



## MTAND 2019 FANS Session Descriptions

### **Farm to Dietitian: A Culinary Medicine Approach to Gut Health**

D. Coleen R. Kaiser, MS, RDN, LN

Anna Diffenderfer, MS, RDN, LN

Marcy Gaston, MS, RD, LN, CD

Farm to Dietitian Workshop session will:

- Introduction to a culinary medicine lesson developed by MSU/MDI through a hands-on, experiential culinary medicine workshop
- Instruction on interprofessional in-service delivery of culinary lessons delivered by RDNs at various healthcare provider facilities, community organizations sites, schools, or other sites where dietetic professional practice.
- Review of biochemical nutritional qualities of different foods in relation to gut health, disease prevention and treatment
- Gut friendly meal prepared during the workshop with discussion of nutritional profile of meal, ingredient sourcing and characteristics, and application of lesson in different settings

The expectation is that workshop participation will support the continued growth and development of skills and knowledge so as to apply sustainable food system principles in practice, plus cultivate vibrant and relevant leadership skills to be applied in various dietetic work environments. The MDI program actively seeks to support the efforts of Montana RDNs in various leadership roles.

### **FRESH Delivery, Effective strategies to help you take the stage with confidence**

Judy Barbe, MS RDN

Effectively communicating knowledge and expertise is one of the most important things a registered dietitian can do to promote his or her organization, profession and self. In a clinic, grocery store, or conference, registered dietitians deliver information through presentations. However, many struggle when they speak — they lack<sup>[SEP]</sup> focus, have unreadable slides, or<sup>[SEP]</sup> are uncomfortable in the speaking space.

This session will help attendees take the stage with confidence and transform the way they prepare and deliver presentations so that they take the stage with confidence.

### **“The Collaborative Leader: What do Dietitians have to do with Leadership”**

AMB WEST Philanthropies Staff and Professional Panel

This presentation will be a collaborative effort to demonstrate successful leadership and leadership skills for dietitians. There will be leadership games and puzzles, as well as a panel discussion where successful leaders in the field will be asked targeted questions, before opening it up to attendees to ask questions.

### **Helping Food Management Companies Align with Sustainability Goals: The Dietitian's Role**

Anna Bartholemy, BS

This presentation will examine the sustainability goals of food management companies such as Sodexo, Aramark and Compass and how they can be implemented in practice through contracts, networks, and policy at the local level. We will explore areas of opportunity to facilitate changes that align with the goals, through the leadership of dietitians, that support a healthy food system, local economies and the communities we live in.

### **Identifying Eating Disorders in Underserved and Overlooked populations**

Lindsay Birchfield, MS, RD, LDN, CD

This presentation will review the diagnostic criteria of various eating disorder presentations, review dietary interventions, and discuss how to support overlooked and underserved populations that struggle with chronic dieting and disordered eating.

### **"Harnessing the Power of WE" – Perspectives on Diabetes and Family Burden and Support**

Marci Butcher, RD, LN, CDE

Much is known about the burden of diabetes on the person living with the condition, but not as much is known about the burden of those who care about the person with diabetes, as well as how these caregivers/supporters can impact diabetes self-care. This presentation will discuss the DAWN and DAWN2 studies that address the diabetes burden of caregivers, and we will identify opportunities for supporting these influential people in the lives of those living with diabetes. When we help families to identify strategies to 'harness the power of WE,' we can greatly increase their capacity for positive self-care.

### **The Metabolic Consequences of Excessive Sugar Consumption**

Nicole Cirilli, BS

Obesity and its related complications are the public health crises of our generation. The western diet boasts inexpensive, highly processed food products that are addictively rich in refined carbohydrates (sugar) and added sugar (more sugar). What is the relationship between the rising ubiquity of highly processed food and the emergence of widespread obesity? This presentation will review how our bodies metabolize excessive amounts of concentrated sugar and the subsequent cascade of endocrine disruption that some believe to have caused the obesity epidemic.

### **The detrimental effects of a weight-centered paradigm and evidence for Health at Every Size as a public health approach**

Savanna Goelz, MS

A summary of weight science will be critically analyzed in this presentation and the long-term, unintended consequences of a weight-focused paradigm will be discussed. Health at Every Size will then be explored as a weight-neutral public health approach.

## **Adverse Childhood Experiences (ACEs): How ACEs impact adult health, and how individuals and organizations can address them.**

John Gregory

- What are ACEs?
- How do ACEs impact adult health?
- What can we do about ACEs?
- What is toxic stress?
- What does it mean to be trauma Informed?
- Why are attachment and healthy relationships important?
- What is resilience and why is it important?

How do our habits and behaviors relate to our relationships and our health?

## **Nutritional Care in Oncology: A Case Study**

Emily Gresh, BS

Esophageal malignancies are described to be the sixth leading cause of cancer-related mortality and the eighth most common cancer worldwide. Patients undergoing treatment for esophageal cancer face a high risk of malnutrition due to early obstruction of the gastrointestinal passage. This presentation discusses the vital role of the dietitian in palliative care and oncologic outcomes.

## **Nutritional Implications of Bariatric Surgery and the Role of the Registered Dietitian in Montana**

Aidan Gustin, BS

This presentation covers the multiple nutritional interventions needed pre and post bariatric surgery, the underlying nutritional risks and how RDs play a role in implementing these interventions.

## **Clinical Case Study-Caring for Pancreatitis: A Nutrition-Based Approach**

Jonathan Heppner, BS

With alcoholism being prevalent across Montana and 65% of Montana being rural and spread out, this presentation will cover the nutrition guidelines behind pancreatitis; reviewing the practice of NFPEs in diagnosing malnutrition for those working at hospitals/clinics in small, rural communities; and applying the appropriate interventions for treating those with pancreatitis and alcohol abuse in the process toward recovery.

## **No Cure for Fatty Liver Disease, So What Can We Do?**

Serena Hodges-Jolley BS, DTR

Obesity and diabetes are risk factors for Fatty Liver Disease (FLD). Incidence of these conditions has increased, therefore there has been an increase in the incidence of FLD. FLD is not curable but what we can do is practice prevention and when it does occur, we can be prepared to provide dietary support.

## **Exclusive Enteral Nutrition in the Management of Crohn's Disease: Overlooked and Underutilized?**

Jordan Howard, BS

While the exact etiology of Crohn's disease is remains largely unknown, its involvement of the gastrointestinal tract has warranted extensive investigation into the relationship between nutrition and Crohn's disease prevention and management. This presentation evaluates current research and evidence-based guidelines to determine the efficacy of enteral nutrition support in inducing remission and preventing malnutrition in Crohn's disease patients.

### **Disordered Eating in the Hospital Setting: A Toolkit**

Kennedy Johnston, BS

In today's American climate 1 in 5 people suffer from some form of mental illness and almost half of the entire population has or has known someone who suffered from an eating disorder. Unfortunately for clinical dietitians, who see a lot of patient traffic, there seems to be a large gap in our training on eating disorder counseling, despite its growing prevalence in our country and across the globe. It is of utmost importance that dietitians, the leading experts on nutrition, be well-equipped to counsel patients suffering from disordered eating patterns and diagnosed or undiagnosed eating disorders in the clinical setting.

### **Disordered Eating in Transgender Patients: How to Become More Clinically and Culturally Competent**

Juliette Khoshrozeh, BS

This presentation will give a better understanding for increased risk transgender patients have for developing eating disorders, and the role dietitians play in their recovery. Since eating disorder research has primarily focused on heterosexual women, it is important to gain a better understanding of how to appropriately work with patients who have a heightened risk of developing an eating disorder. Furthermore, this presentation will discuss the complexities of eating disorders and how to properly assess risk factors in patients.

### **Disordered Eating and Eating Disorders in Collegiate Sports**

Taylor Lopez-Cepero, BS

This presentation will explore the pressures collegiate athletes feel to maintain body standards for performance and how this can lead to disordered eating behaviors. Intervention and treatment approaches for the RDN will be examined.

### **Your Academy in Action**

Donna S. Martin, EdS, RDN, LD, SNS, FAND

The primary objective is to highlight current activities and recent developments at the Academy of Nutrition and Dietetics and the Foundation. Your Academy in Action spotlights new and continuing benefits of Academy membership, such as resources available to assist members in their personal and professional growth; emphasizes the value of the Academy and members to our profession and challenges we face; contains information on the Academy's Strategic Plan; and updates members on the progress of the Foundation. The Academy's activities and successes in such areas as public policy and advocacy, malnutrition, media outreach and scientific research are addressed.

Networking: The key to your success!

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This will be an interactive, dynamic session in which you will do much of the talking, and all will emerge with a deeper understanding of how networking works, and how we can use it to our best advantage.

You will learn ways of succinctly describing yourself and your career goals succinctly and how to recognize and take advantage of a networking opportunity when it arises. A lot of focus will be put on developing networking skills and increasing awareness of networking resources.

### **Growing Local Dollars with Local Food**

Colton McCracken, BS

Most have been told in some form or another, how buying local can be beneficial to health and sustainability. This presentation takes a different route to focus on the impact purchasing regional products can have on local economies. We will review our current food system, the power of buying local, and the economic impact that occurs when investing in a food producer within your own community.

### **What's up with the Gut?**

Brittany Moats, BS

Learn about the emerging role of RD's in this new area of study; the gut microbiome.

### **Gliomas and the Ketogenic Diet**

Riley O'Connor, BS

This presentation will provide a critical analysis of the Ketogenic diet and astrocytoma as well as findings from interning at Aurora Medical Center-St. Luke's Neuroanatomy Laboratory in Milwaukee, Wisconsin, where the presenter participated in a clinical trial studying the relationship between the Ketogenic diet and glioblastoma.

### **Protect Your Brain: How a Healthy Diet Can Prevent Alzheimer's**

Ashlee O'Dell, BS

In the United States, 5.7 million Americans are living with Alzheimer's, by 2050 this number is projected to reach 14 million. This neurodegenerative dementia is a major source of morbidity, mortality, and healthcare expenditure. While there have been strong efforts to develop disease modifying therapies for late-onset Alzheimer's, there has been little success in humans. However, recent findings suggest that early risk-reducing interventions may be able to decrease the incidence of, delay, or even prevent Alzheimer's.

### **Eating Patterns & Behaviors: Adolescent Nutrition**

Jessie Orrino, BA, BS

Adolescents tend to be very conscious of appearances and may feel pressured to be thin or to look a certain way. We will explore adolescence as the window of opportunity for the improvement of nutritional status and for correcting poor nutritional practices.

### **Use of Medical Marijuana in Dietetics: Curbing Malnutrition Associated with Chronic Diseases**

Jenna Ray, BS

This presentation will explore the potential clinical uses of medical marijuana in the field of dietetics as a solution to malnutrition.

### **Renew! Understand, Prevent, and Treat Compassion Fatigue**

Lynette Rodi, MA, LCPC, LAC, CCFP

This experiential workshop supports participants in understanding what compassion fatigue is, its signs and symptoms, and how to prevent and treat it. Attendees will learn about the five "antibodies" for compassion fatigue and will create an individualized action plan to build resilience to this condition that impacts so many "on the front lines" of helping others.

### **Biodiversity and the Food System**

Mackenzie Sachs, BS

This presentation will examine the importance of biodiversity as it relates to food security and health including how consumers and dietitians can promote biodiversity in their every day lives and practice.

### **Entomophagy: Should we eat bugs?**

Haley Schroth, BS

Although it is not common in the United States, approximately 2 billion people eat bugs every day. They are not only delicious, but also high in protein and micronutrients! The practice of entomophagy, eating insects, holds promise for the future environment and food security.

### **Macronutrient Timing: Optimizing Macronutrient Absorption in Relation to Exercise and Muscle Repair**

Shannon Schwarzingler, BS

This presentation will cover the utilization of nutrient timing and how it impacts exercise performance, recovery and synthesis of new muscle.

### **The Perpetuation of Weight Stigma & the Impact on Allostatic Load**

Madeline Simmel, BS

This presentation will focus on the prevalence of weight stigma in society, specifically within the healthcare setting. It will also emphasize the impact weight stigma has on allostatic load and how dietitians can help stop the perpetuation of this detrimental stigma.

### **Policy: Expanding the Frontier of Dietetic Practice**

Angie Tagtow, MS, RD, LD

Registered dietitian nutritionists are the quintessential profession to solve the health care crises in the U.S. Individual behavior change approaches are limited in their efficacy but coupled with policies and system change strategies that support health eating and active lifestyles, we CAN deliver greater impact. This session will explore the role of policy in our programs, practice and the profession and how we can affect policy change that support healthier individuals, families, and communities.

### **Meat Innovation: A Look into the Future of Protein**

Danielle Tainer, BS

An in-depth look into alternatives to traditional meat, including production, nutrient content, and the possible food system impacts.

### **Medicinal Mushrooms - Eastern Tradition Meets Western Medicine**

Stephanie Tarnacki, BS

Learn about the history of mushrooms in traditional medicine and the burgeoning science behind the use of mushrooms to protect against disease.

### **An Interdisciplinary Team Approach to Implementing IDDSI in the Clinical Setting**

Brooke Wilson, BS

This presentation will provide an overview of how to implement the International Dysphagia Diet Standardization Initiative in the clinical setting using an interdisciplinary team approach. The team is comprised of dietitians, speech language pathologists, and nutrition services/kitchen staff. This presentation will cover the steps for building the team and implementing IDDSI, using a Montana critical access hospital as a case study.