

Idaho Academy of Nutrition and Dietetics
 Pre-conference and Annual Meeting
 Learning Objectives and CPEs for Speakers

This document is in the same order as the agenda.

Pre-conference – page 1	8 CPE
Annual meeting day 1 (May 2) – pages 2-5	8 CPE
Annual meeting day 2 (May 3) – pages 6-9	7.5 CPE

Please save a copy for your records.

Pre-Conference

Wed. May 1, 2013	Pre-Conference	8 CPE
8:00 a.m. - 5:00 p.m.	<p>Farm to Fork (Sustainable Food Tour)</p> <p>Leah Clark, MAg, Idaho Preferred</p> <p>Learning Objectives:</p> <p>At the end of this pre-conference, participants will be able to:</p> <ol style="list-style-type: none"> 1. Educate others (including other RDs, clients, teachers and schools, community partners, etc) on the local food industry. 2. Explain the seasonality of locally grown foods. 3. Create enthusiasm about communicating with clients about Idaho’s local food options. 	

Idaho Academy of Nutrition and Dietetics
 Pre-conference and Annual Meeting
 Learning Objectives and CPEs for Speakers

Annual Meeting – Day 1

<p>Thurs. May 2, 2013 8:00 a.m. - 8:45 a.m.</p>	<p>Meeting Kickoff/Opening Session 1 CPE</p> <p>We Are Better Together!</p> <p>Sharon Kensinger, MSN, RN, St. Lukes Vice President RoseAnna Holiday, PhD, RD, LD, President, Idaho Academy</p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> 1. Explain the Idaho Academy’s 2012-2013 “We Are Better Together” Initiative 2. Explain why broad based member involvement is important to an association. 3. Explain how to strategically position the Idaho Academy in today’s health care environment.
<p>Thurs. May 2, 2013 8:45 a.m. - 9:45 a.m.</p>	<p>Keynote Session 1 CPE</p> <p>The D-Lightful Vitamin D: A Solution for Good Health</p> <p>Michael F. Holick, MD Bone Health Care Clinic and the Heliotherapy, Light, and Skin Research Center at Boston University Health Center</p> <p><u>Learning Objectives:</u></p> <p>At the end of this presentations, participants will be able to:</p> <ol style="list-style-type: none"> 1. Define vitamin D deficiency and insufficiency. 2. List strategies to treat and prevent vitamin D deficiency and insufficiency 3. Explain the role of sunlight for vitamin D 4. Describe effect of aging, latitude, time of day, and sunscreen use on vitamin D production. 5. Identify and appreciate the role of vitamin D for prevention of rickets, osteomalacia, common cancers, diabetes, multiple sclerosis and other chronic diseases. 6. Discuss how much vitamin D lactating mothers need to satisfy their needs and their infant’s requirement. 7. Discuss what the adequate intake of calcium & vitamin D should be for infants, young children and adults.

Idaho Academy of Nutrition and Dietetics
 Pre-conference and Annual Meeting
 Learning Objectives and CPEs for Speakers

<p>Thurs. May 2, 2013 10:15 a.m. – 11:15 a.m.</p>	<p>Keynote Session <u>1 CPE</u></p> <p>Health Care Reform & the RD: Positioning Yourself for the Challenges & Opportunities Mary Pat Raimondi, MS, RD VP Strategic Policy and Partnerships at Academy of Nutrition and Dietetics</p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> 1. Outline the member driven structure of the Academy’s legislative platform 2. Share how the Academy of Nutrition and Dietetics' policy priorities initiatives and priorities have been developed and are member driven 3. Discuss what effect these policies initiatives have on our practice and our value to improve the health of Americans
<p>Thurs. May 2, 2013 11:15 a.m. - 11:45 a.m.</p>	<p>Business Meeting and Advocacy Update <u>.5 CPE</u></p> <p>President, RoseAnna Holliday, PhD, RD, LD Public Policy Coordinator, Becky Sulik, RD, LD, CDE</p> <p><u>Learning Objectives:</u></p> <p>After attending this session, participants will be able to</p> <ol style="list-style-type: none"> 1. Describe at least two of the Idaho Academy’s strategic plan goals/objectives, 2. Describe at least one legislative advocacy success completed by the Idaho Academy during the 2013 Idaho Legislative session, and 3. Describe how the Academy is positioning RDs in Washington, DC and how RDs can take action (SNAP, WIC, Farm Bill, Older American Act Re-authorization, Hunger, etc).
<p>Thurs. May 2, 2013 11:45 a.m. – 2:00 p.m.</p>	<p>Vendor Show <u>1.5 CPE</u></p>

Idaho Academy of Nutrition and Dietetics
 Pre-conference and Annual Meeting
 Learning Objectives and CPEs for Speakers

Thurs. May 2, 2013	Breakout Sessions (3)	1 CPE
2:00 p.m. - 3:00 p.m.	<p>Sports Nutrition: What We Know About Plant-based Athletes Matt Ruscigno, MPH, RD, Private Practice</p> <p><u>Learning Objectives:</u> After this presentation the attendee will be able to:</p> <ol style="list-style-type: none"> 1. Identify the key components of a sound plant-based nutrition plan for athletes. 2. Recreate healthy plant-based meals that supply the needed nutrients and energy for athletes and others. 3. Utilize social media tools for professional nutrition education. <p>Eating Disorder Recovery: Healing a Love/Hate Relationship with Food Tips and Tools from the Trenches Practical Strategies to Use With Your Clients at all Stages of Disordered Eating Rhonda O'Brien, MS, RD, LD, CDE, CEDRD, Private Practice</p> <p>After this presentation, the attendee will:</p> <ol style="list-style-type: none"> 1. Understand the RD's role in collaborating with a treatment team 2. Describe effective strategies to engage patients in treatment 3. Be familiar with orthorexia nervosa, a form of disordered eating 4. Understand the purpose of residential eating disorder treatment and when to refer 5. Be aware of upcoming changes to the diagnostic criteria for eating disorders <p>Facing the Cookie Monster: Strategies for Teaching Moderation to Children Samantha Ramsay, PhD, RD, LD, University of Idaho</p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> 1. The attendee will be able to identify affective verbal strategies to use with young children to teach moderation and appropriate portion sizes. 2. The attendee will be able to understand how to offer food to children to reinforce moderation and appropriate portion sizes. 3. The attendee will be able utilize strategies to manage children's mealtime behaviors. 	

Idaho Academy of Nutrition and Dietetics
Pre-conference and Annual Meeting
Learning Objectives and CPEs for Speakers

Thurs. May 2, 2013	Breakout Sessions (3)	1 CPE
3:15 p.m. 4:15 p.m.	<p data-bbox="337 300 927 331">What's Hot, What's Not in Foodservice 2013</p> <p data-bbox="337 338 927 369">Chris Shelden and Kirby Saito, Simplot Foods</p> <p data-bbox="337 415 607 447"><u>Learning Objectives:</u></p> <p data-bbox="337 453 1227 485">Participants will identify current Foodservice fads/trends to include</p> <ol data-bbox="337 491 932 642" style="list-style-type: none">1. Menu Items,2. Foodservice Delivery Concepts,3. Foodservice Market Segments, and4. Consumer reported "Eating Out" behavior <p data-bbox="337 684 1162 716">"Say Aah" – What Your Mouth Says About Your Overall Health</p> <p data-bbox="337 722 678 753">Paula Dias, RDH, Boise, ID</p> <p data-bbox="337 800 607 831"><u>Learning Objectives:</u></p> <p data-bbox="337 837 1027 869">After this presentation, the attendee will be able to:</p> <ol data-bbox="337 875 1515 1104" style="list-style-type: none">1. Understand the etiology of dental diseases and how nutrition affects oral health issues and vice versa.2. Identify the clinical signs and symptoms of oral health issues and the link to underlying health conditions.3. Recognize ways that dietetic professionals and dental professionals can work together to provide better care for patients, (referral to DDS, referral to RD). <p data-bbox="337 1146 792 1178">Dollars and Sense Matters for RDS</p> <p data-bbox="337 1184 935 1215">Becky Sulik, RD, LD, CDE, Idaho Academy PPC</p> <p data-bbox="337 1262 607 1293"><u>Learning Objectives:</u></p> <p data-bbox="337 1299 1170 1331">At the completion of this presentation, learners will be able to:</p> <ol data-bbox="337 1337 1515 1600" style="list-style-type: none">1. Compare and contrast the different types of codes RD's can use to bill for services.2. Describe the difference between being a provider and billing "incident to" physician services.3. Discuss at least two strategies for partnering with prescribing practitioners to provide and bill for services.4. List three challenges RD's have for billing for their services.5. Identify resources to help with billing for MNT.	

Idaho Academy of Nutrition and Dietetics
 Pre-conference and Annual Meeting
 Learning Objectives and CPEs for Speakers

Thurs. May 2, 2013	Keynote Session and Food Demo	<u>1 CPE</u>
4:15 p.m. 5:15 p.m.	<p>Chef Meals with Kid Appeal: From Ranch to Vinaigrettes</p> <p>Brenda Thompson, RD, LD</p> <p><u>Learning Objectives :</u> At the end of this presentation, participants will be able to</p> <ol style="list-style-type: none"> 1. Discuss creative ways Idaho schools are meeting the new meal regulations. 2. Provide an example of how two dietitians from two different fields are working together. 3. Provide information on the positive aspects of the Idaho Child Nutrition Programs. 	

Annual Meeting – Day 2

Fri. May 3, 2013	Keynote Session	<u>1.5 CPE</u>
8:00 a.m. - 9:30 a.m.	<p>Taking the Flame Out of Inflammation: Eating for Better Health</p> <p>Dan Ostermiller, MD and Joan Hogan, MS, RD, LD</p> <p><u>Learning Objectives for Dan Ostermiller:</u></p> <ol style="list-style-type: none"> 1. What diseases are associated with inflammation? 2. What is an anti-inflammatory lifestyle? 3. What is an anti-inflammatory diet? 4. What studies support the benefits of the Mediterranean diet? <p><u>Learning Objectives for Joan Hogan:</u> After this presentation, participants will be able to:</p> <ol style="list-style-type: none"> 1. Recognize the pathology of inflammation related to disease and medical disorders 2. Identify the role of food related to the inflammatory process 3. Apply principals of nutritional intake, decreasing inflammatory risk and improved health 	

Idaho Academy of Nutrition and Dietetics
Pre-conference and Annual Meeting
Learning Objectives and CPEs for Speakers

Fri. May 3, 2013	Keynote Session	<u>1 CPE</u>
9:30 a.m. - 10:30 a.m.	<p data-bbox="332 300 1515 363">Is the Skeleton Still in the Hospital Closet?: Are We Missing Malnutrition Diagnoses and Opportunities to Save Healthcare Dollars</p> <p data-bbox="332 415 1515 485">Terese Scollard, MBA, RD, LD Regional Clinical Nutrition Manager – Providence Health & Services – Portland, Oregon</p> <p data-bbox="332 531 607 562"><u>Learning Objectives:</u></p> <p data-bbox="332 569 1016 600">After this presentation, participants will be able to:</p> <ol data-bbox="332 606 1515 980" style="list-style-type: none"><li data-bbox="332 606 1515 716">1. Increase understanding of the 2012 Academy of Nutrition and Dietetics and American Society of Enteral and Parenteral Nutrition Consensus Statement for disease-related malnutrition in adults.<li data-bbox="332 722 1354 791">2. Examine the impact of inflammation and serum albumin in disease related malnutrition.<li data-bbox="332 798 1443 867">3. Explain workflow, documentation, coding and teamwork for population data and potential reimbursement.<li data-bbox="332 873 1427 905">4. Define future care environments such as Accountable Care Organizations (ACO).<li data-bbox="332 911 1451 980">5. Demonstrate how consistent documentation enables clinicians to better establish prevalence of malnutrition and in turn initiate cost effective interventions and care.	

Idaho Academy of Nutrition and Dietetics
 Pre-conference and Annual Meeting
 Learning Objectives and CPEs for Speakers

Fri. May 3, 2013	Breakout Sessions (3) 1 CPE
10:45 a.m. - 11:45 a.m.	<p>Not Your Grandma’s Diabetes Anymore : What’s In and What’s Out in Diabetes Care 2013 Jean Halford, RD, LD, CDE</p> <p><u>Learning Objectives:</u> After attending this session, participants will be able to:</p> <ol style="list-style-type: none"> 1. Identify the various abnormalities leading to inappropriate use of glucose and insulin in the person with diabetes. 2. Identify the mechanism of action of the various medications that are used to treat diabetes. 3. Identify the various Durable Medical Devices used for the delivery of insulin and for the continuous monitoring of blood glucose for the person with diabetes using insulin. <p>How to Do Hands On Physical Assessments to Diagnose Malnutrition and Save Healthcare \$\$: Translation – Quick and Simple Tools to Make a Difference David Hall, MBA, RD, LD, St. Lukes Magic Valley</p> <p><u>Learning Objectives:</u> After this session, participants will be able to:</p> <ol style="list-style-type: none"> 1. Develop a malnutrition assessment standard that incorporates multidisciplinary approach. 2. Perform a physical assessment using the ASPEN/AND tool. 3. Develop order sets and assessment forms for better patient outcomes. 4. Recognize malnutrition in the obese patient. <p>How Do We Know if GMOs are Safe? Find out From a Food Safety Expert. Sandy McCurdy, PhD, University of Idaho Cooperative Extension</p> <p><u>Learning Objectives:</u> After this session, participants will be able to:</p> <ol style="list-style-type: none"> 1. Recognize the general processes by which genetically modified foods are produced. 2. Appreciate the extent of GMO foods in the U.S. food supply. 3. Understand the regulatory approval process and some of the controversies around GMO foods.

Idaho Academy of Nutrition and Dietetics
 Pre-conference and Annual Meeting
 Learning Objectives and CPEs for Speakers

<p>Fri. May 3, 2013 11:45 a.m.- 12:35 p.m.</p>	<p>Idaho Academy Member Panel 1 CPE</p> <p>And the Evidence Please!</p> <p>Discussion of the Latest Diet Fads/Topics including Coconut Oil, HCG Diet, Ideal Protein Diet, Organics, HFCS, Sugars and Sugar Substitutes</p> <p>Panel of Idaho Academy Members (Andrea Grim, SeAnne Safaii, Brenda Thompson, Rachelle Ausman, and Samantha Ramsay)</p> <p>Moderator: Sue Linja, RD, LD, Past President, Idaho Academy</p> <p><u>Learning Objectives:</u></p> <p>After this panel presentation, participants will be able to</p> <ol style="list-style-type: none"> 1. Describe the evidence behind current “hot” topics in nutrition. 2. Identify resources to use to “bust” popular myths. 3. Describe successful strategies for answering “hot topics” questions from consumers.
<p>Fri. May 3, 2013 12:35 p.m. - 2:00 p.m.</p>	<p>Luncheon Keynote 1 CPE</p> <p>Celiac Disease and Gluten Related Disorders</p> <p>Speaker: Shelly Asplin, MA, RD, LMNT</p> <p><u>Learning Objectives:</u></p> <p>After this presentation, participants will be able to</p> <ol style="list-style-type: none"> 1. Distinguish the differences between celiac disease and non-celiac gluten sensitivity 2. Discuss common nutrient deficiencies 3. Discuss strategies for label reading 4. Cite tools available to assist those living gluten-free

Idaho Academy of Nutrition and Dietetics
 Pre-conference and Annual Meeting
 Learning Objectives and CPEs for Speakers

<p>Fri. May 3, 2013 2:00 p.m.- 3:00 p.m.</p>	<p>Keynote Session <u>1 CPE</u></p> <p>Can We Trim Idahoans' Waistlines? A Community Approach for Prevention/Treatment of Obesity</p> <p>Patricia Crawford, PhD, RD, Berkeley Center for Weight and Health</p> <p><u>Learning Objectives</u></p> <p>After this presentation, participants will be able to</p> <ol style="list-style-type: none"> 1. Describe why urgent action is needed to accelerate obesity prevention in the US 2. Identify the 5 key areas or environments where action is needed to prevent obesity 3. List ways in which communities can foster or enable citizens to be able to achieve improved health 4. Discuss strategies for translating science into practice 6. Identify leadership roles for dietitians in obesity prevention efforts. 7. Cite resources for obesity prevention efforts
<p>Fri. May 3, 2013 3:00 p.m.- 3:45 p.m.</p>	<p>Panel Presentation and Call to Action <u>1 CPE</u></p> <p>Idaho Obesity Rally – Partnering with Community Programs</p> <p>Panel - Local Idaho Initiatives – Healthy Eating Active Living (HEAL), Activate Treasure Valley, Let's Move Idaho, Action for Healthy Kids, Idaho Food Bank</p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> 1. Participants will be able to describe the role local initiatives play in Idaho and how they fit into the messages of the Idaho Academy. 2. Participants will be able to describe how to get involved with these groups in their community. 3. Participants will write one actionable statement to support the activities of the local initiatives on the panel.