



Fresh Start

West Virginia Academy of Nutrition and Dietetics

2013 Annual Meeting, March 20-21

Wednesday, March 20

Why Our Clients Promise to Change... and then Don't: Uncovering Hidden Issues for Better Nutrition Outcomes



Jessica Setnick, MS, RD, CEDRD
Founder, Eating Disorders Boot Camp

If you're a dietitian, Jessica Setnick is your biggest fan. She believes that our natural abilities together with our training give us a unique perspective in this era of dysfunctional eating. Through *The American Dietetic Association Pocket Guide to Eating Disorders* and *Eating Disorders Boot Camp*, Jessica shares her strategies with health professionals around the world. Every day a dietitian somewhere throws up his or her hands in exasperation because a patient just isn't "doing what we talked about." The patients themselves are frustrated and don't understand why they don't follow through on the advice that they asked for, paid for, and agreed to! This presentation uses the latest research on human behavior to explain why we so often fail to follow through on our goals, and how dietitians can use this knowledge to improve nutrition outcomes.

Filling in the Protein Gap

Sponsored by: Nutricia



Lynn Spalding, RD, CSG
Independent Food and Nutrition Consultant

Protein is a vital component of many bodily functions, including tissue repair. When intake is inadequate, especially with older adults, a deficiency can rapidly occur and impaired healing can result. This session is designed to review the role of protein and discuss solutions for "filling the protein gap". Along with conditions that increase needs, protein quality and type will be examined. The older adult population often face challenges that interfere with consuming increased protein and practical solutions will be presented. Whether you are a dietitian practicing in acute or long term care, this session will provide evidence-based resources to assist with clinical decision making.

Learning to love licensure: Why and how RDs can protect our profession and the public



Emilee Peck, RD,LD
Greenbriar Valley Medical Center



Brooke Nissim-Sabat, MS, RD,LD
Assistant Professor of Foods & Nutrition
Pierpont Community & Technical College

West Virginia dietitians achieved licensure nearly 20 years ago, and since then may have forgotten why we ever wanted it in the first place! This session explains what our current licensure does and doesn't entitle us, as well as how to report a practitioner who might be in violation of our licensure. You will learn to be an advocate for legislation supporting RDs and DTRs in our work, and how to explain what the heck a licensed dietitian *actually* does.

Social media Part I - "The Building Blocks of Social Media Strategy" (beginners)



John Cummings
Assistant Director Enterprise Applications
Marshall University

An introduction to the leading social media platforms available today, and a look at the basic dos and don'ts of becoming familiar with these platforms and using them to deliver your message.

Saturated Fat, CHO and Metabolic Syndrome: Should we change our recommendations?

Sponsored by: National Cattleman's Beef Board



Mike Roussell, PhD
Founder Naked Nutrition, LLC

Author, speaker, and nutritional consultant Mike Roussell, PhD is known for transforming complex nutritional concepts into practical nutritional habits that his clients can use to ensure permanent weight loss and long lasting health. This talk will look at the recent research which has brought into question the need for restriction of saturated fat in the diet. This talk will also discuss the growing body of evidence to show that carbohydrate restriction modifies the potential negative lipid effects of increased saturated fat and how this may be the future of the treatment for metabolic syndrome.

Panel Discussion: Equipping our Children for a Healthy Future



Panelist:

Mary Weikle - Office of Healthy Schools - “Let’s Move”

Debbie Shrewsbury - Assistant Principal at Winfield Middle School - “Fuel up to Play 60”

Linda St. Clair, MS, RD, LD, CDE - Office of Child Nutrition - “The New Meal Patter in the National School Lunch Program”

Kelli J. Williams, PhD, RD, LD - Department Chair, Professor of Dietetics, Marshall University

Tim Bender, MS, RD, LD – Director, Marshall University Nutrition Education Program

Amy Gannon, MS, RD, LD – WVY Extension Service Faculty Member & Youth Specialist

As a result of the Healthy, Hunger-Free Kids Act of 2010, the United States Department of Agriculture (USDA) made significant changes to the meal pattern for the National School Lunch Program (NSLP). These changes are intended to improve the nutrient content of meals and address childhood obesity.

While WV had previously created stricter nutrient standards than required by USDA, the HHFKA mandated additional changes. Nationally, students, parents and school administrators expressed concern that the changes to the meal pattern were too restrictive and some students would not get their caloric needs met. WV has worked to implement the new meal while reassuring the public that the meals are sufficient for almost all students. This session will provide an explanation of the changes. Examples of actual school menus will be used. Attendees will also learn about nutrition programs in WV preK-12 schools that are working to make children healthier including Let’s Move, Fuel Up to Play 60, WV Family Nutrition Program’s preschool nutrition education pilot and Marshall’s Nutrition Education Program.



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Cystic Fibrosis



Allie Farley, MS, RD ,LD
Cystic Fibrosis Dietitian, WVU Hospital

Nutrition guidelines and recommendations for pediatric and adult patients with Cystic Fibrosis will be presented. Attendees will learn to 1) Classify age specific nutrition related guidelines for Cystic Fibrosis patients. 2) Explain the importance of fat soluble vitamins: A, D, E and K. 3) Identify signs and symptoms of Pancreatic Insufficiency in patients with Cystic Fibrosis. 4) Calculate pancreatic enzymes and make recommendations for Pancreatic Insufficient patients with Cystic Fibrosis. 5) Recognize comorbidities related to Cystic fibrosis.

The Academy of Nutrition and Dietetics: What Does the Future Hold for Our Academy and Profession?



Ethan Bergman, PhD, RD, CD, FADA
President, Academy of Nutrition and Dietetics
Associate Dean and Professor of Food Science and Nutrition,
Central Washington University

President of the Academy of Nutrition and Dietetic, Ethan Bergman, will share updates from the Academy. The Update highlights benefits to dietetics professionals of membership, including the myriad 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 the many activities being carried out on their behalf, such as public policy and advocacy, the Foundation and news media outreach programs.

Maintaining muscle mass and function with age: Establishing a nutrition Framework

Sponsored by: American Dairy Association Mideast



Douglas Paddon-Jones, Ph.D
Professor, Nutrition and Metabolism
The University of Texas Medical Branch

Dr. Paddon-Jones is a Professor of Nutrition and Metabolism at the University of Texas Medical Branch. He is the Director of the Nutrition and Metabolism Research Laboratory and a Senior Fellow of the Sealy Center on Aging. Dr. Paddon-Jones' research focuses on the regulation of muscle mass and function in healthy and clinical populations. He has conducted numerous NIH, NASA and industry supported studies. Special interests include the sarcopenia of aging, protein metabolism and nutrition, and the physiology of physical inactivity and bed rest. The session provides an overview on sarcopenia and how it affects older adults. This includes a review of current research efforts to identify and optimize nutrition and exercise interventions to maintain health and prevent the loss of muscle and function with age.

What to do When You Start at 9AM Sharp and End at 5PM Dull!



Walt Stasinski, MEd, MPH
President, Potential Unlimited, Inc.

Taking life too seriously? Not having enough fun? Not anymore! Learn how to bring the **joy** back into your life by laughing so hard you get tears in your eyes.

Do you remember how good that feels? The learner will: 1) find out how to use humor to create a positive attitude 2) discover how humor enhances their life 3) understand how to use humor to foster a spirit of fun and 4) comprehend how humor can be used to manage stress.

Social media Part II – “A Fresh Look at Utilizing Social Media for Business Networking, Productivity, Growth, and Revenue”



Shelly Marie Redmond, MS, RD, LDN
Author: Eat Well and Be Fabulous:
A Guide for the Modern Day Woman

Get a fresh start by leveraging each social medium (blogs, vlogs, Facebook, Twitter, YouTube, Tumblr, and Linked-In) to increase business growth and visibility. Discover which medium (or mediums) is best for your business, as well as simple time management guidelines to tie ALL mediums together. Build your readership, followers, and fan base by discovering the exact techniques on writing blog post, and getting RTd.? Discover how to engage your friends, fan base, and followers as well as how to gain sponsors and earn revenue from your social media platform! Leave with an exact blueprint for maximizing your social media toolkit for business success.

Principles of Basal-Bolus Insulin Therapy and Carbohydrate Counting



Henry Driscoll, M.D., F.A.C.P.
Professor of Medicine & Farrell Professor of Endocrinology
Marshall University Joan C. Edwards School of Medicine

Dr. Driscoll specializes in endocrinology, diabetes and metabolism. This session will review the principles of basal and bolus insulin therapy in the treatment of diabetes, including carbohydrate counting, insulin to carbohydrate ratio, and correction factor. Attendees will be able to 1) Explain the utility of basal-bolus insulin therapy for treating diabetes 2) Explain the use of insulin to carbohydrate ratio and correction factor in the treatment of diabetes and 3) Explain the use of carbohydrate counting in managing diabetes

Closing Remarks & DRAWINGS!!!