



Massachusetts Academy of Nutrition and Dietetics Annual Nutrition Convention and Exposition



Friday, April 5, 2024

Four Points Sheraton

1125 Boston-Providence Turnpike Norwood, MA 02062

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Day at a Glance

2024 ANNUAL NUTRITION CONVENTION AND EXPOSITION

DAY-AT-A-GLANCE

Friday, April 5th - 7:00 AM - 5:00 PM

All sessions are eligible for licensure except for keynote

Registration & Breakfast				
Exhibits & Posters				
	Breakout Session 1 Room 101	Breakout Session 2 Room 103	Breakout Session 3 Room 104	Breakout Session 4 Room 108/09
8:10 – 9:10	Processed Foods: What Dietitians Need to Know Elizabeth Ward	Effective Parenteral Nutrition Management Strategies Across the Spectrum of Care Margaret Drazba (Level 2)	Generational Differences in the Workplace and Impact on Dietetic Management Tara McCarthy	Nurture: How to Raise Kids Who Love Food, Their Bodies, and Themselves Heidi Schauster
9:20 – 10:30	<p>President's Welcome: Sangeeta Pradhan</p> <p>Keynote Address: Food is Medicine Dariush Mozaffarian, MD</p> <p>Grand Ballroom</p>			
10:30 – 11:00	Exhibits & Posters			
11:10 – 12:10	Navigating Change: The Latest in Motivational Interviewing for Dietitians Joycelyn Faraj-Ardura	Nutrition Requirements in the Adult Burn Population Rebecca Lynch (Level 2)	How to Start Crushing it with an Insurance-Based Model Amy Plano	Embracing Health Apps in the Digital Age: Innovative Ways to Integrate Apps into Clinical Practice Rachel Stahl Salzman
12:10 – 1:10	<p>Lunch & Awards</p> <p>Grand Ballroom</p>			
1:10 – 1:40	Exhibits & Posters			
1:40 – 2:40	Improving Diversity in Nutrition and Dietetics Practice Prasanna Navarasam & Alexandra Wardwell	Nutrition Management of Chronic Kidney Disease Sarvnaz Modarresi & Barbara Edgar (Level 2)	Addressing the Statewide Mental Health Crisis Through Mental Health Literacy: Where and How RDNs Fit In Abbie Rosenberg & Kimberly Minogue	Disordered Eating in Adolescence: Taking the First Steps toward Treatment Claire Norton
2:50 – 3:50	Normalizing Emotional Eating: Understanding the Connection Between Food and Feelings Allegra Egizi	Diets and Brown Fat Activation Soonkyu Chung (Level 2)	Beyond the Lecture Hall: Unlocking the Power of Pre-Recorded Learning in Dietetics Education Dana J. Fryer	How to Talk About Food: Best Practices for Culturally Appropriate Conversations Breana Lai Killeen
4:00 – 5:00	<p>Closing Session</p> <p>Artificial Intelligence: The Future of Dietetics? Chrissy Carroll, MPH, RD, LDN, ACSM-CPT, USAT Level I Triathlon Coach, RRCA Certified Running Coach</p> <p>Grand Ballroom</p> <p>MDEF Raffle</p>			



April 5, 2024

Dear Attendees:

It is with great pleasure that I welcome you to the 2024 MAND Annual Nutrition Convention and Exposition (ANCE). It has been five years since our last, full scale in-person ANCE, and I am elated that we can reconvene to share our knowledge and expertise with one another, to connect with old friends and colleagues, and to network and build new relationships.

As a thank you to our members, MAND has subsidized the cost of the conference. This is one of the many benefits of being an Academy member. If you are currently not a member, we highly encourage you to consider joining this year.

Every year the planning committee strives to bring you a conference with a diverse variety of topics to meet your individual professional interests and learning needs. Between the presentations, exhibits, and poster sessions, we know you will leave here today with knowledge and skills that will enhance your professional activities.

With "food as medicine" front and center in the healthcare crisis today, we are thrilled to host Dr. Dariush Mozaffarian, one of the leading experts on this topic and Director, Tufts Food is Medicine Institute, as our keynote speaker!

There are so many talented RDNs in the state of Massachusetts, and we are delighted to showcase the Awards recipients at the Awards ceremony that will take place during lunch.

I would like to express my gratitude to the MAND ANCE Planning Committee, led by MAND's Director of Operations, Maureen Kelly Gonsalves and ANCE Co-Chairs, Alex Pitkin-Morin, and Nicolette Maggiolo. Please join me in thanking the Chair of the Vendor Committee, Sarah Littman, the Co-Chairs of the Speaker Committee, Rob Dunn and Inna Kagan, the Awards Chair, Jillian Allen; the Poster Co-Chairs, Katie Gustamachio and Emily Sylvester; and to all the numerous volunteers involved. This day could not have happened without their steadfast dedication and hard work.

MAND continues its efforts to engage volunteers. We know that together, we can move mountains, and move our profession forward. It is imperative that we remain united in our quest to strengthen our profession. If you are interested in helping out, please feel free to email me or fill in your contact information on the conference evaluation form that you will be receiving via email later today. Volunteering with MAND is an incredibly rewarding experience, and we would love to have you!

It has been an absolute pleasure serving you this year. Please continue to offer us your feedback so that we can ensure we are providing as much value to your membership as possible. I hope you enjoy the conference and thank you again for attending!

With warm regards,
Sangeeta Pradhan, M. Ed, RD, LDN, CDCES
President, Massachusetts Academy of Nutrition and Dietetics



MAND would like to thank the entire Convention Planning Committee for their dedication and hard work in planning this event.

MAND Administrative Director:

Maureen Kelly Gonsalves

MAND President:

Sangeeta Pradhan

Convention Chairs:

Nicolette Maggiolo, Co-Chair

Alexandra Pitkin-Morin, Co-Chair

Exhibits:

Sarah Littmann, Chair

Sophia Kamveris

Chelsea Allison

Ginny Kin

Wendy Ng

Heather Zeman

Anna Casaceli

Heather Wilson

Norah Otieno-Wasonga

Hillary Mamis

Matthew Stranberg

Malarie Yellis

Speakers:

Robert Michael Dunn, Co-Chair

Inna Kagan, Co-Chair

Ashley Draviam

Joan Salge Blake

Kaylea Flanagan

Hilary Walentuk

Patricia Jeanette Schaible

Tyra Bradbury

Posters:

Emily Sylvester, Co-Chair

Katie Gustamachio, Co-Chair

Awards:

Jillian Allen, Chair



This year's awards recipients will be honored and recognized during lunch:

Dietitian of the Year (posthumously):

Jane Warden Folkman, MS RD LDN

Emerging Dietetic Leader:

Sue-Ellen Anderson-Hayes MS, RDN, CDCES, LDN, NASM-CPT

Recognized Young Dietitian of the Year:

Jamie Ekstrom, RD, LDN, CDC

Outstanding Educator:

Paula A. Quatromoni, DSc, RD

Outstanding Preceptor:

Kimberly Sabada MS, RD, LDN, CDCES

Outstanding Dietetics Student:

DI: Elizabeth Zalis

DPD: Regina Barrera Flores

Congratulations on all of your achievements!



Thank you to our Bronze Sponsors for their generous support!



New England
Dairy



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2024 ANCE Session Summaries and Speaker Biographies

Friday, April 5, 2024

Please note each of the following sessions are worth 1 CPEU. All sessions are eligible for MA licensure credit unless noted otherwise.

8:10 - 9:10 AM

Processed Foods: What Dietitians Need To Know

Elizabeth Ward, MS, RDN

Session Summary: Processed foods, particularly the ultraprocessed kind, have been vilified for contributing to obesity, heart disease, and other chronic conditions, but is it fair to blame all processed foods for health problems? This session will explore processing classification systems, the most current research about the health effects of processed foods, and how best to communicate the risks and benefits of including processed foods in the diet to patients, clients, and consumers.

Speaker Bio: Elizabeth M. Ward, M.S., R.D.N. is a writer and nutrition consultant based in Reading, Massachusetts. She received her Bachelor of Science in Human Nutrition from the University of Massachusetts Amherst, and Master of Science in Mass Communication from Boston University. Ward is a member of the Academy of Nutrition and Dietetics and several of its practice groups, and she was a national spokesperson for the group for nine years. She has authored or co-authored 10 books for consumers about nutrition at all stages of life, from prenatal to age 50 and older. Her most recent books are The Menopause Diet Plan, A Natural Guide to Hormones, Health, and Happiness (co-author), Expect the Best, Your Guide to Healthy Eating Before, During and After Pregnancy, and MyPlate for Moms, How to Feed Yourself & Your Family Better. She writes regularly about nutrition and health for magazines and web sites. Ward is the recipient of the Media Excellence Award from the Academy of Nutrition and Dietetics.



Effective Parenteral Nutrition Management Strategies Across the Spectrum of Care

Margaret Drazba, MS, RD, CNSC, LDN

*Level 2

Session Summary: This session will review the fundamentals of parenteral nutrition, including indications for use, safe initiation, advancement, and effective monitoring. This session will also describe the risks associated with parenteral nutrition and discuss best care practices to manage these risks.

Speaker Bio: Margaret Drazba, MS, RD, CNSC, LDN, completed her Bachelors in Nutrition and Masters of Science in Nutrition at West Virginia University and went on to complete her dietetic internship at VCU Health in Richmond, VA. She worked as an inpatient RD at VCU Health for 2.5 years, with a focus in critical care, surgery, and nutrition support. She then moved to an outpatient role at VCU's Stravitz-Sanyal Institute for Liver Disease and Metabolic Health, focusing on providing nutrition care to patients with liver disease. In 2023, Margaret moved from Richmond, VA to Boston, MA and serves as a Clinical Nutrition Manager with Aramark at Lemuel Shattuck Hospital, an acute care medical and psychiatric hospital.

Generational Differences in the Workplace and Impact on Dietetic Management

Tara McCarthy, MS, RDN, LDN

Session Summary:

We currently have between four and five generations of dietitians working together in our workplaces. Each generation has its own identity with different life experiences that set beliefs, shared values and attitudes. We know it is better to work across generations, however, there is a learning curve. In this session, we'll focus on trying to understand our differences and commonalities and learn from each other.

Speaker Bio:

Tara McCarthy received her undergraduate degree in Nutrition from James Madison University and Masters of Science degree in Nutrition from Boston University. Tara has been a Registered Dietitian since 1999 and at Boston Children's Hospital in pediatrics for more than 20 years. She is currently an Ambulatory Clinical Nutrition Manager, and specializes in children who have to eliminate foods from their diet for different reasons including celiac disease, FPIES, EOE, and Food allergies and Intolerances. Her 3 teenage children have been her best teachers and biggest critics when it comes to pediatric nutrition and feeding children in general.



Nurture: How to Raise Kids Who Love Food, Their Bodies, and Themselves

Heidi Schauster, MS, RD, LDN, CEDS-S, SEP

Session Summary: Heidi will outline the steps in her recently published book, Nurture, and discuss the challenge of working with parents with both compassion and authority to prevent and treat disordered eating in children and teens. The importance of talking with kids about food and bodies in intuitive, embodied, and inclusive ways will be discussed at length.

Speaker Bio: Heidi Schauster, MS, RD, LDN, CEDS-S, SEP is a nutrition therapist and Somatic Experiencing (SE)TM Practitioner in the Greater Boston area who has specialized in eating disorders and body image concerns for nearly 30 years. She provides individual and group counseling and clinical supervision/consultation and is particularly interested in the intersection between food and body concerns with trauma. Heidi is author of the award-winning book Nourish: How to Heal Your Relationship with Food, Body, and Self; the recently published Nurture: How to Raise Kids Who Love Food, Their Bodies, and Themselves; and the Nourishing Words newsletter on Substack. Heidi lives in Arlington, Massachusetts, with her partner and twin daughters when they aren't in college, and recently choreographed a modern dance piece about the "empty nest," performed by an ensemble of women age 40+.

9:20 - 10:30 AM

Keynote Address: Food is Medicine

Dariush Mozaffarian, MD

Session Summary:

Dr. Mozaffarian will describe the emerging Food is Medicine movement and the role it plays in reducing the burden of diet-related chronic disease.

Speaker Bio:

Dr. Dariush Mozaffarian is the Director of Tuft's Food Is Medicine Institute. Food Is Medicine (FIM) interventions reflect the critical link between nutrition and health, integrated into health care delivery. These include programs that provide nutritionally relevant food, free of charge or at a discount, to support disease management, disease prevention, or optimal health, linked to the health care system as part of a patient's treatment plan. Under Dr. Mozaffarian's direction, the Institute will serve as a catalyst to drive change, improve health, reduce health disparities, and create a more equitable and resilient healthcare system that recognizes the power of nourishing food.



11:10 - 12:10 PM

Navigating Change: The Latest in Motivational Interviewing for Dietitians

Joycelyn Faraj-Ardura, PhD, MS, RDN, LDN

Session Summary: Join us for an engaging presentation that bridges the gap between dietetics and the latest updates in motivational interviewing (MI). In August 2023, Miller & Rollnick released the much-anticipated 4th edition of "Motivational Interviewing: Helping People Change and Grow," bringing significant changes to this powerful communication style. MI has been instrumental in dietitians' work, helping dietitians to resolve ambivalence and inspire meaningful change in their clients and patients. Dr. Faraj-Ardura will provide a comprehensive insight into these updates, offering practical strategies to integrate MI into your nutrition counseling practice. Stay at the forefront of your field and empower your clients with the latest updates in MI.

Speaker Bio: Dr. Faraj-Ardura is a nutrition counseling coach with a passion for empowering fellow dietitians and nutrition professionals to enhance their coaching and counseling skills, equipping them to better support and retain their clients while promoting lasting behavior change. With a Ph.D. in Nutrition and Public Health (with a focus on mental health), years as a tenure track professor, and former nutrition program manager at a substance use rehab facility, she brings a wealth of knowledge and experience to her work.

Driven by her belief that counseling skills are paramount to client success, she has become a sought-after mentor. She is the founder and CEO of the Nutrition Counseling Academy. She believes that a practitioner's medical nutrition therapy and nutrition knowledge are just as important as their counseling skills to support behavioral changes.

Nutrition Requirements in the Adult Burn Population

Rebecca Lynch, MS, RD, LDN, CNSC

Session Summary: This session will address the nutrition requirements in adults with a major burn by reviewing evidence based practice and applying current recommendations to a case study. Attendees will gain a new appreciation for the largest organ in the body, the skin. The basics of skin function, burn injury, the metabolic response to burn injury, and changes in nutrient utilization will be reviewed. Attendees will learn how to determine calorie, protein, and micronutrient requirements for this complex patient population.



Speaker Bio: Rebecca Lynch is a registered dietitian and board certified nutrition support clinician at the Massachusetts General Hospital. Her responsibilities include providing parenteral nutrition support for adult patients at home and various in-patient populations, as well as addressing the nutrition needs of the adult burn intensive care unit and step down. Rebecca completed her undergraduate degree at Saint Michael's College and holds a Master of Science from the University of Vermont. She completed her dietetic internship at Brigham and Women's hospital.

How to Start Crushing it with an Insurance-Based Model

Amy Plano, RD, CDE, MS, CDN

Session Summary: Move over, self-pay model! And say 'hello' to the most lucrative money-making practice model yet - accepting health insurance in your private practice.

Never before has it been so financially advantageous to be a dietitian in private practice who accepts health insurance. The reimbursement rates for dietitians are at an all-time high, the coverage for nutritional services is awesome and truthfully our patients need our expertise in optimizing their health more than ever.

By taking insurance you can:

- Serve MORE people
- Save time & effort
- Charge & receive your worth
- Create financial freedom

This presentation will cover the basics steps of starting and growing an insurance-based practice.

Speaker Bio: Amy Plano, The Reimbursement Dietitian, RD, MS, CDE, CDN, is a successful private practice dietitian passionate about helping dietitians create a profitable nutrition private practice using an insured-based model. Together with her husband, Marc Plano, she runs the profitable, The Plano Program, a health and wellness-based center in Orange, CT. Through her group-based coaching programs, online resources, and seminars, she teaches dietitians exactly how to use health insurance to make money in their nutrition practices.



Embracing Health Apps in the Digital Age: Innovative Ways to Integrate Apps into Clinical Practice

Rachel Stahl Salzman, MS, RDN, CDN, CDCES

Session Summary: Mobile health apps (apps) are playing an increasingly important role in healthcare. Discover how these innovative tools empower Registered Dietitian Nutritionists to lead data-driven discussions, drive personalized care and help improve outcomes. In this interactive webinar, you will learn about the types and features of apps, the latest research on their potential benefits, and the challenges facing wider adoption. Through real-life case studies, learn the art and science of integrating apps into clinical practice. Don't miss this opportunity to be at the forefront of personalized nutrition care and evolving realm of digital health!

Speaker Bio: Rachel Stahl Salzman, MS, RDN, CDN, CDCES is a Lecturer in Medicine in the Division of Endocrinology, Diabetes and Metabolism at Weill Cornell Medicine (WCM) in New York City. Rachel is passionate about empowering individuals to make sustainable lifestyle changes and leverage diabetes technology and digital health to improve their health and quality of life. In addition to her clinical practice, she coordinates NewYork-Presbyterian Hospital (NYPH)/WCM Diabetes Prevention Program, serves as a preceptor for the NYPH Dietetic Internship Program and contributes to interdisciplinary education.

Rachel is actively involved in leading professional societies, serving as President-Elect of the Association of Diabetes Care and Education Specialists (ADCES) Metropolitan New York Chapter and Diabetes Technology Chair of the Diabetes Dietetic Practice Group of the Academy of Nutrition and Dietetics. Rachel frequently presents at regional and national conferences and publishes on topics related to nutrition, diabetes management, and digital health. Her dedication and leadership have earned her numerous honors, including the Rising Star Award from ADCES in 2022 and Recognized Young Dietitian of the Year from the New York Academy of Nutrition and Dietetics (NYSAND) in 2016.



1:40 - 2:40 PM

Improving Diversity in Nutrition and Dietetics Practice

Prasanna Navarasam, MS, RDN, LDN, CNSC and Alexandra Wardwell RDN, LDN

Session Summary:

The demographics of the United States has continued to change rapidly over the past few decades, yet the demographic profile of dietetic professionals remains largely the same. This session provides a brief historical review of the Academy of Nutrition and Dietetics and the Dietitians in Nutrition Support dietetic practice group's efforts to improve membership diversity and diversity awareness in the field. It also summarizes the action plan put forward by the Academy and DNS, the Inclusion, Diversity, Equity, and Access (IDEA) related programs and opportunities that are available to RDNs and NDTRs to participate in diversity related efforts.

Speaker Bio:

Prasanna Navarasam MS, RD, LDN, CNSC is an experienced registered dietitian with several years of varied professional experience spanning across acute care, long term acute care, clinical nutrition management and diabetes management. Prasanna has her Master's and Postgraduate specialization in Food and Nutrition from Women's Christian College, India. She is a proud alumna of Framingham State University, MA where she completed her Coordinated Program in Dietetics. Her recent accomplishments include completing the DNS Advanced Practice Residency in Nutrition Support at The Cleveland Clinic. She is a Certified Nutrition Support Clinician who is passionate about using the gut, critical care nutrition and accurate diagnosis and documentation of malnutrition. She is also passionate about diversity initiatives and giving back to the community.

Alexandra Wardwell is a Clinical Dietitian at Milford Regional Medical Center. She started her career as a campus dietitian, later transitioning into acute care and has devoted her practice to community hospitals for the last five years. She is passionate about fostering patient empowerment through food and nutrition. She is a graduate of Syracuse University and completed her Dietetic Internship through Russell Sage College, where she discovered her fervor for clinical nutrition. Outside of her career, she dedicates most of her time to raising her two young children, who are quickly blossoming into science-loving foodies themselves.



Nutrition Management of Chronic Kidney Disease*

Sarvnaz Modarresi MS, RD, LDN and Barbara Edgar, RD, LDN

*Level 2

Session Summary:

This session is considered a Level 2 talk. This session will provide an overview of the nutritional management of the chronic kidney disease patient. This will include reviewing the major nutrients of concern for people on chronic kidney disease, estimating calorie and protein needs, and discussing common medications that patients take while on dialysis. The speakers will outline best practices to build your confidence in caring for this population.

Speaker Bio:

Sarvnaz Modarresi MS, RD, LDN

Sarvnaz Modarresi is a Nutrition Manager at Fresenius Medical Care. She has been in her current role for the past 3 years. Before becoming a manager Sarvnaz was a renal dietitian with Fresenius for 5 years. She loves teaching and learning new things. Her passion in life is her son. Sarvnaz hopes to open a Cafe when she retires.

Barbara Edgar, RD, LDN

Barbara Edgar graduated from Boston University, completed the Plan 4 requirements at Simmons College, and subsequently completed an internship at the Medical College of Virginia. She has worked as a renal dietitian for 29 years. She was a Lead Dietitian for Fresenius Medical Care from 2013-2020 and transitioned into a Nutrition Services Manager in 2020. Barbara has presented at many conferences on dietary considerations for CKD patients, and she has been published in the Journal Nutrition Supervised Exercise Program for Dialysis Patients: Effects of Physical Empowerment.

Addressing the Statewide Mental Health Crisis Through Mental Health Literacy: Where and How RDNs Fit In

Abbie Rosenberg, PMHNP-BC, RN & Kimberly Minogue, MS, RDN, LDN

Session Summary:

Mental Health Literacy is identified as a key factor in leading to more positive outcomes for individuals with mental illnesses. This session provides an evidence-based introduction to Mental Health Literacy. Along with a brief history of how and why the current definition evolved, the four components of Mental Health Literacy and the relevance to RDNs working in any setting will be discussed. This session will include practical skills to promote and maintain one's own mental wellness and the knowledge necessary to positively impact the Mental Health Literacy of others. This education is critical and can be life-saving.



Speaker Bio:

Abbie Rosenberg, PMHNP-BC, RN

Abbie has over 30 years of experience as an advanced psychiatric nurse practitioner, including outpatient private practice, inpatient psychiatric care and on college campuses. She is the Founder & Executive Director of Mental Health Collaborative, a 501(c)3 organization dedicated to building resilient communities through mental health education and awareness. Abbie is passionate about teaching Mental Health Literacy as a preventative, proactive solution to the mental health crisis.

Kimberly Minogue, MS, RDN, LDN

Owner and Founder of The Birchwood Nutrition Group, Kim received her undergraduate degree in Nutrition from Simmons College followed by a graduate degree in Nutrition from Boston University. Kim has twenty years' experience working as a Registered Dietitian. She has worked in health promotion and disease prevention programs, designed family-based health and fitness programs, and provided individual and group counseling. Kim focuses mainly on adolescents and young adults and in particular those with disordered eating.

Disordered Eating in Adolescence: Taking the First Steps toward Treatment

Claire Norton, MS, RDN, LDN

Session Summary:

This lecture will provide an introduction to Family Based Treatment, which is the recommended approach to treating Anorexia Nervosa in adolescents. We will review the phases of treatment and the role of the dietitian in each phase. We will also discuss updates and published approaches for those currently using FBT. In the last part of the talk will discuss steps that the dietitian working with parents of a child diagnosed with AN can do while awaiting treatment.

Speaker Bio:

Claire Norton is a Senior Lecturer at UMass Amherst and a clinical outpatient dietitian at Baystate Health Adolescent Eating Disorder Clinic. She has spoken at Baystate sponsored training for local health professionals on this topic as well as pediatric grand rounds at Baystate Medical Center.



2:50 - 3:50 PM

Food and Feelings: Normalizing Emotional Eating and Helping Our Clientele Compassionately Tune Into Their Needs

Allegra Egizi, MS RD LDN | NASM-GFI | Adjunct Instructor

Session Summary:

To say that the term “emotional eating” gets a bad rap is an understatement. Diet culture has long gone out of its way to convince us that food is the absolute last thing that we should turn to in times of stress, sadness, and boredom. Even in times of celebration, diet culture finds a way to make us experience guilt and shame, keeping us trapped in a cycle where we feel bad for eating, yet confused about our needs and how to meet them. In reality, food is inherently emotional, and there is a significant connection between food, emotions, and mental health.

Speaker Bio:

Allegra Egizi, MS RD LDN, is a licensed Registered Dietitian and the owner of Leg Up Nutrition. Allegra is passionate about helping others reach their individualized health goals in a realistic and compassionate way. Her specialities include eating disorders, intuitive eating, sports nutrition, emotional eating, digestive concerns, and body image healing. She takes a non-diet and weight-inclusive approach to her work, while providing guidance based on the latest scientific evidence. Over the past several years, Allegra has worked at Beth Israel Deaconess Medical Center, the Army National Guard, led workshops on Intuitive Eating, and worked with numerous sports teams throughout Boston. She also works as a NASM-certified Group Fitness Instructor and an Adjunct Instructor at Simmons University. Allegra previously served on the MAND Board of Directors for Socials for Success, and also works as a private practice dietitian at Nourish For Life in Cambridge.

Diets and Brown Fat Activation*

Soonkyu Chung, Ph.D.

*Level 2

Session Summary:

Brown adipose tissue (BAT) is a specialized fat tissue that has a high capacity to dissociate cellular respiration from ATP utilization, resulting in the release of energy as heat. Adult humans possess a substantial amount of BAT in the form of BAT or inducible beige fat. BAT activity in humans is inversely correlated with adiposity, blood glucose levels, and insulin sensitivity, suggesting that strategies aimed at BAT are an attractive therapeutic target in combating epidemic of obesity and diabetes. Presentation will include animal models to evaluate the brown thermogenesis and dietary factors that have been demonstrated to activate BAT.



Speaker Bio:

Dr. Soonkyu Chung received Ph.D. in Molecular Nutrition at the University of North Carolina. She is currently an associate professor of the department of Nutrition at the University of Massachusetts-Amherst. Dr. Chung's research interest centers on the regulation of lipid metabolism and signaling pathways in adipocytes. Her projects examine the role of dietary factors and their gut metabolites in modulating adiposity, innate immunity, and brown thermogenesis toward preventing obesity and type 2 diabetes. In particular, Dr. Chung have been at the forefront of identifying the impact of dietary polyphenols on adipose tissue inflammation and brown thermogenesis. Dr. Chung is serving at the editorial boards of *Lipids*, *Scientific Report*, *Frontiers in Cardiovascular Medicine* and *Journal of Medicinal Food*. Her research has been supported by funding from the American Heart Association (AHA), the U.S. Department of Agriculture (USDA), and the NIH.

Beyond the Lecture Hall: Unlocking the Power of Pre-Recorded Learning in Dietetics Education

Dana J. Fryer, MS, RDN, CSNC

Session Summary: In today's media environment, both dietetic students and experienced clinicians have opportunities to engage with pre-recorded learning opportunities. Dana Fryer, registered dietitian and entrepreneur, will engage attendees in developing and implementing pre-recorded education modules across various areas of dietetic practice.

Speaker Bio: Dana J. Fryer, MS, RDN, CNSC is a Boston-based dietitian and owner of Dana J. Fryer Nutrition LLC. Dana received her Master's in Nutrition from Boston University and completed her dietetic internship at Boston Medical Center and specialized in weight management, oncology and nutrition support. In addition to seeing clients in private practice, Dana also provides professional tutoring services for student dietitians to prepare them for the RD exam and frequently gives guest lectures for dietetic internships and universities on topics ranging from RD Exam Prep to nutrition support. Dana offers a variety of tutoring options, including private sessions, group classes, and recorded courses. She also hosts the RD exam prep podcast Dietetics with Dana.



How to Talk About Food: Best Practices for Culturally Appropriate Conversations

Breana Lai Killeen, MPH, RD

Session Summary:

We all talk about food multiple times a day. We talk about what we cook, our favorite restaurants, what we ate last night, and what we want to eat next. Food is a connector for all humans because we all have to eat. In this presentation, we'll delve into the best practices for culturally appropriate conversations about food. The presentation will highlight culturally appropriate dietary counseling practices from a culinary lens, practices that may be used to better connect with patients, families, and caregivers. Presented by Breana Lai Killeen, MPH, RD, a dietitian, chef, farmer, former Test Kitchen Manager for EatingWell Magazine and an expert in culturally competent recipe development.

Speaker Bio:

Breana Lai Killeen is a food writer, recipe developer, culinary nutritionist, and farmer with 15+ years of experience creating editorial and digital content. She has written and edited over 2500 recipes, articles and presentations for top brands including EatingWell, Allrecipes, Cabot Creamery, Hello Fresh, POM Wonderful, the National Beef Council, and the Dairy Council. Breana has a master's degree in public health from the University of North Carolina at Chapel Hill, is a graduate of Le Cordon Bleu London, a Wine Spirit & Education Trust trained sommelier and is a registered dietitian.



4:00-5:00 PM
Closing Session

Artificial Intelligence: The Future of Dietetics?
*Chrissy Carroll, MPH, RD, LDN, ACSM-CPT, USAT Level I
Triathlon Coach, RRCA Certified Running Coach*



Session Summary:

Artificial intelligence is one of the hottest topics in the tech world right now, but it's not just for Silicon Valley startups anymore. Discover how artificial intelligence is being used in the nutrition field, from research applications to business tasks to classroom assignments. Dive into shortcomings and ethical implications, along with possible benefits and use cases. Learn how AI might affect your role as a dietitian – and how you can stay relevant in today's constantly evolving digital landscape.

Speaker Bio:

Chrissy Carroll is a vibrant RD blogger and social media enthusiast. She currently runs five blogs, and garners approximately 100,000 page views every month on her main site alone. Chrissy was an early adopter of generative artificial intelligence for her own business, utilizing tools several years before ChatGPT entered the scene. She has a professional certificate in Next-Generation Learning with Generative Artificial Intelligence Tools, and attended the GenAI Conference for a deep dive into the implications of machine learning. Chrissy loves discussing the impact – both positive and negative – that artificial intelligence may have in the world of dietetics, and practical ways to embrace this new digital world.



Performance Indicators (PIs)

Presenter Name	Title of Presentation/Topic	Performance Indicators (PIs)
Elizabeth Ward	Processed Foods: What Dietitians Need to Know	12.4.2
Margaret Drazba	Effective Parenteral Nutrition Management Strategies Across the Spectrum of Care	10.5.5
Dana J. Fryer	Beyond the Lecture Hall: Unlocking the Power of Pre-Recorded Learning in Dietetics Education	3.1.6
Heidi Schauster	Nurture: How to Raise Kids Who Love Food, Their Bodies, and Themselves	2.1.3
Dariush Mozaffarian, MD	Keynote Address: Food is Medicine	N/A
Joycelyn Faraj-Ardura	Navigating Change: The Latest in Motivational Interviewing for Dietitians	9.1.3
Rebecca Lynch	Nutrition Requirements in the Adult Burn Population	10.3.9
Amy Plano	How to Start Crushing it with an Insurance-Based Model	3.3.5
Rachel Stahl Salzman	Embracing Health Apps in the Digital Age: Innovative Ways to Integrate Apps into Clinical Practice	5.1.10
Prasanna Navarasam & Alexandra Wardwell	Improving Diversity in Nutrition and Dietetics Practice	1.7.4



Sarvnaz Modarresi & Barbara Edgar	Nutrition Management of Chronic Kidney Disease	10.3.2
Abbie Rosenberg & Kimberly Minogue	Addressing the Statewide Mental Health Crisis Through Mental Health Literacy: Where and How RDNs Fit In	10.2.9
Claire Norton	Disordered Eating in Adolescence: Taking the First Steps toward Treatment	10.3.5
Allegra Egizi	Normalizing Emotional Eating: Understanding the Connection Between Food and Feelings	8.3.4
Soonkyu Chung	Diets and Brown Fat Activation	6.2.3
Tara McCarthy	Generational Differences in the Workplace and Impact on Dietetic Management	3.1.5
Breana Lai Killeen	How to Talk About Food: Best Practices for Culturally Appropriate Conversations	1.7.4
Chrissy Carroll	Closing Session Artificial Intelligence: The Future of Dietetics?	5.1.10



2024 ANCE POSTER SESSIONS

Friday, April 5, 2024

MORNING SESSION: 10:30 - 11:00 AM

Mindful eating and its relationship to diet quality. Beauregard V, MS; Owen O, BSN; Coakley E, MA, MPH, PStat; Fung T, ScD, RD, Simmons University, Boston, MA.

Pediatric enteral tube weaning, access to multidisciplinary feeding clinics, and the dietitian's role in tube weaning. Boyden SL, RDN, CSP, LDN, Baystate Children's Specialty Center, Springfield, MA.

The lived experience of gender-competent treatment of eating disorders in the queer community: Implications for registered dietitians. Folic, S, BS candidate; Salvia, M, PhD, RDN; Peters S, PhD; Quatromoni, PA, DSc, RDN, Boston University, Boston, MA.

Pediatric feeding therapists' knowledge of children's oral health. Habib C, DMD; Caffrey E, DDS; Hsu KLC, DDS; White M, University of Maryland School of Dentistry, Baltimore, MD.

Intervention to reduce food insecurity by making generic brands a desirable food choice. Han MM, MBA; Gallagher S, MEd, RD, LDN, Simmons University, Boston, MA.

Delivering healthy groceries to adolescents and young adults living with HIV. Schroeder Smith K, RD; Guss CE, MD; Addison J, MD; Woods ER, MD, Boston Children's Hospital, Harvard Medical School, Boston, MA; Assefa I; Fitzgerald S, NP, Boston Children's Hospital, Boston, MA.

AFTERNOON SESSION: 1:10 - 1:40 PM

Community farming interventions and effects of dietary choices and behaviors: A review. Donnelly J, BS; Metallinos-Katsaras E, Ph.D, RD; Beatty J, Ph.D, RD; Simmons University, Boston, MA.

Perceived diabetes risk and engagement in different nutrition-related health behaviors among Hispanic and Latina women. Froes L, BS, CLC; Krawcke A, BS; Gholmie Y, Ph.D, RDN; Siu EC, Ph.D, RDN, Simmons University, Boston MA.



Diet restructuring for symptom relief and improvement in irritable bowel syndrome. Greiff Z; Metallinos-Katsaras E, PhD, RD; Beatty J, PhD, RD, Simmons University, Boston, MA.

The potential beneficial role of magnesium in gestational diabetes. Hayes M, MS, University of Massachusetts, Amherst, MA.

Produce prescription programs and their influence on diabetes-related health outcomes. O'Neil K, MS, University of Massachusetts, Amherst, MA.

An evaluation of treatment intervention effectiveness on eating disorder recovery in patients with a history of trauma. Riley E, NDTR; Beatty J, PhD RD; Metallinos-Katsaras E, PhD RD, Simmons University, Boston MA.

Posters will be up throughout the conference day, however authors will be present to speak on their research during the above designated times.



Program Evaluation is online for 2024!

You will receive an email from MAND with the link within a day after the conference. If you do not receive an email, please contact Maureen at admin@eatrightma.org for the link.



Certificate of Attendance

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Massachusetts Academy of Nutrition and Dietetics Annual Nutrition Conference
April 5, 2024

Session Title

Participant's Name

RD/DTR Number	CPEUs Awarded	CPE Level	*Learning Need Codes or Performance Indicators
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Provider Signature

A handwritten signature in black ink that reads "Maureen Kelly Giraldo".

**Refer to your Professional Development Portfolio Learning Needs Assessment Form or the Professional Development Performance Indicators in your Attendee Program Booklet.*

Please complete a separate Certificate of Attendance form for each session attended. Record each session on your learning Activities Log and retain a completed form for each session in the event you are audited by CDR.

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Certificate of Attendance-Licensure Copy

Massachusetts Academy of Nutrition and Dietetics Annual Nutrition Conference
April 5, 2024

Session Title

Participant's Name

RD/DTR Number	CPEUs Awarded	CPE Level	*Learning Need Codes or Performance Indicators
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Provider Signature

A handwritten signature in black ink that reads "Maureen Kelly Giraldo".

**Refer to the Massachusetts Division of Professional Licensure for the requirements to maintain your licensure.*

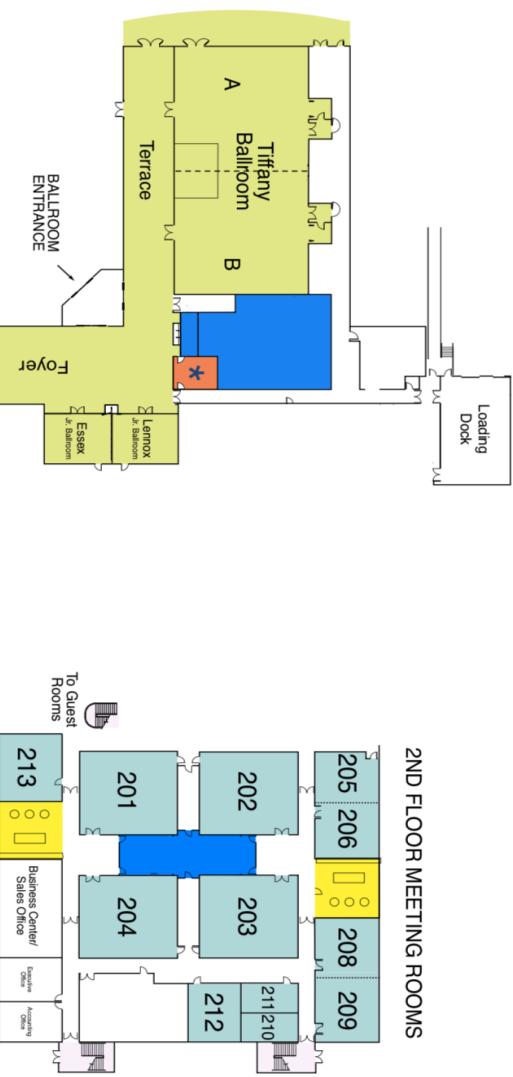
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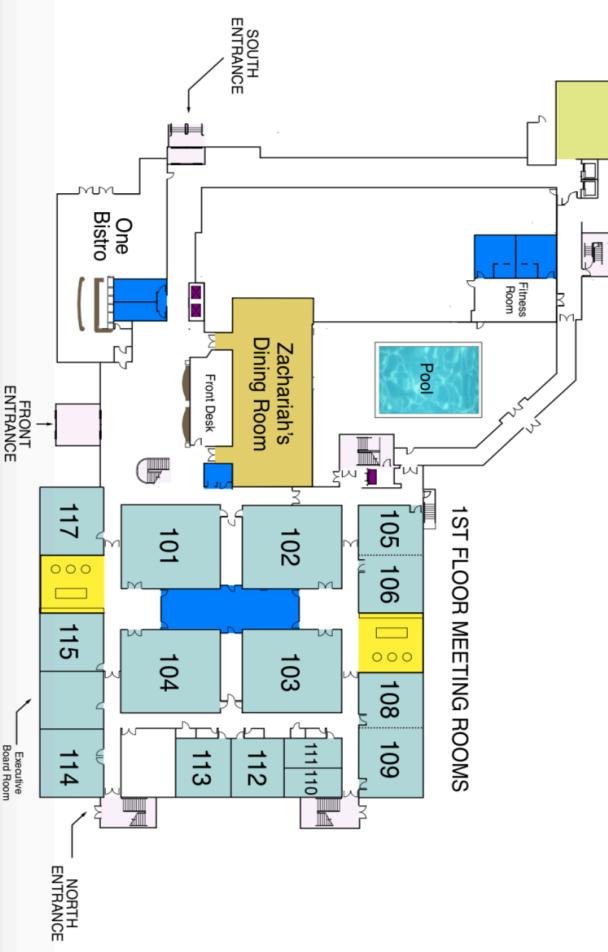
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