



The CPE activity application for the Idaho Academy of Nutrition & Dietetics 2026 Annual Meeting has been approved by CDR for 10.75 CPEUs

TIMING OUTLINE - WEDNESDAY, APRIL 15

TIME	TITLE	SPEAKER
7:30am-8:00am	Check-in + On-site Registration*	
8:00am-8:15am	Welcome + Awards*	Kimi Funk, MS, RDN, LD
8:15am-9:00am (45 min)	Unstuck: Burnout as the Signal to Innovate <i>Learner Assessment: This session will include opportunities to practice skills discussed throughout the presentation</i>	Eren Barker, MS, ATC, CSCS, HC
9:00am-9:10am	BREAK*	
9:10am-9:55am (45 min)	Translating Evidence Into Practice and the Dietary Guidelines	Christopher A. Taylor, PhD, RDN, LD, FAND
9:55am-10:05am (10 min)	<i>Learner Assessment: Q&A</i>	Christopher A. Taylor, PhD, RDN, LD, FAND
10:05am-10:15am	BREAK*	
10:15am-11:00am (45 min)	Empowering Idaho Communities Through Nutrition	Misty Roberts, RDN, LD
11:00am-11:10am (10 min)	<i>Learner Assessment: Q&A</i>	Misty Roberts, RDN, LD
11:10am-11:15am	BREAK*	
11:15am-12:45pm	LUNCH SERVICE, POSTER SESSIONS, & EXHIBIT VISITS*	
12:45pm-1:30pm (45 min)	The Resilient RD: Turning Setbacks into Startups	Whitney M Beck, RDN, LD, CD
1:30pm-1:40pm (10 min)	<i>Learner Assessment: Q&A</i>	Whitney M Beck, RDN, LD, CD
1:40pm-1:50pm	BREAK*	
1:50pm-2:35pm (45 min)	Thriving at Every Age: Food as the Foundation of Women's Healthspan	Katie Brown, Ed.D, RDN, FAND, FASN
2:35pm-2:45pm (10 min)	<i>Learner Assessment: Q&A</i>	Katie Brown, Ed.D, RDN, FAND, FASN
2:45pm-2:55pm	BREAK*	
2:55pm-3:40pm (45 min)	Hydration Assessment and Recommendations for Athletes and Active Individuals	Francine Hoffman, MS, RDN, LD, CSSD, CSCS, NSCA-CPT, USAW-L1
3:40pm-3:50pm (10 min)	<i>Learner Assessment: Q&A</i>	Francine Hoffman, MS, RDN, LD, CSSD, CSCS, NSCA-CPT, USAW-L1
3:50pm-4:00pm	BREAK*	
4:00pm-5:00pm (60 min)	The MIND Diet and its Role in Health Aging <i>Learner Assessment: This session will include opportunities to practice skills discussed throughout the presentation</i>	Sarah Renaldi, MS, RDN, LD, DipACLM
5:00pm	Annual Meeting Social Hour	

Total Minutes Toward CPEUs on Wednesday, April 15 (does not include posters): 380 minutes (6.25 hours)

Total Minutes Toward CPEUs on Wednesday, April 15 for Poster Sessions: 90 minutes (1.50 hours)

*Time for welcomes/introductions, meals, breaks, and closing/wrap-up does not count towards total CPEUs. Poster Sessions are a separate activity from the Annual Meeting.

The Annual Meeting will be hosted at Jack's Urban Meeting Place (1000 W Myrtle Street, Boise, Idaho)
All presentations and poster sessions will be in the Pioneer Room (Level 6)
Exhibits will be in the Pioneer Lobby and Hallway (Level 6)



TIMING OUTLINE - THURSDAY, APRIL 16

TIME	TITLE	SPEAKER
8:00am-8:30am	Check-in + On-site Registration*	
8:30am-9:20am (50 min)	Reframing PCOS Care: Evidence-Based Nutrition Interventions Every Dietitian Should Know	Emily Sucher, RDN, LD
9:20am-9:30am (10 min)	Learner Assessment: Q&A	Emily Sucher, RDN, LD
9:30am-9:45am	BREAK*	
9:45am-10:35am (50 min)	Real Food, Real Impact: Innovative Partnerships Shaping the Future of School Nutrition	Anne Brock, MS, RDN, LD
10:35am-10:45am (10 min)	Learner Assessment: Q&A	Anne Brock, MS, RDN, LD
10:45am-11:00am	BREAK*	
11:00am-11:50am (50 min)	From Fork to Future: Integrating GLP-1s into Modern Dietetics	Kimberly Landsberg, MS, RDN, CSOWM, LD, CDCES Liz LeFevre, MHS, RDN, CSO, LD
11:50am-12:00pm (10 min)	Learner Assessment: Q&A	Kimberly Landsberg, MS, RDN, CSOWM, LD, CDCES Liz LeFevre, MHS, RDN, CSO, LD
12:00pm-12:30pm	LUNCH SERVICE	
12:30pm-1:00pm (30 min)	You are in Control – Get Your Act Aligned <i>Learner Assessment: This session will include opportunities to practice skills discussed throughout the presentation</i>	Darlene Dougherty, MS, RDN, FAND, LD
1:00pm-2:00pm (60 min)	Idaho Academy Business Meeting <i>Learner Assessment: This session will include opportunities to practice skills discussed throughout the presentation</i>	Jen Scharffer, MBA, RDN, LD

Total Minutes Toward CPEUs on Thursday, April 16 (does not include posters): 270 minutes (4.50 hours)

*Time for welcomes/introductions, meals, breaks, and closing/wrap-up does not count towards total CPEUs. Poster Sessions are a separate activity from the Annual Meeting.

The Annual Meeting will be hosted at Jack’s Urban Meeting Place (1000 W Myrtle Street, Boise, Idaho)
All presentations will be in the Pioneer Room (Level 6)

DETAILED SESSION AGENDA - WEDNESDAY, APRIL 15

All presentations and poster sessions will be in the Pioneer Room (Level 6)

Exhibits will be in the Pioneer Lobby and Hallway (Level 6)

8:00am-9:00am

Level 2 **Unstuck: Burnout as the Signal to Innovate** | *Eren Barker, MS, ATC, CSCS, HC, Boise, Idaho*

The presentation will help participants understand burnout not as a personal failure, but as valuable information pointing toward misalignment in their system, their values, and their direction. This session equips individuals with practical tools and mindset shifts to innovate their system through micro-adjustments, reconnect with their values, and create a clear vision for where they're headed next. By learning to get curious about what burnout is trying to reveal, individuals gain the clarity, confidence, and momentum to elevate their impact and build a more sustainable, fulfilling professional future.

Learning Objectives

1. Identify the systemic factors that contribute to burnout and apply micro-innovations to create a more supportive personal and professional environment
2. Recognize misalignment with personal values, passions, and strengths and use guided reflection tools to reconnect with what energizes and motivates them
3. Clarify direction and define a personal vision that supports sustainable well-being, renewed purpose, and a sense of possibility.

9:10am-10:05am

Level 2 **Translating Evidence into Practice and the Dietary Guidelines** | *Christopher A. Taylor, PhD, RDN, LD, FAND, Columbus, Ohio*

This presentation will guide attendees through the rigorous process undertaken during the scientific review of the Dietary Guidelines Advisory Scientific Report. It will highlight the systematic evaluation of current research, stakeholder engagement, and consensus-building, culminating in evidence-based recommendations. Attendees will gain insight into how the outcomes of this thorough review summarize the current evidence and directly inform dietetics practice.

Learning Objectives

1. Identify systematic approaches for evaluating scientific evidence within the context of dietetics recommendations.
2. Demonstrate the ability to translate complex research findings from the Dietary Guidelines Advisory Scientific Report into practical, individualized nutrition strategies for diverse patient populations.
3. Develop skills to incorporate evidence-based recommendations into nutrition policy development and public health initiatives, ensuring guidance remains up-to-date and impactful.

10:15am-11:10am

Level 2 Empowering Idaho Communities Through Nutrition | *Misty Roberts, RDN, LD, Pocatello, Idaho*

This session will provide an engaging overview of food insecurity in Idaho and the critical role education plays in addressing it. Participants will gain a deeper understanding of the broader social and economic factors that contribute to food access challenges in Idaho. Nutrition education is a key component to equipping individuals and families with the knowledge and skills needed to make healthier choices and build stronger, more resilient lives.

Learning Objectives

1. Differentiate between hunger and food insecurity with increased understanding of all social determinants of health affecting food security in Idaho.
2. Build awareness of the Idaho Foodbank's mission and its emphasis on nutritious foods and education.
3. Explain how nutrition education can impact food insecurity in Idaho.

11:15am-12:45pm

Lunch & Learn

After enjoying lunch, visit with poster presenters (Pioneer Room) and exhibitors (Pioneer Lobby and Hallway). 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.

12:45pm-1:40pm

Level 2 The Resilient RD: Turning Setbacks into Startups | *Whitney M Beck, RDN, LD, CD, Post Falls, Idaho*

This session will explore how the transition from clinical expert to business owner requires a psychological shift from a fixed to a growth mindset. Learn to reframe professional hurdles and clinical setbacks as essential data points for innovation rather than failures. Drawing on her experience scaling multiple businesses, Whitney will provide actionable strategies to build a resilience toolkit that mitigates founder burnout while maintaining high ethical standards.

Learning Objectives

1. Differentiate between a fixed mindset and a growth mindset specifically within the context of private practice and clinical leadership.
2. Apply growth mindset strategies to reframe clinical setbacks as data-driven opportunities for service refinement.
3. Construct a personal resilience toolkit designed to mitigate founder burnout and maintain ethical standards during periods of rapid business scaling.

1:50pm-2:45pm

Level 2 **Thriving at Every Age: Food as the Foundation of Women's Healthspan** | *Katie Brown, Ed.D, RDN, FAND, FASN, Rosemont, Illinois*

We're witnessing a powerful shift in how women approach wellness. Today, it's about food as health, food as fuel and food as the foundation for thriving at every life stage. Women are seeking evidence-based, food-first solutions that will supercharge their digestive health, support cardiovascular wellness, provide sustained energy, and protect their bones and brains for decades to come. The good news? We have the science—and the solutions—to deliver on these demands. In this dynamic, interactive session, Katie Brown, EdD, RDN, FAND, FASN, president of National Dairy Council, will address how nutrition experts can empower women's health outcomes. Moving beyond single nutrients, this presentation will explore the whole-food approach to women's wellness, highlighting how dairy foods can serve as powerful tools as part of healthy lifestyles to support women in living their best at every decade. Attendees will leave the session with new approaches to help them lead in the women's wellness conversation among their health practitioner peers; ready to educate and equip women to build strong bones and bodies, and lengthen their healthspan.

Learning Objectives

1. Explain how a food-first, functional wellness approach addresses women's evolving health priorities across the lifespan including bone and muscle health, cardiovascular wellness, metabolic resilience, digestive health, brain health and sustained energy.
2. Integrate nutrient-dense foods, like dairy foods, into evidence-based nutrition guidance by demonstrating how they support women's health priorities across different life stages, with practical, real-world applications for a variety of populations and preferences.
3. Apply research-backed education and messaging strategies to empower women and their families to adopt sustainable, nourishing dietary patterns, while positioning nutrition professionals as essential partners in women's health transformation.



Annual Meeting

April 15-16, 2026
Boise, Idaho

IDAHO ACADEMY OF NUTRITION & DIETETICS

2:55pm-3:50pm

Level 2 **Hydration Assessment and Recommendations for Athletes and Active Individuals** | *Francine Hoffman, MS, RDN, LD, CSSD, CSCS, NSCA-CPT, USAW-L1, Moscow, Idaho*

This presentation is focused on hydration assessment and recommendations for athletes and active individuals. Although no clear best practice guidelines are established for hydration testing and assessment, there is an abundance of research exploring methods and considerations practitioners should be aware of when making hydration assessment decisions. By learning the objectives presented, practitioners can make informed decisions regarding hydration assessment to best serve their clients.

Learning Objectives

1. Identify the negative consequences of dehydration and individuals at risk.
2. Learn strategies to assess athlete and active individuals' hydration.
3. Explore rehydration methods surrounding activity.

4:00pm-5:00pm

Level 2 **The MIND Diet and its Role in Health Aging** | *Sarah Renaldi, MS, RDN, LD, DipACLM, Kimberly, Idaho*

This session reviews the MIND Diet and emerging evidence for its role in cognitive health and healthy aging, with practical takeaways for nutrition professionals.

Learning Objectives

1. Describe the core components of the MIND Diet and its role in supporting cognitive health and healthy aging.
2. Summarize current evidence linking MIND Diet food patterns to brain health outcomes.
3. Apply MIND Diet principles through participation in a recipe demonstration and hands-on meal preparation activity.

5:00pm

All attendees are invited to join us at the Annual Meeting Social Hour!

This is a fun opportunity to reconnect with long-time friends and engage in meaningful conversations with new colleagues and business partners all while enjoying appetizers and drinks.
(You'll find a complimentary drink ticket in your attendee name badge cover.)

DETAILED SESSION AGENDA - THURSDAY, APRIL 16

All presentations will be in the Pioneer Room (Level 6)

8:30am-9:30am

Level 2 **Reframing PCOS Care: Evidence-Based Nutrition Interventions Every Dietitian Should Know** | Emily Sucher, RDN, LD, Idaho Falls, Idaho

Polycystic Ovarian Syndrome (PCOS) is a complex endocrine and metabolic condition that extends beyond fertility and weight management. This session will review the etiology, diagnostic criteria, common symptoms, and long-term health risks associated with PCOS. Attendees will examine current evidence-based nutrition strategies to improve insulin sensitivity, reproductive health outcomes, and clinical symptoms related to PCOS. Emphasis will be placed on the registered dietitian's critical role in assessment, counseling, and implementation of sustainable, client-centered nutrition interventions for individuals with PCOS.

Learning Objectives

1. Understand potential etiology of PCOS, diagnostic criteria, common symptoms, and potential health complications beyond fertility
2. Evaluate current evidence-based nutrition strategies for improving insulin sensitivity, reproductive health outcomes, and clinical symptoms in PCOS
3. Identify the role of the registered dietitian in treating PCOS

9:45am-10:45am

Level 2 **Real Food, Real Impact: Innovative Partnerships Shaping the Future of School Nutrition** | Anne Brock, MS, RDN, LD, Meridian, Idaho

This presentation highlights an innovative partnership between an Idaho School Nutrition program and EatReal Certified as they take a deep dive into menus and product offerings to align with new dietary guidelines. Together, they are identifying realistic, health-forward solutions that support student wellness and help address chronic health issues impacting their local community. Attendees will learn how collaborative menu planning, ingredient transparency, and student-focused innovation can turn nutrition standards into meaningful, sustainable change.

Learning Objectives

1. Describe how a collaborative partnership can support compliance with new dietary guidelines while promoting student health.
2. Evaluate menu and product modifications used to address chronic health concerns within a school community using evidence-based nutrition strategies.
3. Apply practical approaches to develop healthful, realistic menu solutions in their own school or community nutrition settings.

11:00am-12:00pm

Level 2 **From Fork to Future: Integrating GLP-1s into Modern Dietetics** | *Kimberly Landsberg, MS, RDN, CSOWM, LD, CDCES, Meridian, Idaho; Liz LeFevre, MHS, RDN, CSO, LD, Meridian, Idaho*

GLP-1 medications are taking healthcare by storm. We will review a brief history and then discuss nutrition implications. We will specifically review side effect management and nutrition recommendations.

Learning Objectives

1. Understand GLP-1 medications effect on weight.
2. Identify nutrition side effects/concerns of GLP-1 medications.
3. Describe nutrition goals on these medications.
4. Examine weight bias people with obesity may face within the medical community.

12:00pm-2:00pm

Level 2 **You are in Control - Get Your Act Aligned** | *Darlene Dougherty, MS, RDN, FAND, LD, Eagle, Idaho*

A review of my career highlighted three key traits that helped maintain a passion for my work in the field of nutrition and dietetics. This presentation will share how attitude, change, and timing continue to have an impact.

Learning Objectives:

1. Review strategies for maintaining a positive attitude and identify specific areas where changes may lead to improvement.
2. Assess change benefits and outline steps to adapt.
3. Discuss the art of listening and evaluate important points that impact your career.
4. Recognize positive career change and how to take advantage of timing.

Idaho Academy Business Meeting | *Jen Scharffer, MBA, RDN, LD, Idaho Academy of Nutrition & Dietetics President, Lewiston, Idaho*

Idaho Academy of Nutrition and Dietetics President, Jen Scharffer, will share updates for our Idaho affiliate, including a review of milestones, feats and successes for our profession over the past year, national strategic planning, and Idaho's focus for the future. This will be an interactive presentation on the happenings in nutrition and dietetics in Idaho, and on the national level.

Learning Objectives

1. Identify relevant issues and information affecting dietitians in Idaho.
2. Understand how to be an ambassador for the work the Academy is doing across the state and nation.

Commercial Support and In-Kind Donations:

- Dairy West
- Idaho Barley Commission
- Live Well Dietitian
- Southcentral Idaho AHEC
- The Idaho Foodbank
- University of Idaho
- Simplot
- Abbott Nutrition
- Center for Change
- Coram
- Kate Farms
- Idaho Beef Council
- Albertsons