

2018 ANNUAL

Massachusetts Academy of Nutrition and Dietetics
Annual Nutrition Convention and Exposition



Friday, March 23, 2018

Four Points Sheraton
1125 Boston-Providence Turnpike
Norwood, MA 02062

THANK YOU TO OUR SPONSORS
A2 Milk, Olivia's Organics, Siggis,
New England Dairy & Food Council

REGISTRATION

Please register early to avoid disappointment as previous conventions have filled to capacity. REGISTRATION ONLINE at www.eatrightma.org/ance/attendee.cfm (Visa & Mastercard only). Mail-in/Fax registration is NOT available.

ANCE 2018 WILL BE PAPERLESS. Presentation materials will be available online and can be printed ahead of time from the MAND web site (www.eatrightma.org).

The hotel business center will be open during the event for those attendees who need to print presentation materials at \$0.25 per page. Materials may not be available online for all sessions - speakers may choose to provide handouts at the event.

Please contact Maureen Gonsalves, Administrative Director at admin@eatrightma.org or 617-501-7083 with any questions.

ENTER TO WIN A \$100 AMERICAN EXPRESS GIFT CARD! Donate \$5 to the Massachusetts Dietetics Education Foundation (MDEF) and enter to win a \$100 American Express gift card. There will be three drawings and each winner will win a \$100 American Express gift card. The raffle winners will be announced during the Closing Session and MUST be present to win. Enter when registering online or the day of the convention at the MDEF booth.

NEED TO BOOK A ROOM?

Please call the hotel at 781-769-7900 by February 22nd to make your hotel reservations. Mention "MAND" to receive a special block rate of \$125.00/night.

FEES

Registration fee includes continental breakfast, lunch, and attendee program.

	Early Bird (before 2-18-18)	Regular Fee (after 2-18-18)
Active MDA Member	\$165	\$200
1st Year Active MDA Member	\$125	\$165
FT Student or Retired Member	\$100	\$150
Student Volunteer	\$25	\$25
Poster Presenter	\$125	\$125
Student Poster Presenter	\$75	\$75
Non-Member	\$290	\$325

Refund Policy: A 50% administrative fee will be withheld from all refund requests. Refund requests must be submitted by March 4, 2018. NO refunds will be given after this date.

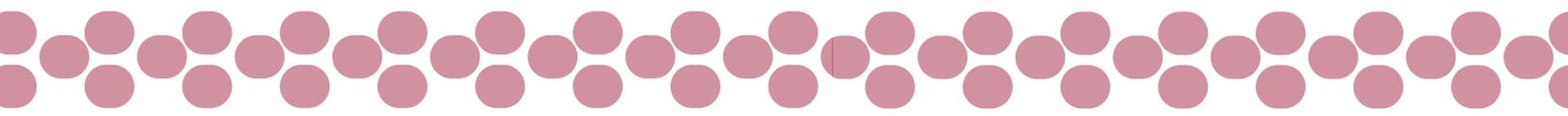
LUNCH SELECTION

Please select your choice at the online prompt: Chicken·Fish·Vegan (All meals are gluten-free)

*Please note ANCE is on a Friday during Lent.

AWARDS CEREMONY

This year we will honor and present awards to award recipients during lunch.



SCHEDULE

All sessions will be eligible for licensure except for the keynote and closing session.

7:00 - 7:30 am

Registration & Breakfast

7:30 - 8:00 am

Exhibits & Posters

0.5 CPE

8:10 - 9:10 am

Before and After: PCOS and the Bariatric Surgery Patient

Melissa Majumdar, MS, RD, CSOWM, LDN, CPT

PCOS affects at least 10% of women, causing health risks and difficulty losing weight. This session is intended to prepare the dietitian to screen for PCOS, helping patients seek a diagnosis and treatment, and guide patients towards healthful eating and lifestyle habits to manage symptoms and weight. This session will discuss Medical Nutrition Therapy goals for the PCOS patient and describe available research on diet composition. Because 60% of women with PCOS are overweight, many of these women will seek weight loss interventions including bariatric surgery. This session will prepare the dietitian for a conversation on the pros and cons of bariatric surgery for the PCOS patient and describe possible supplement regimens.

Suggested LNC: 4180, 5125, 6020

Performance Indicators: 10.2.9, 6.2.5, 9.6.6

1 CPE

Fueling and Hydration Strategies: From Weekend Warrior to Boston Marathoner

Amy Goodson, MS, RD, CSSD, LD

Should everyday athletes be consuming sports drinks, salt tablets and post-workout shakes? Many clients that exercise heavily are confused about if, when and how much is appropriate for them individually. "Fueling and Hydration Strategies: From Weekend Warrior to Boston Marathoner" will take specific sports nutrition principles for collegiate and professional athletes and apply them to the everyday athlete that does not workout for a living. Carbohydrate, protein, fat, and fluid requirements differ with different levels of training, and knowing what to recommend to your clients will help them fuel their training and hopefully improve their performance and energy levels.

Sponsored by Gatorade Sports Science Institute

Suggested LNC: 4060, 2070, 3100

Performance Indicators: 8.1.1, 8.1.2, 9.6.6

1 CPE

Stem to Root: Reducing Food Waste

Joan Salge Blake, EdD, MS, RDN, LDN, FAND

The learner will understand the impact of food waste on the environment, creative ways to communicate this issue to the public, and how to reduce food waste in the kitchen.

Suggested LNC: 8100, 8070, 8000

Performance Indicators: 13.2.7, 13.2.3, 8.2.2

1 CPE

Inpatient Malnutrition – Identify, Implement, Assess, and Validate

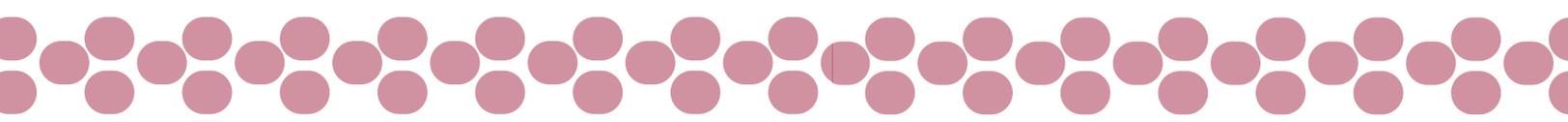
Gisele LeBlanc, MS, RDN, LDN, CNSC, FAND

In today's evolving healthcare environment, quality patient care is of the utmost importance. Nutrition therapy is an integral part of this process since about 33% of hospitalized patients are malnourished upon admission. Nutrition deficits can impact patient outcomes. The utilization of nutrition therapy has shown to reduce readmission, pressure ulcer incidence, complication rates, and length of stays, which result in savings for health institutions. In addition, appropriately coding for the presence of malnutrition positions the organization to better perform with Medicare incentive programs. Dietitians, with their organizational leaders, are making an impact on patient outcomes by taking an aggressive stand to identify and treat malnutrition.

Suggested LNC: 5010, 5390, 3010, 5000

Performance Indicators: 8.3.1, 10.1.2, 10.1.1

1 CPE



SCHEDULE

9:20 - 10:20 am

President's Welcome

Kristen P. Schreck, MS, RDN, LDN

Keynote Address: Passionize Your Worklife

*Sharon Hoyle Weber - President,
SHW Global Worklife Talents*



Forget work/life balance! Sharon Hoyle Weber is on a mission to transform how we experience work in our lives. As a speaker and training facilitator, Sharon has seen too many people living for the weekends . . . for decades. No career is immune to the challenges, stress, and constant changes in the work place today. Imagine having a formula that guarantees loving every day of work! Sharon is excited to share with you her simple and easy to learn Five Simple Steps to Loving Monday Mornings. Say good-bye to Sunday Scaries and Monday morning blues; start loving every day.

Suggested LNC: 1010, 1120, 6080
Performance Indicators: 2.2.3, 3.1.1, 3.2.2
1 CPE

10:30 - 11:00 am:

Break, Exhibits & Posters

0.5 CPE

11:10 - 12:10 pm

Gut Microbiome Dysbiosis in Undernutrition: Cause, Effect, or Both?

Geoffrey A. Preidis, MD, PhD

Undernutrition remains one of the most pressing global health challenges today, contributing to nearly half of all deaths in children under five years of age. Although insufficient dietary intake and environmental enteric dysfunction are often inciting factors, evidence now suggests that unhealthy gut microbial populations perpetuate the vicious cycle of pathophysiology that results in persistent growth impairment in children. This presentation will survey the observational studies, clinical trials, and preclinical models that inextricably link gut microbes to growth impairment and offer hope that microbiome-targeting therapies might improve survival and quality of life for millions of children suffering from undernutrition.

Level 2
Suggested LNC: 4150, 2080, 5280
Performance Indicators: 10.2.5, 6.3.11, 8.1.2
1 CPE

ARFID: What It Is and Strategies for Treatment

Amanda Smith, LICSW & Hillary Mamis, MS, RD, LDN

Introduced in the DSM V, Avoidant/Restrictive Food Intake Disorder (ARFID) was intended to provide broader inclusion for those who struggle with restrictive eating, but may not meet full criteria for an eating disorder. While this aids these individuals in accessing treatment resources, the question becomes – what is the best treatment modality? The intention of this session is to review the history of feeding disorders and their treatment as well as discuss the current research and available treatment options for those struggling with ARFID. Through the use of case examples, providers will learn useful tools to utilize in their own practice.

Suggested LNC: 5200, 6020, 5000
Performance Indicators: 8.3.1, 10.2.3, 10.2.6
1 CPE

Media & Communications Training: 5 Steps to Success!

Stephanie Ferrari, MS, RDN

This will be a highly interactive presentation, so attendees should be ready to participate! While this is a media training, the communications skills learned in this presentation can be applied to several aspects of life - from public speaking to patient consultation to pitch presentations, attendees will learn how to deliver effective messages to their audience. We'll first focus on how to gain media recognition and then we'll dive into how to use media opportunities to grow careers and businesses. Attendees will have the chance to practice and volunteers will be asked to share their messages with the audience. If you have big ambitions to speak to the masses, this workshop is for you!

Suggested LNC: 1090, 1020, 4100, 7120
Performance Indicators: 2.1.3, 2.1.8, 2.1.1
1 CPE

Eating Patterns and Diabetes Prevention: Recommendations, Research and Real World

*Cara Schragger, MPH, RD, LDN, CDE &
Joanna Mitri, MD, MS*

Links between certain groups of foods and the risk to either increase or decrease the incidence of type 2 diabetes are strong. Recommendations from the ADA and Joslin Diabetes Center recommend favoring foods found to be associated with lowering the risk of prediabetes. Learn about the latest research and receive access to educational resources designed by Joslin Diabetes Center to help clients learn about nutrition and lifestyle strategies that will aid in diabetes prevention.

Sponsored by New England Dairy and Food Council

Suggested LNC: 5190, 4040, 3020
Performance Indicators: 8.3.1, 8.1.5, 8.3.6
1 CPE

SCHEDULE

12:10 - 1:10 pm

Lunch & Awards

1:10 - 1:40 pm

Exhibits & Posters

0.5 CPE

1:40 - 2:40 pm

Weight Regain after Bariatric Surgery: What does a Dietitian Need to Know?

Sue Cummings, MS, LDN

The most common bariatric surgery procedures performed in the U.S. are the Roux-en-Y Gastric Bypass (RYGB) and the Sleeve Gastrectomy (SG). In the past 2 years, the SG has become the most performed bariatric procedure in the U.S. With the growing number of patients undergoing these procedures in the past 10 years, dietitians in all aspects of patient care have been faced with seeing patients who have had modest to significant weight regain. This presentation will address how the RYGB and the SG differ in mechanisms of weight loss and address the factors that may be contributing to weight regain. A case study report will be used to demonstrate the role of the RD in assessing and providing treatment recommendations for patients with weight regain after bariatric surgery.

Level 2

Suggested LNC: 5125, 9020, 6020, 5370

Performance Indicators: 8.3.1, 9.6.5, 8.1.5

1 CPE

Living Well on a Special Diet: The RDN's role in Advocating for Access to Safe Foods

Moderator: Sheri Kasper, RDN, LDN

Panelist: Harriet Diamond

Panelist: Kate Scarlata, RDN, LDN

Panelist: Gonzalo Bacigalupe, EdD, MPH

As dietitians, we teach patients how to follow the "special diets" required to manage chronic diseases. How does diet affect the patient's life? Are safe and healthy foods available to the patient when attending a wedding or when going off to college? For many people, eating away from home can be challenging at best and dangerous at worst. This session will explore the psycho-social impact of following a special diet and how we, as nutrition experts, can help educate and advocate for the availability of safe and healthy foods in public spaces.

Suggested LNC: 8040, 8100, 5110

Performance Indicators: 12.1.1, 8.4.4, 12.4.2

1 CPE

Aquaponics: Growing Your Pescatarian Diet

Debi Zvi, MSED, RDN, CDN, CDE

Food cultivation is changing. New farming methods for controlled environment agriculture are enabling fresher food to be grown closer to market. Aquaponics is emerging as an ecological sustainable method for co-cultivation of seafood and produce. Aquaponics is becoming a dominant force in the local food supply chain. This session will introduce RDNs to aquaponics; how it works, the most popular methods of aquaponic farming, benefits, areas of opportunity, and food safety implications.

Suggested LNC: 8018, 4070, 8040

Performance Indicators: 12.1.1, 7.2.3, 8.3.6

1 CPE

Ethics for Dietitians and Future Dietitians

Lisa S Brown, PhD, RD, LDN

This session will give an overview of the field of ethics, compare the 2009 code of ethics for dietitians with the proposed 2017 code, present ethical frameworks for resolving ethical dilemmas, and apply these frameworks to cases that highlight ethical dilemmas common in nutrition settings including long term care and private practice. This session meets the CEU ethics requirement for RDNs and DTRs.

Suggested LNC: 1050, 5040

Performance Indicators: 1.1.8, 2.1.10, 5.3.5

1 CPE

SCHEDULE

2:50 - 3:50 pm

A Sound Mind in a Sound Body: The Link between Diet and Cognitive Function

Sangeeta T. Pradhan, RD, LDN, CDE

An emerging, but compelling body of evidence demonstrates how diet and exercise can affect the brain throughout the lifecycle, with downstream implications for cognitive function and neuro-degenerative disorders. This presentation reviews the impact of oxidative stress and inflammation triggered by specific food components or dietary patterns that can impair cognitive function and how other dietary components can mitigate this. The role of neurotrophins and the mechanisms by which dietary components and gut bacteria can modulate neurotrophins will be reviewed in depth. Given this pivotal role that diet plays, it is incumbent upon RDs to translate this research into meaningful food choices for an aging population.

Level 2

Suggested LNC: 2080, 5090

Performance Indicators: 8.1.2, 8.1.5, 8.3.6

1 CPE

Cannabis 101 for RDNs (Who Don't Know Their CBD from Their THC!)

Janice Newell Bissex, MS, RDN

An overview of the major cannabinoids and terpenes in the cannabis plant and their functions along with an introduction to the endocannabinoid system will be presented. Specifics on medical conditions that may benefit from cannabis use, dosing, and best methods for consumption will be shared along with a discussion on how the legalization of marijuana in Massachusetts may affect nutrition counseling for RDNs.

Suggested LNC: 5420, 5460, 2010

Performance Indicators: 10.4.5, 6.3.1, 8.3.6

1 CPE

Women at Work: Does Gender Affect Women's Ability to Successfully Work, Lead and Negotiate?

Michele "Shelly" DeBiasse, PhD, RDN

Comprised mostly of women, nutrition and dietetics professionals are at risk of encountering gender bias and stereotyping in their professional lives, particularly as they move into positions of leadership. I will start the conversation around bias and stereotyping by providing an overview of these issues, and offer evidence-based strategies for understanding and combating them. Specifically, I will address the "double blind" many women face when trying to balance stereotypically masculine and feminine qualities in the workplace. Additionally, I will talk about how women can

operate effectively as leaders in a way that minimizes resistance. Finally, I will illustrate how women can engage comfortably and effectively in negotiation through an awareness of gender norms and expectations.

Suggested LNC: 7090, 7000, 7150, 6080

Performance Indicators: 8.3.2, 3.2.1, 4.2.1

1 CPE

Fact or Fiction: Nutrition and Cancer Myths

Stacy Kennedy, MPH, RD, CSO, LDN

Cancer patients are bombarded with information about what to eat and what not to eat every day. Many patients seek advice from coaches, friends, popular blogs, and holistic providers. Knowing what's hype and what's scientifically proven can be difficult and stressful. This session will break down some of the most talked about controversies in food and nutrition related to cancer prevention, treatment, and survivorship, and offer effective and evidence-based strategies to help you guide your patients in making healthy choices to live well every day.

Suggested LNC: 5150, 5140, 4040

Performance Indicators: 8.1.5, 6.3.11, 12.2.1

1 CPE

4:00 - 5:00 pm

Closing Session: Perfect Pairings The Art and Science of Food and Wine Pairing

Laurie Forster - The Wine Coach



As more consumers make wine part of a healthy dinner they are also looking for advice on food and wine pairings. Laurie Forster, The Wine Coach® will begin her session with a lively discussion of the keys to food and wine pairing. Then Laurie will help attendees interactively discover how wine reacts with common food components like salt, acids, and fats. Participants will learn how to describe various styles of wine with instruction on how to create perfect food pairings. Attendees can also taste their way to understanding how to create delicious food and wine pairings every time.

Sponsored by The Beef Checkoff

Suggested LNC: 8100, 8070, 8130

Performance Indicators: 8.4.2, 8.4.3

1 CPE

MDEF raffle winners will be announced at the end of the closing session.