applying knowledge of SDoH in public health and clinical dietetic practice.

### **Session Description:**

In this talk, I will provide an overview of social determinants of health (SDoH) relevant to child health behaviors (e.g., eating and physical activity behaviors). Additionally, I will discuss how SDoH intersects with factors such as culture in the context of families from under-resourced backgrounds and diverse racial and ethnic groups. I will use examples from media and popular culture, recent scientific literature, and from my own research. Finally, I will provide strategies for how public health and clinical registered dietitians can apply this understanding of SDoH in practice.

## **3:00 - 3:30 - EXHIBITS**

### **3:30 - 4:30 - A Collaborative Exploration of Public Trust and the Dietetics Profession**

Cat Rudolph, MS, RD, LDN

Nicole Kling, MS

Savannah Schultz, MS, RDN, LD

**Suggested Performance Indicators:** 4.1.1, 4.2.8, 5.1.2

### **Objectives:**

1. Assess the current status of public trust in nutrition professionals and scientists.
2. Discuss the implications of trust and perception within the dietetics profession.
3. Identify opportunities to build trust between dietitians and the public.

### **Session Description:**

Narratives and public perception are critical in the dietetic profession's ability to maximize our impact. Through an equity-based lens, this presentation aims to inform participants about the evidence surrounding public trust in nutritional professionals and scientists. The presentation includes a review of the emerging literature and then transitions into collaborative small and large-group discussions. Through discussions, participants will explore the role and perception of dietitians today and identify a collective vision for the future. A concept map will illustrate the major themes discussed. We hope to end with identified action steps on how we, the dietetics community, can collectively focus efforts to achieve our established goals/vision. This work doesn't end here; we hope to gather a few volunteers interested in helping complete the concept map to be utilized for future strategic planning among dietetic students and professionals.

## **5:00 - 5:30 - Board & Council Meeting**

### **6:00 - 7:30 - President's Reception**

Social and Networking opportunity for all.

Alcoholic and non alcoholic beverages provided.

## Day 2

### 7:00 - 8:00 - Networking and Light Breakfast

### 8:00 - 8:15 - Welcome and Opening Remarks

Jessica Schroeder, RDN, LD, Iowa Academy President Elect

### 8:15 - 9:15 - Nutrition & Lifestyle Practices in the Menopause Transition with an Emphasis on Cognitive Health

Barbie Boules, RDN, LDN, CHWC

**Suggested Performance Indicators:** 9.1.1 - 9.1.5

#### **Objectives:**

1. Understand the impact of peri/menopause on metabolic & brain health.
2. Understand nutrition & lifestyle approaches & solutions for new risk factors and changes in health.

#### **Session Description:**

A 1-hour presentation on the metabolic and brain health concerns that arise secondary to hormonal changes during and after the menopause transition. Attendees will learn up-to-date, evidence-based nutrition and lifestyle strategies for helping clients (and themselves) address health challenges and shifting needs, and for promoting optimal midlife health.

### 9:15 - 9:30 - BREAK

### 9:30 - 10:30 - Pediatric Obesity: A Review of the Current Guidelines

Andie lee Gonzalez, PhD, MPH, RDN, LD, FAND

**Suggested Performance Indicators:** 7.2.1, 10.6.3, 11.1.3

#### **Objectives:**

1. Identify the current landscape and challenges surrounding obesity in the pediatric population.
2. Discuss current obesity guidelines with a focus on the 2023 American Academy of Pediatrics Clinical Practice Guideline.
3. Evaluate the evidence to support the relevant therapies for pediatric obesity.

#### **Session Description:**

Recommendations to address pediatric obesity will be discussed in this program. Guidelines from a variety of professional organizations will be highlighted including those from The Obesity Society, The Academy of Nutrition and Dietetics, and the American Academy of Pediatrics. Emphasis will be placed on lifestyle modifications used for pediatric obesity, and the role of stigma and bias in obesity care will also be addressed.

### 10:30 - 11:30 - Policy Perspectives: Engaging in Advocacy to Elevate RDN Impact

Cat Rudolph, MS, RD, LDN

Kaitlyn Scheuermann, MPP-D, RDN, LD

Tina Bauermeister, MS, RDN, LD, CDCES

Lyndi Buckingham-Schutt, PhD, RDN

Kara Wiggins, MS, RD, ATC

Joseph Jones, PhD, MPA, IOM

Maddy Bradley

**Suggested Performance Indicators:** 1.1.3\*, 4.2.2, 4.2.3

#### **Objectives:**

1. Describe key legislative events impacting the dietetics profession.

2. Discuss the significance of the 2024 Iowa state elections as it relates to the Iowa Academy's policy priorities.
3. Identify legislative and regulatory activities that they can participate in to elevate the impact of the dietetics profession.

**Session Description:**

This session begins with a brief update from the Iowa Academy policy team and lobbyist(s). We will review the recent challenges and successes of our advocacy efforts, what our team and lobbyists have been doing, and important information to know about the 2024 Iowa state elections. The second half of the session will include a panel discussion, where speakers will share their insights and tips for engaging in policy and advocacy. The panel will include an Iowa Academy policy team member, at least one of our lobbyists, a legislator or legislative staffer (if available), and Lyndi Buckingham-Schutt, prior Chair of the Academy of Nutrition and Dietetics' Legislative and Public Policy Committee. We hope dietetics students and professionals will walk away with increased knowledge of the policy process and opportunities to elevate our impact as a profession.

**11:30 - 12:45 - Business Meeting, Awards and Lunch**

**Chicken Caprese (Gluten Free)** - Seared chicken breast, fresh mozzarella, basil pesto, tomato ragout, balsamic vinegar reduction, herb roasted baby red potatoes, steamed seasonal vegetables

**Pork Loin** - Sweet heat rubbed pork loin, apple chutney, herb roasted baby red potatoes, steamed seasonal vegetables

**Cauliflower Tofu Stir Fry (Vegan, Gluten Free)** - Tofu, cauliflower, broccoli, stir fried vegetables, white rice

**12:45 - 1:00 - BREAK**

**1:00 - 2:00 - From Waistline to the Gumline: Exploring the Interplay of Obesity, Oral Microbiome, and Diet**

Sukirth M. Ganesan, DDS, PhD, MPH

Lori Winborn, MPH, RDN, LD

**Suggested Performance Indicators:** 4.3.2, 4.3.1, 5.1.2, 5.2.5, 5.2.6, 7.2.3, 7.3.1, 9.1.2, 9.2.3, 9.2.4

**Objectives:**

1. Understand the multifaceted relationship between obesity, oral microbiome, oral health, and diet.
2. Elucidate the impact of systemic inflammation on the oral environment.
3. Understand the difference between Roux-en-Y gastric bypass and sleeve gastrectomy weight loss procedures.
4. Identify common nutrient deficiencies that may develop with weight loss surgery.

**2:00 - 3:00 - Impact of the RD in the Long-Term Care Setting**

Jocelyn Evans, RD, LD, CSG

Stephanie Johnson, RD, LD

**Suggested Performance Indicators:** 3.3.1, 1.3, 8.4.8

**Objectives:**

1. Identify non-conventional ways for the dietitian to positively impact the care of older adults.
2. Recognize the importance of the role of the registered dietitian in long term care.
3. Describe the expectations for a consultant dietitian in their service of long term care settings.

**Session Description:**

Dietitians can sometimes be overlooked in the long term setting and it's important that we make a way for our spot at the table. The opportunities are endless in ways our knowledge as dietitians can positively impact the care of older adults. Learn more about the role of the RD and how to advocate for their importance in the long term care setting.

**3:00 - 3:15 - BREAK**

**3:15 - 4:15 - From Self-Care to Self-Empowerment: A New Outlook on Dietitian Job Satisfaction and Well-Being**

Lauren Fleck, MS, RD, RYT

**Suggested Performance Indicators:** 1.1.1\*, 1.1.7, 3.3.2, 3.4.4, 5.2.7

**Objectives:**

1. To broaden participants' understanding of burnout, employee well-being, and job satisfaction beyond traditional self-care techniques.
2. To equip participants with actionable strategies and tangible takeaways for improving their well-being and job satisfaction as dietitians, empowering them to implement these strategies effectively in their roles.
3. To foster an interactive and engaging session where participants actively reflect on their own well-being and job satisfaction, promoting a sense of empowerment and readiness to take proactive steps towards greater professional satisfaction and overall well-being.

**Session Description:**

Ever since the pandemic, the term 'self-care' has become common in the workplace, but is yoga class and a bubble bath enough? This interactive presentation offers a holistic perspective on employee well-being and satisfaction, moving beyond traditional self-care to explore the roles of values, strengths, connection, self-awareness, and more. Participants will leave with practical tools to enhance their well-being and job satisfaction, empowering them in their roles as dietitians.

**\*Meets the CDR requirement for 1 CPEU for ethics or health equity.**

**The CPE activity application for the 2024 Annual Meeting and Conference is pending CDR review and approval for 12.0 CPEUs.**



**iowa** academy  
OF NUTRITION & DIETETICS

**[eatrightiowa.org](http://eatrightiowa.org)**

**eat**<sup>™</sup> an affiliate of the  
**right.** Academy of Nutrition and Dietetics

