

2019 ANNUAL

Massachusetts Academy of Nutrition and Dietetics  
Annual Nutrition Convention and Exposition



*Friday, March 29, 2019*

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

THANK YOU TO OUR SPONSORS  
New England Dairy & Food Council  
Olivia's Organics

# REGISTRATION

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

**ANCE 2019 WILL BE PAPERLESS.** Presentation materials will be available online and can be printed ahead of time from the MAND web site ([www.eatrightma.org](http://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, Director of Operations, at [admin@eatrightma.org](mailto:admin@eatrightma.org) 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 28th 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 2-25-19)	Regular Fee (after 2-25-19)
Active MAND Member	\$165	\$200
1st Year Active MAND 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, 2019. NO refunds will be given after this date.

## LUNCH SELECTION

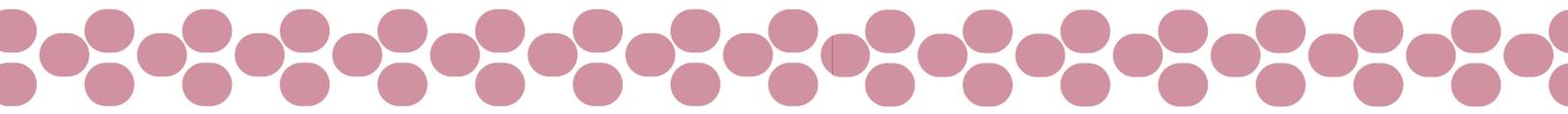
Please select your choice at the online prompt: Chicken·Fish·Vegan

*All lunch entrees will be 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

Please note sessions with MAND logo  are eligible for state licensure credit.

**7:00-7:30 AM**

**Registration & Breakfast**

**7:30-8:00 AM**

**Exhibits & Posters**

0.5 CPE

**8:10-9:10 AM**

## **New Initiatives for SNAP-Ed in Massachusetts**

*Amy Branham, MS, RD, LDN*

The Supplemental Nutrition Assistance Program Education (SNAP-Ed) has undergone significant changes since the Healthy and Hunger-Free Kids Act of 2010. This presentation will cover policy, systems, and environmental approaches used within SNAP-Ed in Massachusetts. From school gardens to healthy school celebration policies, we will explore how SNAP-Ed is creating ways to help make the healthy choice the easy choice. We will also review the Farm Bill as it relates to SNAP-Ed. Lastly, this session will cover the broad food landscape and current policies / projects in the state. Learn how RDNs can get involved and support food access and food insecurity projects in Massachusetts.

1 CPE



LNCs: 4020, 4080, 8018

Performance Indicators: 12.1.1, 12.1.3, 3.3.5

## **Fueling the Athlete: The Role of the Sports RD**

*Laura Moretti, MS, RD, CSSD, LDN*

*Nicole Farnsworth, MS, RD, LDN, CPT*

The role of the sports dietitian for athletes at all levels is becoming increasingly important for ensuring health and optimized performance. We will start by reviewing general sports nutrition topics and evidence-based guidelines. We will then discuss the importance of energy availability (EA) and the health consequences associated with low energy availability (LEA) and Relative Energy Deficiency in Sports (REDS). In conclusion, we will then explain how we use information provided by blood panels, DEXA scans, and nutrition evaluations to assess EA, determine a treatment plan, and motivate patients to adequately fuel for performance and health.

1 CPE



LNCs: 4060, 3020, 3060

Performance Indicators: 8.1.1, 8.1.2, 9.6.6

## **Effects of Dietary Glycemic Load on Energy Expenditure: Results from the Framingham State Food Study**

*Cara B. Ebbeling-Zabilansky, PhD, MS*

Consuming a high-glycemic load meal increases circulating insulin-to-glucagon ratio, and thereby directs metabolic fuels away from oxidation and toward storage in adipose tissue. According to the carbohydrate-insulin model of obesity (CIM), this physiologic state lowers energy expenditure and predisposes to weight gain, particularly among those with propensity to secrete insulin. To test hypotheses pertaining to the CIM, we conducted a randomized controlled trial known as the Framingham State Food Study, (FS)<sup>2</sup>, using a controlled feeding protocol. Dr. Ebbeling will present (FS)<sup>2</sup> methods and results, and then discuss findings in the context of other published data.

1 CPE

Level 2



LNCs: 2100, 2070, 5370

Performance Indicators: 8.3.6, 6.3.11, 6.2.3

## **Conquer Miscommunication: Craft Words that Work!**

*Barbara J. Mayfield, MS, RDN*

This session begins with a light-hearted “competition” for the title of “Mis-Communication” and a discussion of the impact of miscommunication in the business and healthcare arenas. Participants will engage in an interactive activity to select the communication blunders that cause them the most problems. Principles and strategies to prevent and correct miscommunication will be described and then applied to situations generated by participants. Participants will commit to implementing two or more strategies which prevent miscommunication and instead create and deliver messages that are clear and concise, accurate and evidence-based, and creative and compelling: Words that work.

1 CPE

LNCs: 1130, 1090, 6070

Performance Indicators: 2.1.3, 2.1.8, 2.1.1

# SCHEDULE

9:20-10:30 AM

## PRESIDENT'S WELCOME

Monica Lebre, MS, RDN, LDN

## KEYNOTE SESSION -

### The Strength to be Unstoppable

Roseann Sdoia



Today, as a Boston Marathon Bombing Survivor and amputee, Roseann is making great strides in changing the lives of others. As one of the top motivational speakers, amputee peer mentor and more recently a published author of *Perfect Strangers*, Roseann shares her own powerful, personal story. You will hear of her perseverance, her challenges and some of the funnier moments throughout her journey. In the end, her story will leave you thinking about your own unstoppable strength. Roseann's mantra that "life is only as positive as you make it," serves as the foundation for redefining one's own mindset in achieving every personal and professional goal, and ultimately living a happier, richer and more fulfilling life.

1 CPE

LNCs: 1120, 6080

Performance Indicators: 3.1.1, 3.2.2

10:30-11:00 AM

## Break, Exhibits & Posters

0.5 CPE

11:10-12:10 PM

## Specialized Treatment for Athletes with Eating Disorders: Now that We Have the Rationale, What Can We Achieve?

Matthew Stranberg, MS, RD, LDN, CSCS

Paula Quatromoni, DSc, RD, LDN

New research calls for athlete-specific eating disorder (ED) treatment. Pilot data from 20 patients treated in an intensive outpatient program (IOP) for competitive athletes demonstrate measurable outcomes. Validated tools measured eating competence, athlete behavioral risk, and the Eating Disorder Examination Questionnaire on admission and discharge. Protocols for therapeutic food exposure, counseling and an educational curriculum positively shifted all outcomes over 8 weeks of treatment. Eating competence increased, weight stabilized, and behavioral risks common to athletes were largely extinguished. The appropriate use of exercise in ED treatment and treatment of athletes at higher levels of care will also be discussed.

1 CPE  
Level 2



LNCs: 4060, 5200, 5410, 6020

Performance Indicators: 8.2.1, 10.2.9, 8.3.6

## Climate Change, Sustainable Agriculture, Cattle, Plant-based Diets...What are the Issues and What are the Real Facts?

Donald K. Layman, PhD

Climate change is a reality, but the causes and mitigating solutions remain controversial. Agriculture has become a target of these discussions with claims that agriculture produces more than 30% of global greenhouse gas emissions (GHGE). Further, this metric highlights the differential costs for production of grains versus livestock leading many to recommend a major shift toward more plant-based diets, however this theory ignores diet quality and is based on multiple assumptions that are deeply flawed. This presentation will review sources of GHGE and issues of diet quality and land-use to highlight the complexity of climate change and the risks of unintended consequences by applying global averages to local agriculture and food choices.

Sponsored by the New England Dairy & Food Council

1 CPE



LNCs: 8018, 8070

Performance Indicators: 7.2.4, 8.3.6, 7.2.3

## Food, Lifestyle Factors and Fertility: the Role of the Registered Dietitian in Supporting Reproductive Health

Hillary Wright, MEd, RDN, LDN

One in eight couples have trouble conceiving or sustaining a pregnancy. While much of the focus centers on women, one-third of infertility is considered male-factor, and one-third is unexplained. Massachusetts also has some of the oldest first-time mothers in the US, creating additional age-related challenges. Regardless of cause, psychological profiles suggest an infertility diagnosis can be as stressful as diagnosis of breast cancer or HIV. Learn about the role of the registered dietitian in helping people identify and manage diet and lifestyle factors and condition potentially affecting fertility, including PCOS, over/underweight and egg/sperm quality, along with common patient concerns.

1 CPE



LNCs: 4180, 4130, 5410

Performance Indicators: 8.2.3, 8.3.6, 8.1.4

# SCHEDULE

## The Pediatric Grow Clinic and the Real Nutrition Prescription for Failure to Thrive

Emily Sylvester, MS, RD, LDN, IBCLC

Growth failure is seen in nearly 10% of children from low-income families. Often these children do not outgrow developmental deficits associated with early nutritional growth failure (FTT). The serious consequences of FTT can be prevented if proper medical nutrition therapy is provided as soon as growth starts to falter. RDNs at the Grow Clinic at Boston Medical Center work effectively to treat FTT using targeted MNT in the clinic, the home, and the community. This presentation will discuss the 6 key areas of FTT treatment and tell captivating in-depth stories about how RDN's can use innovative family-centered techniques to treat FTT, 'picky eating' and malnutrition.

1 CPE  
Level 2



LNCs: 5070, 4150, 5280, 5410  
Performance Indicators: 8.1.4, 8.3.6, 6.3.11

### 12:10-1:10 PM Lunch & Awards

1:10-1:40 PM  
Exhibits & Posters  
0.5 CPE

### 1:40-2:40 PM

## Prevention of Eating Disorders: Using Intuitive Eating and Body Image Work for College Students

Kate Sweeney, MS, RDN, LDN  
Jenn Heinen, MS, RDN, LDN

Intuitive Eating (™, IE) and dissonance-based body image programming have been shown to decrease risk factors for eating disorders (EDs) in adolescents. EDs are typically diagnosed between adolescence and adulthood, have a high mortality rate, and effect performance and retention in schools. Thus, prevention is a public health priority. Attendees will learn practical tools to develop individualized and systematic interventions for ED prevention based on evidence-based IE principles and body image programming within the school and college setting. Emphasis will be placed on the role Registered Dietitians can play in ED prevention within a school setting.

1 CPE



LNCs: 5080, 5200, 6020  
Performance Indicators: 8.4.5, 9.1.3, 8.3.6

## The Case for, and against the Ketogenic Diet: Exploring the Science Behind Ketogenesis

Sangeeta T. Pradhan, RD, LDN, CDE

Emerging research links ketogenic diets/physiologic ketosis with cardiovascular, weight management benefits,

neuroprotective effects and improvement in lipid and glycemic profiles. Butyrate, a ketone body has been shown to improve neuroplasticity in neurodegenerative disease. On the down side, the side effects are considerable. The talk will explore in depth, the mechanism of action of various ketogenic dietary patterns, compare and contrast the macronutrient distribution with that of the AMDR, and review the scientific evidence behind the "purported" health benefit claims, including the impact if any, on the gut microbiome. The safety and efficacy of KD diets and any contraindications will be reviewed. Given that the keto diet is highly restrictive, requiring skilled meal planning and monitoring, it is imperative that RDs play a central role in translating this research into informed food choices for the common consumer.

1 CPE  
Level 2



LNCs: 2100, 5370, 2070, 3060  
Performance Indicators: 8.1.4, 11.2.5, 6.3.11

## How to Actually Make Money as an RD Blogger or Social Influencer

Chrissy Carroll, MPH, RD, USAT Level I Tri Coach

The world of blogging and social media often seems elusive. You know it's a way to establish an online brand as an RD, but you might wonder – can it actually bring in dollars? The answer is YES! Find out how you can leverage your blog or social channels in order to bring in more income. We'll dive into concepts like ad revenue, affiliate marketing, sponsored content, digital products, brand ambassadorships, and more.

1 CPE

LNCs: 4100, 7010, 7080  
Performance Indicators: 3.2.3, 2.1.8, 2.1.3

## Data Overload: Embracing and Decoding Emerging Diabetes Technology

Nicole Patience, MS, RD, LDN, CDE, CEDRD  
Cara Schragger, MPH, RD, LDN, CDE

Diabetes technology is evolving and emerging at a rapid pace. While this presents an exciting opportunity to fine-tune treatment, data interpretation can feel overwhelming. Nutrition plays a crucial role in diabetes management. Various technologies can provide a clue into an individual's food intake while helping those with diabetes see the impact of food choices. This presentation will leave you feeling updated on the latest diabetes gizmos, and through case study examples, help you tap into and decipher the data that they offer, including basic pattern management.

1 CPE



LNCs: 1020, 5190, 3090  
Performance Indicators: 9.4.7, 8.3.6, 6.2.3

# SCHEDULE

2:50-3:50 PM

## The Future of Food: A Role for Greenhouse Agriculture in Massachusetts

Paul Sellew

This presentation will focus on a discussion of past food challenges and how they were met and the role of technological innovation in meeting these challenges. The discussion will end with a focus on what is happening right here in Massachusetts with Little Leaf Farms and its world class operation.

1 CPE



LNCs: 8018, 8050, 4070

Performance Indicators: 7.2.3, 7.2.6, 12.1.1

## Why IDDSI and Its Transition Strategies

Mary Rybicki, MS, RDN, LDN

Heather Wilson, M.Ed, RDN, LDN

The International Dysphagia Diet Standardization Initiative (IDDSI) provides solutions for safer, higher quality texture modified diets. Currently, patient safety remains a concern especially during transitions of care. A discussion of why IDDSI is happening will equip RDN's with knowledge for success. What implementation strategies and creative solutions including menu and recipe adaptations have been useful? How can RDN's connect to coordinate their efforts across all transitions of care? What are examples of successful early adaptors? Review resources available to gain confidence and gather insight from examples to apply doable process changes. Successful implementation of IDDSI is a continuous process which requires a collaborative approach for sustainable effect.

1 CPE



LNCs: 5410, 5210, 8100, 5100

Performance Indicators: 8.3.6, 3.3.4, 10.2.9

## The Army Eating Environment: Current Nutritional and Behavioral Concerns

Adrienne Hatch, MS, RD, CSSD

MAJ Julianna Jayne, PhD, RDN, CHES

The military environment presents challenges for attaining optimal nutrition and body weight goals that Soldiers strive for. Different job specialties within the military contribute to further complexity in achieving these goals, as nutritional demands vary based on the Soldier's environment. Nutrition concerns within the Department of Defense (DoD) have shifted to the increasing incidence of overweight among Soldiers and a focus on understanding the underlying factors that contribute to this as well as initiatives to address it. This presentation will discuss current DoD feeding strategies as well as the research and efforts that aim to understand nutritional needs and intake in various environments. Specific focus of this presentation will discuss current Army research and preliminary findings that investigate eating behaviors and

their association to body weight in the military environment.

1 CPE  
Level 2



LNCs: 3200, 5370, 4050

Performance Indicators: 9.1.3, 3.3.5, 8.2.1

## Making Dietitians More Financially Successful!

Karen Kiver Patalano, MBA, RD, LDN, CDE, NHA

John LoConte, CPA

The session will review financial and reporting experiences and challenges of the Private Practice Dietitian who is running her own small business. Discussion will include critical operational functions including working with Insurance Companies, managing customer relationships, performing the billing and co-payment management process, tracking accounts receivable, cash management and other operational functions. An external perspective from a CPA will discuss how and what type of information third parties such as accountants, bankers and other prospective business partners rely upon when working with and evaluating small business practices.

1 CPE

LNCs: 7070, 7080, 7010

Performance Indicators: 3.2.3, 8.3.4, 1.6.1

## 4:00-5:00 PM CLOSING SESSION

### Debate: A Conversation on Weight Management and Health at Every Size

Robert Kushner, MD, MS

Christy Harrison, MPH, RD, CDN



The epidemiology, pathophysiology and clinical consequences of obesity will be addressed, along with a review of the treatment options, including use of patient-centered care.

Weight management has been part of the conversation about nutrition for the past 100 years, but a growing body of evidence suggests that focusing on weight is actually doing more harm than good to people's health. What's the alternative to weight management? This session will provide an overview of the evidence in support of the Health At Every Size® (HAES) approach, a discussion of the ethical implications of this paradigm, and perspective on the role of the dietitian in achieving health via HAES. The session will close with identifying resources for RDs to develop proficiency in HAES.

1 CPE



LNCs: 5370, 5410, 6020

Performance Indicators: 8.3.6, 10.2.9, 1.2.2

**MDEF Raffle immediately following closing session**