



2021 VIRTUAL ANNUAL MEETING

THURSDAY, APRIL 22,
2021

EMBRACE THE
PRESENT

to prepare for the future

Idaho Academy of Nutrition & Dietetics 2021 Virtual Annual Meeting Thursday, April 22 | 9:00am-2:15pm MDT

We are pleased to offer you up to 4.25 CPEUs of online education, with on demand access available up to three (3) months following the live event!

Your Academy in Action | 9:00am-10:15am (1.25 CPEU)

This interactive presentation will highlight current activities and recent developments at the Academy and the Foundation, on both local and national levels. The Academy's activities and successes in such vital areas as public policy and advocacy, malnutrition, media outreach and scientific research will be addressed. Speakers will also discuss how COVID-19 has impacted the delivery of nutrition programs.

Learning objectives:

1. Understand the wide-ranging and lasting value of Academy membership for all RDNs and NDTRs.
2. Identify how the Academy helps advance members' personal and professional development through opportunities in leadership, networking, and education.
3. List ways in which members are the Academy.
4. Examine nutrition-related impacts of COVID-19 on Idaho residents.



*Linda Farr, RDN, CSOWM, LD, FAND
San Antonio, TX*



*Kimberly Young, MS, RDN, LD
Hayden, ID*



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Let's Talk Detox! An RDN Road Map for a Hot Topic | 10:30-11:30am (1 CPEU)

For many, the word “detox” conjures up images of snake oil and flashy websites with unsubstantiated claims. However, the biochemical process of detoxification is a vital part of the body’s ability to eliminate toxicants effectively and neutralize oxidative stress from internal and external forces. RDNs need to be equipped with accurate information about sources of environmental chemical exposure and what undermines or supports our detoxification organs, so they can help patients differentiate fad from fact, and provide evidenced-based tools patients can use to optimize their health. This presentation will provide useful strategies for minimizing exposure and improving the channels of detoxification through realistic dietary and lifestyle modifications, and touch on the role of genetic variants as well as the use of supplementation.

Learning objectives:

1. Discuss how the body’s detoxification/biotransformation system works.
2. Identify potential areas of exposure to toxicants in our environment and diet, and their associated health risks.
3. Implement dietary and lifestyle strategies for supporting detoxification organs and pathways and avoid future exposure to toxins.



*Mary Purdy, MS, RDN
Seattle, WA*



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Environmental Sustainability, Planetary Health and Our Food Choices | 12:00pm-1:00pm (1 CPEU)

The wellbeing of the environment has long been on the minds of many Americans. For some, concerns about environmental sustainability and the health of our planet impact food and beverage purchasing decisions and the way they think about agriculture and food production. And yet, it remains difficult for consumers to truly know whether their choices are supportive of sustainability measures. For many, other priorities like taste and price often win out when it comes to what is placed in their shopping cart. This presentation will highlight IFIC's consumer research findings on how Americans think about, prioritize and act on sustainability, environmental and climate change concerns, with an exploration of how they intersect with animal and plant protein choices.

Learning objectives:

1. Demonstrate an awareness of purchase drivers and priorities related to food and beverage decisions, and where environmental sustainability factors in at the population scale.
2. Understand current consumer familiarity and interest in food production techniques, including regenerative agriculture and bioengineered foods.
3. Identify terminology and food and beverage labeling schemes that resonate most with consumers on the issue of environmental sustainability and compare and contrast how these messages are truly aligned with current food production practices.



*Ali Webster, PhD, RDN
Minneapolis, MN*

Poster Sessions | 1:15pm-2:15pm (1 CPEU)

The Idaho Academy of Nutrition & Dietetics Poster Sessions will feature research in an array of nutrition topics. Participants will be able to join breakout rooms, observe presentations, and participate in the Q&A sessions following each poster presentation.