DCMAND 2017 ANNUAL MEETING
American University Washington College of Law
4300 Nebraska Ave NW, Washington, DC 20016
Friday, April 28, 2017 | 9:00am-5:00pm | #DCMAND17

AGENDA

8:30am  Registration & Continental Breakfast
9:00am  Opening & Welcome
9:10am  Session 1 – Reaching the Masses: Innovative Approaches to Large Scale Programs
10:30am Break & Student Posters
11:00am Session 2 – Foods of the Future
12:00pm Lunch
12:30pm Annual Awards, Treasurer Report
1:00pm DCMAND Town Hall
2:00pm Break
2:15pm Session 3 – Improv-ing the Profession
3:15pm Session 4 – Digesting Nutrition Science
4:30pm Closing Remarks & Raffle
DCMAND 2017 Annual Meeting
Dietetics 2.0: Updating Our Profession for the Second Century
American University Washington College of Law
4300 Nebraska Ave NW, Washington, DC 20016
Friday, April 28, 2017 | 9:00am-5:00pm | 6.0 CPE
#DCMAND17

We’re on the cusp of the Academy’s second century. It’s a time to reflect on past achievements and advancements, but also time to look forward. This year’s annual meeting of the DC Metro Academy of Nutrition and Dietetic presents a variety of innovative approaches, techniques, and perspectives designed to help each one of us contribute to the updating of our profession.

LEARNING OBJECTIVES

After this meeting, participants will be able to:
1. Describe the necessity of understanding target populations to create successful programs.
2. Describe the benefits of advancements in foods of the future.
3. Articulate the future direction of DCMAND.
4. Identify and cultivate personal skills that compliment professional application of dietetic practice.
5. Implement best scientific evaluation practices for maintaining an evidence-based profession.

SUGGESTED LEARNING CODES

1000: Professional Skills
- 1070: Leadership, critical and strategic thinking

2000: Science of Food and Nutrition
- 2040: Food science, genetically modified food

4000: Wellness and Public Health
- 4010: Community intervention, monitoring and evaluation
- 4070: Food security, hunger
- 4080: Government funding food and nutrition programs

8000: Food Service Systems and Culinary Arts
- 8018: Environmental, agricultural, technologic influences on food systems

9000: Research and Grants
- 9020: Evaluation and application of research
SPEAKERS

Dayle Hayes, MS, RD
CAPT Kimberly Elenberg, DNP
Chris Vogliano, MS, RDN

Liz Sanders, MPH, RD
Megan Meyer, PhD
Helena Bottemiller Evich
50 YEAR MEMBER SPOTLIGHT – Dr. Shirley Blakely

Shirley A. Blakely is a Nutritional Consultant working in nutrition and health promotion. She has recently retired from the Food and Drug Administration (FDA) where she served as a Nutrition Policy Advisor, Strategic Manager and Researcher. She is a Captain (CAPT, retired) in the U.S. Public Health Service. CAPT Blakely worked on the development of the 2010 Dietary Guidelines for Americans, nutrition and food labeling consumer education materials, and conducted workshops on food and nutrition regulatory policies. Obesity and dietary fatty acids, fructose, and carotenoids have been the focus of her scientific research. She earned her B.S. degree from Tuskegee University, and was commissioned into the U.S. Army Medical Specialist Corps, where she served as a dietetic intern and staff dietitian. She earned her Master’s and Ph.D. degrees from the University of Maryland, College Park in human nutrition.

SPONSORS & SPECIAL THANKS

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- American Dairy Association North East

Special Thanks
- American University Dining Services
- The Cine’s Family

Sponsors
- Academy of Nutrition and Dietetics Foundation
- America Functional Formularies
- Capital Lakes Group
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- Cranberry Marketing Committee
- Dietitians on Demand Nutricia North
- Fresnios Kidney Care
- International Food Information Council
- LAC Group
- Medtrition
- Metro 29 Diner
- Molly Kellogg
- National Dairy Council
- Potomac River Running
- Rhythm Superfoods
- Society for Nutrition Education and Behavior
AGENDA

8:30am  Registration and Continental Breakfast

9:00am  Opening and Welcome
   • Robyn Douglas, MPP, RDN, LDN — President, DCMAND

9:10am  Reaching the Masses: Innovative Approaches to Large Scale Programs

Although military wellness and school lunch are not typically discussed in the same setting, they are historically intertwined. School lunch was initiated to address under nutrition as a measure of national security. Decades later, school lunch is still considered a matter of national security, but the primary focus today is addressing over nutrition. This panel will discuss innovative approaches to nutrition and wellness within diverse populations through large-scale programs like the School Breakfast Program, National School Lunch Program, and Operation Live Well.

MODERATOR
   • Stephanie Johnson, RD — Professional Development Committee Chair-Elect, DCMAND

SPEAKERS
   • Dayle Hayes, MS, RD — President, Nutrition for the Future, Inc.
     o This speaker is sponsored by the American Dairy Association Northeast.
   • Captain Kimberly Elenberg, DNP — Director, Operation Live Well

10:30am  Student Posters and Networking Break
11:00am  Foods of the Future

With the growing world population, the focus of this presentation will include emerging trends in agriculture. After a brief overview of the history of food production, examples will be shared regarding how foods might be produced in the future, like poultry in petri dishes! A discussion of the role of GMOs as well as the pros and cons of new technologies will be presented. Attendees will leave this session with a new appreciation for how and why food is grown/raised, and will gain practical tips for evidence-based application of new information. Participants of this session will be able to communicate sound information with credible resources to consumers.

SPEAKER
• Chris Vogliano, MS, RDN — Clinical Research Associate, Arivale
  • This session is sponsored by the Academy of Nutrition and Dietetics Foundation through an educational grant from National Dairy Council.

12:00pm  Lunch

12:30pm  Annual Awards, Treasurer Report

1:00pm  DCMAND Town Hall

For the past 100 years, the Academy of Nutrition and Dietetics (AND) has been dedicated to building up our profession. In October of this year, AND will be celebrating its centennial at FNCE in Chicago. Then, the second century begins. Where do you want it to take us? This Town Hall will offer attendees the opportunity to engage in thoughtful discussion with past, present, and future DCMAND leaders about the future direction of DCMAND.

SPEAKERS
• Past, Present, and Future DCMAND Presidents

2:00pm  Break
2:15pm  Improving the Profession

Registered Dietitians are a talented bunch…and not just in terms of their nutrition knowledge. Many in our profession are dedicated to developing extracurricular professional skills. Some may view these skills as merely hobbies, while others see the contributions that such talents can make toward improving our profession. Liz Sanders found that a little comedy seriously (get it?) upgraded her career skills. The same techniques that comedic improvisers use to create engaging scenes have several applications in the world of dietetics. Come prepared to be inspired. This session will explore how lessons learned from the world of improv comedy can boost confidence in communication skills. Attendees will leave the session with a toolbox of skills to implement in a variety of nutrition settings. You may even uncover creative ways to capitalize on your unique passions to sharpen your personal brand while improving our profession.

SPEAKER
- Liz Sanders, MPH, RDN — Director, Consumer Research, IFIC

3:15pm  Digesting Nutrition Science

By its nature, scientific research moves slowly. The world around us, however, moves quickly. Modern technologies enable information sharing, and resulting conversations, to occur in real-time. This can require registered dietitians to stay current on the latest nutrition science and food trends, which may be difficult given other professional responsibilities and demands. This panel will discuss the public’s growing fascination with food and nutrition, and showcase new tools designed to enhance critical thinking skills that are essential to advancing dietetics as an evidence-based profession in our next century.

MODERATOR
- Kris Sollid, RD — Professional Development Committee Chair, DCMAND

SPEAKERS
- Megan Meyer, PhD — Director, Science Communications, IFIC
- Helena Bottemiller Evich — Senior Food and Agriculture Reporter, Politico

4:30pm Closing Remarks and Raffle
SPEAKER BIOS

Captain Kimberly Elenberg, DNP — Director, Operation Live Well

CAPT Kimberly Elenberg directs development and implementation of Operation Live Well (OLW), the DoD’s long-term strategy for achieving population health. OLW aligns, integrates, and coordinates policies and initiatives among the Services, the Joint Chiefs of Staff, and the Office of the Secretary of Defense to optimize the resilience, readiness, health, and well-being of Service members and their families.

Elenberg currently oversees efforts to support the Services in optimizing delivery of Total Force Fitness—the Joint Chiefs of Staff framework for understanding, assessing, and maintaining Service members’ well-being and sustaining their ability to carry out missions. She does so by aligning Department policies, business practices, and best practices across the eight Total Force Fitness domains of Nutritional, Physical, Medical/Dental, Environmental, Behavioral, Social, Psychological, and Spiritual fitness. Elenberg also co-leads a pilot program—in coordination with the National Guard Bureau and the Uniformed Services University of the Health Sciences—that aims to increase access to and navigation of existing community resources with a particular focus on geographically dispersed Service members.

Previously, Elenberg was Director of Training and Manager of Medical Readiness in the Office of Force Readiness and Deployment, Office of the U.S. Surgeon General. She was responsible for teaching the multiple disciplines within the U.S. Public Health Service Commissioned Corps how to strengthen and build health infrastructure following manmade or natural disasters. She also served as Director for Biosurveillance and Emergency response at the Department of Agriculture, where she orchestrated the design and development of nationwide electronic food safety and security systems in addition to assisting with the design of the Department of Homeland Security’s National Biosurveillance Information System. She also served on the Homeland Security Council National Security Subcommittee make recommendations to the President on matters related to medical and public health information sharing.

Elenberg earned a bachelor’s degree in nursing at Temple University on a four-year ROTC scholarship, a Master’s degree in informatics from the University of Maryland, and graduated summa cum laude with a Doctorate in Nursing Practice from Johns Hopkins University. In 2008, she served aboard the USS Boxer in Central America as part of Operation Continuing Promise. For her leadership during deployments in 2007 and 2009, Kimberly received the Surgeon General’s Exemplary Service Medal. During her career, she has responded to many disasters and in 2009 was selected as the Nurse Responder of the year as well as the USPHS Responder of the Year. Elenberg was also awarded the DoD Senior Nurse Leader award in 2014. Finally, for her efforts in advancing the DoD Tobacco Policy, signed by Secretary Carter in April 2016, the DoD Executive Secretary awarded her a 2016 DoD Correspondence Award.
Helena Bottemiller Evich — Senior Food and Agriculture Reporter, Politico
Helena Bottemiller Evich is a senior food and agriculture reporter for POLITICO Pro. Before joining POLITICO, Helena spent four years reporting on food politics and policy at Food Safety News, where she covered Congress, the Food and Drug Administration and the U.S. Department of Agriculture.

Helena's work has also appeared in the Columbia Journalism Review and on NBC News. Her reporting has taken her to the Louisiana coast during the Gulf oil spill, Arizona lettuce fields, North Carolina hog farms and the occasional presidential turkey pardoning. A native of Washington state and an alumna of Claremont McKenna College, she now lives in Washington, D.C., with her husband.

Dayle Hayes, MS, RD — President, Nutrition for the Future, Inc.
Dayle Hayes is an award-winning author and educator. Her creativity and common-sense have made her a sought-after speaker across the USA. As a parent and member of the School Nutrition Association, Dayle has dedicated decades to making school environments healthy for students and staff. She collected success stories for Making It Happen, a joint CDC-USDA project; wrote a chapter on communicating with students in Managing Child Nutrition Programs: Leadership for Excellence; and co-authored the 2014 Position of the Academy of Nutrition Dietetics: Nutrition Guidance for Healthy Children Ages 2 to 11 Years.

In recognition of her professional and volunteer leadership, Dayle has received numerous honors, including Montana Dietitian of the Year and an ADA Excellence in Consultation and Business Practice Award. In January 2012, she received the Silver FAME Award as a Friend of Child Nutrition and Food Service Director magazine named her as one of their 20 Most Influential in the same year. She was honored with a Medallion Award from the Academy of Nutrition and Dietetics and the Montana School Food Service Professional of the Year in 2013. Hayes served on the ADA Board of Directors where she chaired the Public Initiative Team and Technology Task Force. She also is a past president of the Montana Dietetic Association and Past-Chair of the School Nutrition Services Dietetic Practice Group.

Megan Meyer, PhD — Director, Science Communications, IFIC
Megan Meyer is Associate Director for Science Communication at the International Food Information Council (IFIC) Foundation. Megan is committed to communicating science-based information to media, health professionals, outside organizations, and consumers on topics related to nutrition and health. Her responsibilities at IFIC include developing educational materials, analyzing the current media landscape, and connecting stakeholders and the public to stimulate conversations and solutions surrounding nutrition related issues.

Megan has a BS in Biology from Loyola University Maryland as well as a PhD in Microbiology and Immunology from the University of North Carolina at Chapel Hill. Her graduate research investigated the role of nutritional antioxidants in the nasal response to influenza infection. Coupling her training in basic scientific research with her passion for science communication,
Megan serves as science liaison through writing and presenting food and nutrition related topics and materials to various audiences.

**Liz Sanders, MPH, RDN — Director, Consumer Research, IFIC**

Liz Sanders, MPH, RDN is Associate Director of Nutrition and Food Safety at the International Food Information Council Foundation. In addition to writing educational materials on various food and nutrition topics, Liz manages the planning and implementation of the yearly IFIC Foundation Food and Health Survey. Liz is a fervent science advocate, dedicated to delivering sound nutrition information with relatability and wit.

Before joining IFIC, Liz served as a nutrition educator in a variety of settings including diabetes self-management and community health centers. Liz received her undergraduate degree in Biology from Oberlin College, and is a graduate of the MPH/RD combined program in Nutrition at the University of North Carolina, Chapel Hill.

**Chris Vogliano, MS, RDN — Clinical Research Associate, Arivale**

Chris Vogliano is a Registered Dietitian who has a passion for creating a sustainable and waste-free food system that is healthy for both people and the planet. Chris has served as a research fellow for The Academy of Nutrition and Dietetics Foundation, was awarded the “Young Dietitian of the Year” award by the state of Washington, and was recognized as “Today’s Dietitian Magazine’s” 10 RD’s who are making a difference. Chris currently works at Arivale, a biotech startup in Seattle, Washington focused on personalized and scientific wellness. During his free time Chris loves doing anything outdoors – hiking, biking, yoga, and dining his way through new cuisines.
REVOLUTIONIZING CLINICAL NUTRITION

OUT OF LOVE AND NECESSITY
I originally developed Liquid Hope for my father when he required an enteral formula. I simply wanted him to receive all the benefits of an organic, whole food, plant-based diet. There was nothing available that came close to meeting the qualities that are important to me. Later, we developed Nourish with children in mind. Many parents have been faced with the challenge of meeting their child’s nutritional needs and have not wanted to accept the heavily sweetened and refined commercial formulas that have been the norm for the past couple of decades.

STANDARD PRACTICE?
When did it become acceptable for patients, often in critical situations, to be fed blends of corn syrup, fruit juice concentrates, and other sugars, casein, soy protein isolates, or highly refined seed oils? Is this the nutritional support of modern medicine?

WHICH WOULD YOU CHOOSE FOR YOUR LOVED ONE?
So many of the same ingredients that are found in the junk food and fast foods causing chronic disease are also found in conventional enteral formulas. Liquid Hope is the World’s first and only organic, whole food, enteral nutrition formula. We believe in the importance of food quality. We also believe that the best possible foods should be available to those who need them the most.

• NO corn, NO dairy, NO soy
• NO added sugar, NO sweeteners, NO fruit juice
• Excellent sources of complete, plant-based protein
• NO artificial ingredients
• Naturally occurring whole food fiber to support GI health
• Low omega 6 to omega 3 fatty acid ratio.
  (Associated with an anti-inflammatory diet)
• Certified organic
• Glyphosate tested

“Don’t eat anything your great-grandmother wouldn’t recognize as food.”
~ Michael Pollan

#FFLiquidHope       #HealthRevolution       #FFNourish
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Three Servings of Milk Delivers A Unique Nutrient Package

The Dietary Guidelines for Americans recommends three servings of dairy products each day.*

Milk’s essential nutrients can be difficult to replace in a healthy dietary pattern. Three 8-ounce cups provides as much of each nutrient as:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>DV%</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>PROTEIN</td>
<td>50%</td>
<td>4 hardboiled eggs</td>
</tr>
<tr>
<td>CALCIUM</td>
<td>90%</td>
<td>36 ½ cups of raw kale (about 7 bunches)</td>
</tr>
<tr>
<td>PHOSPHORUS</td>
<td>70%</td>
<td>2 ½ cups kidney beans</td>
</tr>
<tr>
<td>POTASSIUM</td>
<td>29%</td>
<td>3 small bananas</td>
</tr>
<tr>
<td>VITAMIN D</td>
<td>90%</td>
<td>6.6 oz. of sardines (about 15 sardines)</td>
</tr>
<tr>
<td>RIBOFLAVIN</td>
<td>80%</td>
<td>1 cup of almonds</td>
</tr>
<tr>
<td>VITAMIN B12</td>
<td>60%</td>
<td>1 lb. pork chops, broiled (about 3, 6-oz. chops)</td>
</tr>
<tr>
<td>VITAMIN A</td>
<td>30%</td>
<td>2 cups of cooked green beans</td>
</tr>
</tbody>
</table>

*The 2015 Dietary Guidelines for Americans recommends three servings of low-fat or fat-free dairy products for Americans 9 years and older.