



# Annual Meeting

April 11-12, 2024

Moscow, Idaho

IDAHO ACADEMY OF NUTRITION & DIETETICS

Best Western University Inn  
1516 Pullman Road | Moscow, Idaho 83843  
<https://www.eatrightidaho.org/meeting>

## SCHEDULE AT A GLANCE

### THURSDAY, APRIL 11, 2024

8:00am-9:45am	Opening Keynote & Business Meeting Take Action: Advocating for Ourselves and Our Profession
10:00am-11:00am	The Human Milk Microbiome – A Paradigm Shift in Infant Nutrition and Health
11:15am-12:15pm	Collaborative Agriculture: Working Together for a Sustainable Tomorrow
12:15pm-2:00pm	Farm-to-Fork Lunch, Poster Sessions, and Exhibits
2:00pm-3:00pm	Nutritional Enhancement: The Possibilities of Genetic Engineering
3:15pm-4:30pm	Eating Beyond the Headlines: Sorting Evidence from Emotion
4:30pm	Networking Social

### FRIDAY, APRIL 12, 2024

8:00am-9:15am	Stepping Stones to Screening & Referral for Social Determinants of Health While Enhancing Collaboration in Diabetes Care & Management
	Running on Empty: Food Insecurity Among Collegiate Athletes
9:30am-10:30am	Nutrition at the Forefront of the FDA Mission
	Pulses: A Sustainable Choice for the World
10:45am-11:45am	Thriving Through the Transition: A Functional Approach to Perimenopause
	Evolving Your Influence: Leveraging the Scope and Standards of Practice to Amplify the Role & Impact of RDNs
12:00pm-1:30pm	Lunch & Closing Keynote Flour is Not Just Flour: Baking with Whole, Enriched and Sprouted Wheat Flours

Annual Meeting Registration fees include access to all education sessions and lunch service.



## ANNUAL MEETING THURSDAY, APRIL 11

The Commission on Dietetic Registration has approved this activity (Thursday) for 6.00 CPE Lecture Hours and 1.75 Exhibit & Poster Session Hours.

Coffee and Check-in: 7:30am

Sessions begin: 8:00am

### 7:30am-7:45am

**Student Networking 101** | *Caroline Keegan, MBA, RDN, LD, Liberty Lake, Washington*

Opportunities for networking during the Annual Meeting abound! This introduction to networking will help prepare students to talk with those experienced in the field and understand the importance of building connections.

**Meeting Room: Silver**

### 8:00am-9:45am

#### OPENING KEYNOTE AND BUSINESS MEETING

1.75  
CPEU/  
Level 2

**Take Action: Advocating for Ourselves and Our Profession** | *Neva Cochran, MS, RDN, LD, FAND, Dallas, Texas; Erin Green, MS, RDN, CSSD, LD, Idaho Academy President, Boise, Idaho*

Leadership in the dietetics profession is essential to gain the recognition, respect and compensation we deserve. Leadership is a skill that can be learned and put into action. Leaders are born and made. This presentation identifies opportunities to take a leadership role in the dietetics profession, how advocating for the profession can benefit both members and the profession and ways to become more involved professionally illustrated with stories of the leadership paths of several Academy members in various areas of practice. Immediately following Neva's presentation, Idaho Academy President, Erin Green, will walk members through the activities of the Idaho Academy during the last year and highlight what has been accomplished and what's on the docket moving forward.

Learning Objectives

1. Identify opportunities to take a leadership role in the dietetics profession.
2. Explain how advocating for the profession can benefit both members and the public.
3. List ways to become involved professionally in the next three years.

**Meeting Room: University**

#### Professional Development Portfolio

Sessions at the Idaho Academy of Nutrition and Dietetics have been designed to meet the educational needs of Registered Dietitian Nutritionists. It is up to the learner to determine which Learning Need Codes and Performance Indicators will help you achieve your professional goals. Guidance and additional information can be found online at <https://www.cdrnet.org/>.

10:00am-11:00am  
GENERAL SESSION

1.00  
CPEU/  
Level 2

**The Human Milk Microbiome – A Paradigm Shift in Infant Nutrition and Health** | *Shelley McGuire, PhD, Moscow, Idaho*

Although it was long thought sterile, scientists now know that human milk contains a rich community of microbes. This presentation will provide background information on the human milk microbiome and its variability around the world. It will also summarize what is known about factors impacting milk microbiome variability, research gaps, and what is known (and not known) about how the milk microbiome is related to maternal and infant health. Dr. McGuire will highlight the importance of milk microbiome research conducted at the University of Idaho during the COVID-19 pandemic.

Learning Objectives

1. Define "human milk microbiome."
2. List factors associated with variation in the human milk microbiome.
3. Summarize the state of the science concerning what we know about impacts of the human milk microbiome on human health.

**Meeting Room: University**

11:15am-12:15pm  
GENERAL SESSION

1 CPEU/  
Level 2

**Collaborative Agriculture: Working Together for a Sustainable Tomorrow** | *Curtis Rowley, Agriculture Representative, Santaquin, Utah; Josh Webb, Idaho Dairy Farmer, Declo, Idaho; J. Earl Creech, Ph.D., Agriculture Representative, Logan, Utah; Sara Patterson, Agriculture Representative, Cedar City, Utah; Panel Moderator: Marissa Watson, MS, Vice President of Sustainability, Meridian, Idaho*

In the face of escalating environmental concerns and a growing global population, the imperative for making progress toward achieving greenhouse gas neutrality and developing a food supply that is affordable, accessible, and nourishing has never been more urgent. To make such progress, collaboration across agricultural sectors is critical. During this session, you will hear from agriculture experts representing a variety of foods who will discuss their historic and ongoing commitment to conservation and the innovations and practices leveraged to ensure sustainable food production. Marissa Watson, Vice President of Sustainability at Dairy West will facilitate a discussion to share valuable perspectives and practical information that can be shared with your community as you navigate food system and sustainability conversations.

Learning Objectives

1. Understand various environmental, health, social, and economic factors that contribute to sustainable food production.
2. Describe cross-sector commitments that showcase the importance of the interconnectedness of our food system.
3. Articulate examples of beneficial relationships across the agriculture sector to support patient and client discussions around the realities of our modern food system.

**Meeting Room: University**

**Professional Development Portfolio**

Sessions at the Idaho Academy of Nutrition and Dietetics have been designed to meet the educational needs of Registered Dietitian Nutritionists. It is up to the learner to determine which Learning Need Codes and Performance Indicators will help you achieve your professional goals. Guidance and additional information can be found online at <https://www.cdrnet.org/>.

**12:15pm-2:00pm**  
**FARM-TO-FORK LUNCHEON, POSTER SESSIONS, & EXHIBIT VISITS**  
**1.75 CPEU**

**Networking & Knowledge-Sharing**

Enjoy an Idaho-inspired farm-to-fork lunch while visiting with exhibitors and poster presenters. This is an opportunity to discuss research with knowledgeable and inspiring professionals. This is also a time for industry thought leaders to share new research, products, and services that will enhance your dietetic practice. Attendees will be able to earn CPE hours while networking with peers and learning about research and projects in the nutrition field.

**Meeting Room: Silver**

**2:00pm-3:00pm**  
**GENERAL SESSION**

1 CPEU/  
Level 2

**Nutritional Enhancement: The Possibilities of Genetic Engineering** | *Joseph Kuhl, PhD, Moscow, Idaho*  
 A brief overview will be presented of the wide range of methods used by today's plant breeders to develop new cultivars. Emphasis will be placed on genetic engineering and how it has been used to enhance nutritional content.

Learning Objectives

1. Genetic engineering is an extension of traditional plant breeding and new cultivar development.
2. Manipulation of existing biochemical pathways can lead to novel nutritional enhancement.
3. List at least three ways food crops have been nutritionally enhanced.

**Meeting Room: University**

**3:15pm-4:30pm**  
**GENERAL SESSION**

1.25  
CPEU/  
Level 2

**Eating Beyond the Headlines: Sorting Evidence from Emotion** | *Neva Cochran, MS, RDN, LD, FAND, Dallas, Texas*

Alarming food and nutrition headlines not only confuse consumers but may also result in the exclusion of nutrient-rich foods from the diet. Nutrition and health recommendations should be based on the scientific evidence and not the results of a single study heralded in the media. This can be challenging especially for topics that evoke strongly held and emotional beliefs that often defy scientific reality. This presentation will examine some of the current popular nutrition topics in the news and the real scientific facts behind them as well as effective strategies to communicate with patients, clients and consumers on these topics.

Learning Objectives

1. Critically evaluate and identify the scientific facts behind popular nutrition myths in the media.
2. Explain the nutritional consequences of omitting specific foods from the diet that have been vilified in the media.
3. Communicate effectively with audiences to dispel food myths and fears promoted in the media.

**Meeting Room: University**

**Professional Development Portfolio**

Sessions at the Idaho Academy of Nutrition and Dietetics have been designed to meet the educational needs of Registered Dietitian Nutritionists. It is up to the learner to determine which Learning Need Codes and Performance Indicators will help you achieve your professional goals. Guidance and additional information can be found online at <https://www.cdrnet.org/>.

4:30pm  
NETWORKING SOCIAL

**Meet. Connect. Learn.** Networking is a great way to engage with one another, build valuable connections, and deepen your emotional connection to your work and those in your field. Join us for drinks\*, appetizers, and a fun opportunity to build professional connections with your fellow dietitians.

*\*Every registered attendee will receive one (1) drink ticket that can be used for a glass of wine, mocktail, or other non-alcoholic beverage. Additional drinks from the bar will be available no-host.*

**Meeting Room: Silver**

**Professional Development Portfolio**

Sessions at the Idaho Academy of Nutrition and Dietetics have been designed to meet the educational needs of Registered Dietitian Nutritionists. It is up to the learner to determine which Learning Need Codes and Performance Indicators will help you achieve your professional goals. Guidance and additional information can be found online at <https://www.cdrnet.org/>.



**ANNUAL MEETING  
FRIDAY, APRIL 12**

The Commission on Dietetic Registration has approved this activity (Friday) for 4.25 CPE Lecture Hours.

Coffee and Check-in: 7:30am  
Sessions begin: 8:00am

**8:00am-9:15am  
CONCURRENT SESSIONS**

1.25  
CPEU/  
Level 2

**LIVE VIRTUAL SPEAKER -- Stepping Stones to Screening & Referral for Social Determinants of Health While Enhancing Collaboration in Diabetes Care & Management** | *Kimberley Rose-Francis, RDN, CDCES, CNSC, LD, Sebring, Florida*

As food and nutrition-related recommendations seek to improve care and promote health in populations living with diabetes, the registered dietitian nutritionist must move beyond the plate. A vast amount of research indicates the social determinants of health play a significant role in health, well-being, and outcomes. This presentation will examine a practical approach for screening for the social determinants of health and how to refer to evidence-based programs to improve outcomes in underserved populations with type 2 diabetes.

**Learning Objectives**

1. Explain the pathways through which the social determinants of health impact diabetes-related outcomes.
2. Explore screening tools that help to identify social determinants of health in patient populations.
3. Discuss evidence-based interventions to reduce diabetes burden and improve health outcomes.

**Meeting Room: Palouse**

**Running on Empty: Food Insecurity Among Collegiate Athletes** | *Barbara Gordon, EdD, RDN, FAND, Boise, Idaho; Jenifer Reader, MHE, RDN, LD, Pocatello, Idaho; Natalie Christensen, MS, RDN, CSSD, LD, Pocatello, Idaho*

A recent survey found that nearly 60% of collegiate athletes reported being food insecure at the end of the second semester. Given their special nutritional needs, we asked sports dietitians, athletic trainers, and other professionals working with elite Division I athletes about their thoughts on the factors driving these high prevalence rates. Learn what they shared about this phenomenon and glean insights into resolving food insecurity among collegiate athletes.

**Learning Objectives**

1. Explain how universities screen and assist food insecure student-athletes.
2. List three factors contributing to food insecurity among this particular population.
3. Discuss the facilitators and barriers for potential solutions for addressing food insecurity among student-athletes.

**Meeting Room: University**

**Professional Development Portfolio**

Sessions at the Idaho Academy of Nutrition and Dietetics have been designed to meet the educational needs of Registered Dietitian Nutritionists. It is up to the learner to determine which Learning Need Codes and Performance Indicators will help you achieve your professional goals. Guidance and additional information can be found online at <https://www.cdrnet.org/>.

**9:30am-10:30am  
CONCURRENT SESSIONS**

1 CPEU/  
Level 2

**Pulses: A Sustainable Choice for the World** | *Tim D. McGreevy, Moscow, Idaho*

Although they're tiny, pulses pack a big punch as a valuable food source worldwide. As we see a global push for sustainable food production, pulses fit the bill as a staple in affordable, healthy, plant-forward diets. We will explore the latest research findings regarding the nutritional value of pulses and discuss how they fit into the Dietary Guidelines to meet nutrient needs, promote health, and prevent disease.

Learning Objectives

1. Understand what pulses are.
2. Discuss how pulses contribute to sustainable food production practices.
3. Review research-based nutritional benefits of pulses.

**Meeting Room: Palouse**

**Nutrition at the Forefront of the FDA Mission** | *Diana D. Monaco, RDN, CDN, FAND, Buffalo, New York*

In the food arena FDA has jurisdiction and responsibilities over the safety of all foods except for meat and poultry. This includes areas such as food safety, the Food Code, nutrition facts labeling, menu labeling, food colors, additives and allergens, sodium reduction and a host more. The agency is going thru the largest reorganization in its history and from there a new focus on nutrition will be present.

Learning Objectives

1. Discover the intricacies of the Food and Drug Administration regarding food and food safety.
2. Identify the places where information can be located and used with consumers, for studies, and for reference.
3. Understand the process for commenting on proposed regulations and submit petitions.

**Meeting Room: University**

**10:45am-11:45am  
CONCURRENT SESSIONS**

1 CPEU/  
Level 2

**LIVE VIRTUAL SPEAKER--Thriving Through the Transition: A Functional Approach to Perimenopause** | *Melissa Groves Azzaro, RDN, LD, Keene, New Hampshire*

This session will focus on what perimenopause is, the physiological changes and hormonal changes that lead to symptoms and weight gain, and how to address these changes with your patients through nutrition and lifestyle. A root cause approach to perimenopause focuses on the underlying root causes and a systemic, whole-body approach to thriving through this natural transition.

Learning Objectives

1. Understand how the physiological changes that occur during perimenopause lead to symptoms including weight gain.
2. Understand the underlying root causes of perimenopause symptoms.
3. Learn evidence-based nutrition, lifestyle, and supplement strategies to help patients manage perimenopause symptoms including weight management.

**Meeting Room: Palouse**

**Professional Development Portfolio**

Sessions at the Idaho Academy of Nutrition and Dietetics have been designed to meet the educational needs of Registered Dietitian Nutritionists. It is up to the learner to determine which Learning Need Codes and Performance Indicators will help you achieve your professional goals. Guidance and additional information can be found online at <https://www.cdrnet.org/>.

	<p><b>Evolving Your Influence: Leveraging the Scope and Standards of Practice to Amplify the Role &amp; Impact of RDNs</b>   <i>Laura Laski, MS, RDN, CNSC, CCTD, Denver, Colorado</i></p> <p>This session aims to empower RDNs in advancing their careers while working at the highest level within the scope of practice. Focused on the revised 2024 Commission on Dietetic Registration Scope and Standards of Practice, the discussion will highlight key points and emphasize how operating at an elevated level can enhance job satisfaction. Furthermore, we will address strategies for advocating for optimal nutrition care for patients and clients, and explore the RDN’s pivotal role in the interdisciplinary healthcare team as the foremost expert in nutrition science.</p> <p>Learning Objectives</p> <ol style="list-style-type: none"> <li>1. Understand how the CDR Scope and Standards of Practice for the Registered Dietitian Nutritionist can impact and support an increased level of dietetic practice.</li> <li>2. Provide strategies for RDNs to advocate for appropriate nutrition care for their clients/patients.</li> <li>3. Discuss the role of the RDN on the interdisciplinary team and how to elevate the status of RDNs from oral supplements to nutritional science.</li> </ol> <p><b>Meeting Room: University</b></p>
<p><b>12:00pm-1:30pm</b> <b>LUNCH &amp; CLOSING KEYNOTE</b></p>	
<p>1 CPEU/ Level 2</p>	<p><b>Flour is Not Just Flour: Baking with Whole, Enriched and Sprouted Wheat Flours</b>   <i>Sharon P. Davis, B.S., Secondary Education, Family &amp; Consumer Sciences, Manhattan, Kansas</i></p> <p>Idaho is a unique wheat state, growing five of the six classes of wheat allowing a diverse and highly nutritious wheat flour and grain food selection for menus and consumers. This session will demonstrate how flours differ and three baking techniques to produce long-fermentation, whole wheat, and sprouted wheat products that are currently popular with consumers. Participants will receive wheat and baking resources to assist and inspire consumers with wheat flour facts vs. myths and their next delicious baked good for friends, work, or home.</p> <p>Learning Objectives</p> <ol style="list-style-type: none"> <li>1. Fact-based wheat research will be provided for both wheat flour and baked goods for consumer education.</li> <li>2. Three, “Flour is Not Just Flour” activities and demonstrations will be provided for dietitians to share with their consumer food and nutrition education programs in populations they serve.</li> <li>3. Reliable, research-based resources will be provided for extending knowledge of wheat, wheat foods, flour and baking food safety, and best baking practices.</li> </ol> <p><b>Meeting Room: Silver</b></p>

**Professional Development Portfolio**

Sessions at the Idaho Academy of Nutrition and Dietetics have been designed to meet the educational needs of Registered Dietitian Nutritionists. It is up to the learner to determine which Learning Need Codes and Performance Indicators will help you achieve your professional goals. Guidance and additional information can be found online at <https://www.cdrnet.org/>.



**Commercial support provided by:**

- Arbor Crest Wine Cellars
- Center for Change
- Clif Bar
- Dairy West
- Dietitians in Integrative and Functional Medicine (DIFM)
- Home Baking Association
- Idaho Beef Council
- Idaho Diabetes, Heart Disease, & Stroke Prevention (DHDSF) Program
- Idaho Hunger Relief Task Force
- Idaho Milk Products
- Idaho Wheat Commission
- Kate Farms
- Lighthouse, Inc
- Olipop
- Orgain
- Simplot
- Target
- The Teff Company
- USA Dry Pea and Lentil Council
- US Food & Drug Administration
- University of Idaho Margaret Ritchie School of Family and Consumer Sciences

[Click here](#) to learn more about our sponsors and exhibitors.

**Professional Development Portfolio**

Sessions at the Idaho Academy of Nutrition and Dietetics have been designed to meet the educational needs of Registered Dietitian Nutritionists. It is up to the learner to determine which Learning Need Codes and Performance Indicators will help you achieve your professional goals. Guidance and additional information can be found online at <https://www.cdrnet.org/>.