

104th Annual OAND Conference

Science Driven Nutrition: Using STEM to Shape the Future of Dietetics

Tri-C Corporate College East, Warrensville Heights, Ohio

April 11, 2025

- 7:00 am – 5:00 pm** **Registration Open**
- 7:00 am – 8:00 am** **Morning Refreshments, Booth Bingo, Exhibits, Silent Auction and Poster Session**
- 8:00 am – 9:00 am** **General Session Opening Keynote**
Academy President, Livleen Gill, MBA, RDN, LDN, FAND
- 9:00 am – 9:30 am** **Awards, Annual Business Meeting and New Board Installation**
Lorna Fuller, PhD, MS, RDN, LD, President, Tiana Montella, MS, RD, LD, CNSC, CLC, President Elect, Patricia Becker, MS, RDN, CSP, FAND, CPI Chair
- 9:30 am – 10:00 am** **Break, Booth Bingo, Exhibits and Silent Auction**
- 10:00 am – 11:00 am** **Concurrent Session 1**

Beyond Body Size: Addressing Nutritional Risks in Pediatric Obesity and At-Risk Populations

Pediatric obesity requires a comprehensive approach beyond tracking weight status to encompass recognizing the risk of nutritional inadequacies (including micro and macronutrient deficiencies). Children with overweight and obesity, as well as autism, metabolic disorders, and neurodevelopmental delays are particularly vulnerable, often facing barriers to adequate nutrition that can impact growth, development, and quality of life. The role of a Nutrition-Focused Physical Exam (NFPE) is crucial in identifying early signs of malnutrition in at-risk populations that traditional growth charts may miss. Alongside NFPE, alternative screening tools can help detect nutrient deficiencies and guide individualized nutrition interventions. By integrating these tools into routine care, healthcare providers can better support at-risk populations, ensuring they receive the necessary nutrients to optimize their growth, development, and overall well-being.

(CPEU 1, Level 2, PI 11.2.6, 11.3.1, 11.5.2)

- Understand the importance of addressing nutritional risks beyond weight status in pediatric obesity, focusing on micro and macronutrient deficiencies.
- Recognize the unique nutritional challenges faced by children with autism, metabolic disorders, and neurodevelopmental delays and the impact of these conditions on growth and development.

- Learn the role of Nutrition-Focused Physical Exams (NFPE) and alternative screening tools in detecting malnutrition and guiding individualized nutrition interventions for at-risk populations.

Andie Lee Gonzalez, PhD, MPH, RDN, LD, FAND has nearly 15 years of nutrition and public health experience and currently serves as a US Pediatric Medical Science Liaison for Abbott Nutrition. Dr. Gonzalez earned a bachelor's degree in dietetics and nutrition and internship training from Michigan State University. She has a master's degree in public health from Michigan State University College of Human Medicine. She then completed her doctorate from Our Lady of the Lake University in San Antonio, TX and a certificate in Business Analytics from Michigan State University.

10:00 am – 11:00 am Concurrent Session 2

Precision Nutrition - Recent Advances and Controversies in Genetic Testing

There is increasing awareness among researchers, educators, healthcare professionals and consumers that the one-size-fits-all, population-based approach to nutritional guidance is inefficient and sometimes ineffective. Genetic differences can explain individual differences in response to various dietary factors and randomized controlled trials show that DNA-based dietary recommendations can improve compliance. With increasing awareness and demand for genetic testing, there is a need for healthcare professionals to have sufficient knowledge to understand and determine the benefits and limitations of the science and testing.

(CPEU 1, Level 2, PI 5.1.2, 9.1.1, 10.4.6)

- Understand how genetic variation impacts nutritional requirements.
- Learn how to identify relevant genetic markers with clinical relevance.
- Recognize the benefits and limitations of consumer genetic testing and understand what genetic tests can and cannot reveal about a person's health and dietary recommendations.

Ahmed El-Sohemy, PhD is a Professor and Associate Chair at the University of Toronto, held a Canada Research Chair in Nutrigenomics, and is the founder of Nutrigenomix Inc. He obtained his PhD from the University of Toronto and completed a postdoctoral fellowship at Harvard. He has published almost 200 peer-reviewed articles and is the recipient of several awards for excellence in research by various organizations.

10:00 am – 11:00 am Concurrent Session 3 (Repeated at 11:15 am) Pre-registration required – Limit 25 attendees

Using Body Composition Tools in the Critically Ill Patient

This session will focus on using bedside Ultrasound (US) and Computed Tomography (CT) in the critically ill patient. We will focus on the background of the tools, how to perform them accurately, and how to interpret the results in the critically ill patient. We will also discuss how to use CT and US within the guidelines of ASPEN and GLIM.

(CPEU 1, Level 2, PI TBD)

- Understand the background of CT and US.
- Learn how to perform the exam and interpret results.
- Discuss how to implement CT and US within the ASPEN and GLIM guidelines.

Christan Bury MS, RD, LD, CNSC is a nutrition support dietitian from the Cleveland Clinic where she has worked in critical care for the last 12 years. She specializes in surgical patients and solid organ transplant. Christan has published and lectured nationally and internationally on topics such as malnutrition, etiology and inflammation, protein requirements, and lean body mass assessment using bedside ultrasound and CT analysis.

11:00 am – 11:15 am Break, Booth Bingo, Exhibits and Silent Auction

11:15 am – 12:15 pm Concurrent Session 1

TRAILblazing Success: Empowering Future Dietetics Students with STEM for Career Readiness and Exam Confidence

The STEM Techniques Requisite for Advancing Independent Learning (TRAIL) in first-year courses prepares students to use active learning methods for success across all subjects. Combining STEM and TRAIL for future dietetics students is expected to improve success rates for internship and master's program placement, while also reducing test anxiety for the RDN exam.

(CPEU 1, Level 2, PI 2.1.3, 4.2.6, 8.3.1)

- Discuss effective integration of active learning techniques: How to apply active learning methods in their educational or professional settings to enhance student/intern/new graduate success across diverse subjects.
- Understand the strategies for improving career outcomes: Practical approaches to combining STEM and TRAIL techniques to support the career readiness of future dietetics students, including successful placement in internships and master's programs.
- Identify methods for reducing exam-related anxiety: Tools and strategies to help students manage and reduce test anxiety, particularly in preparation for certification exams like the RDN exam.

Crystal Petrello, MS, RDN, LD is the founding Director of Nutrition and Dietetics Program (DPD) at Ursuline College. She holds degrees in Medical Dietetics from The Ohio State University and Community Nutrition from Ohio University. A co-author of *But I'm Hungry*, she's taught at multiple universities, served as a FOX Las Vegas Nutrition correspondent, and has over 18 years of dietitian experience while volunteering with a variety of food justice programs.

Lynn Ulatowski, PhD specializes in nutrition for disease prevention. Her post-doctoral research on Vitamin E transport in the central nervous system relates to Alzheimer's, ALS, and Down Syndrome. She earned her BS in Molecular Biology from Westminster College, and

her MS and PhD in Nutrition from Case Western Reserve University. An award-winning researcher, she has published over 20 papers and participated in USDA-funded dietary intake studies across 90 campuses.

11:15 am – 12:15 pm Concurrent Session 2

Empowering Women’s Wellness Through Science and Technology

The dietetics profession is at an important intersection where nutrition science and technology are colliding. This dynamic session will address how nutrition experts can empower women’s health outcomes through science, powered by technology. The presentation will highlight functional wellness topics that are top of mind for women with the latest nutrition and lifestyle science, application tips, and an overview of the transformative opportunities in digital health technology, such as artificial intelligence, telehealth, and apps. (CPEU 1, Level 2, PI 2.3.4, 4.3.3, 6.1.10)

- Describe key aspects of women’s health driving the evolution of modern wellness.
- Reinforce the important role of food and nutrition professionals in amplifying women’s wellness and in applying sensible eating guidance to empower women to achieve holistic health.
- Explain how technology can democratize access to nutrition information and advice to improve health outcomes.

Carrie Hamady, EdD, MS, RD, LD, FAND is a Distinguished Teacher Professor and Chair of the Department of Public and Allied Health at Bowling Green State University. She has an MS in Health Promotion and her EdD in Leadership Studies. Her interests are in clinical nutrition, sustainability, food insecurity, innovative teaching techniques and equity and inclusion. Carrie has presented at national, state, and local conferences on a variety of topics.

Katie Brown Edd, RDN is President of National Dairy Council (NDC), a nonprofit dairy research and education organization. Katie leads Scientific and Nutrition Affairs at NDC and serves as an expert on dairy’s wellness benefits. She’s authored numerous papers, presented at conferences globally and is a TEDx speaker. She was named the 2024 University of Kansas Distinguished Health Professions Alumna.

11:15 am – 12:15 pm Concurrent Session 3 (Repeat of 10:00 am) Pre-registration required – Limit 25 attendees

Using Body Composition Tools in the Critically Ill Patient

Speaker: *Christan Bury MS, RD, LD, CNSC*

12:15 pm – 1:30 pm Lunch, Exhibits, Silent Auction and Poster Session

1:30 pm – 2:30 pm Concurrent Session 1

The Benefits of Indirect Calorimetry in Critically Ill Patients and Creating an RDN Driven Process with NDTR Support

This will be a session explaining indirect calorimetry and the benefits in critically ill patients. We will discuss how to perform the measurement and how to interpret the results as well as the process to create an RD driven process, the challenges and words of advice.

(CPEU 1, Level 1, PI 9.1.1, 11.5.1, 11.2.1)

- Explain how to use indirect calorimetry (IC) to evaluate energy expenditure in the critically ill adult patient whose requirements are difficult to assess.
- Identify the optimal candidate criteria for adult patients when IC should be used for nutritional assessment.
- Interpret results of IC from presented case study and integrate data into an effective nutrition intervention.

Diane Nowak, RD, LD, CNSC is a Certified Nutrition Support Clinician and Advanced Practice RD at the Cleveland Clinic where she has worked in critical care for the last 30 years. She specializes in nutrition support for adult critically ill post-operative patients and those requiring ECMO. Diane is a super user of indirect calorimetry and has lectured nationally on the topic. She also has publications on adult mechanically ventilated cardiothoracic (CTS) patients comparing IC and various predictive equations.

Mary Kronik, RD, LD, CNSC is a Certified Nutrition Support Clinician and Advanced Practice RD at the Cleveland Clinic where she has worked in critical care for the last 4 years. She specializes in nutrition support for adult critically ill patients and those requiring ECMO. Mary is a super user of indirect calorimetry. Mary is also part of the speakers bureau for CCF Malnutrition Committee

Michelle Palumbo, NDTR is a NDTR at the Cleveland Clinic who has worked in cardiology for over 20 years. Michelle is an ASCEND board member who participates on the accreditation and standards committees. She is also the OAND NDTR representative. Recently Michelle developed the NDTR career ladder for Cleveland Clinic. Michelle teaches classes for families of post op cardiac surgery and the dietetic intern class on role of the NDTR.

1:30 pm – 2:30 pm Concurrent Session 2

The Role of Dietitians in the Future of Caregiving and Aging: Navigating the Next 20 Years of Resource Decline

The caregiving market is evolving, with family members, untrained volunteers, and professional caregivers stepping into roles traditionally filled by institutional care providers. As resources for professional care tighten, caregivers must be equipped with the right knowledge and support to maintain the health and well-being of older adults at home. This presentation will discuss the gap between supply and demand for care, the shift toward home-based support, and how registered dietitians and NDTR's can play a critical role in improving the quality of life for both caregivers and those they care for.

(CPEU 1, Level 2, PI 1.1.2, 2.3.3, 8.4.8)

- Understand the aging population statistics and impact.
- Learn the call to action of the nutritional professional to make a difference.
- Identify future trends and challenges.

Suzanne Cryst, RDN, CSG, LD has over 45 years in healthcare and serving older adults. She is a preceptor, past chair of OAND and DHCC practice group, appointed by the Governor to serve on the malnutrition task force. Suzanne has served on the Ohio board for post-acute and long-term medicine, and assisted with development of numerous manuals. Suzanne feels her major accomplishment has been as a preceptor and the number of students she has impacted. Her latest venture is educating the public on caring for those in transition via social media- thus the topic of this session.

**1:30 pm – 2:30 pm Concurrent Session 3 (Repeated at 2:45 pm)
Pre-registration required – Limit 25 attendees**

Computed Tomography and Malnutrition Diagnosis

This session will briefly cover the available technology to analyze body composition using CT scans. You will learn how Registered Dietitians can use information from CT to improve malnutrition diagnosis and track individual changes over time. A case study will feature changes in body composition before, during and after a nutrition intervention.

(CPEU 1, Level 2, PI 10.2.6, 10.2.14, 4.1.2)

- Identify gaps in RD assessment of skeletal muscle and fat changes.
- Illustrate how to use CT as a tool to determine body composition.
- Demonstrate real world use of CT to visualize muscle and fat changes through a curated case study.

Amanda Bode, RDN, CSO, LD is the principal investigator of a research study titled "Piloting a Technical Skills Workshop; Computed Tomography for Malnutrition Diagnosis." Amanda has a wide range of experiences in both pediatric and adult research, nutrition support and interests in radiological imaging for malnutrition diagnosis.

2:30 pm – 2:45 pm Break, Exhibits and Silent Auction

2:45 pm – 3:45 pm Concurrent Session 1

Hands-on Nutrition: Incorporating Innovative Nutrition-based STEM Learning Activities into Your Dietetics Practice

Are you struggling on how to cultivate improved produce intake among clients? Do you want to jazz-up presentations for youth to entice them into dietetics, nutrition, or STEM fields? Look no further! During this fun, informative session, you will learn strategies on developing hands-on nutrition-based STEM activities for individuals of all ages! Come get your hands (a little) dirty!

(CPEU 1, Level 1, PI 2.2.3, 10.1.1, 10.2.1)

- Implement age-appropriate, hands-on nutrition-based STEM activities into educational programs.
- Identify culturally-sensitive educational programs to support the needs of learners.
- Demonstrate one nutrition-based STEM activity related to growing produce in a home or clinic garden.

David Holben, PhD, RDN, LD, FAND is Professor and Director of the Office of Food and Nutrition Security at the University of Mississippi. Dr. Holben is a seasoned RD for over 38 years and has spoken to groups his entire career. His experience includes teaching university courses, conducting education sessions at the Ohio State Fair and speaking at local, regional, state and national meetings.

2:45 pm – 3:45 pm Concurrent Session 2

Teaching What You Mean to Teach: Are we conflating research and evidence-based practice in dietetic STEM education?

Evidence-based practice is critical in dietetics, but EBP and research are often conflated in dietetic education. Educational programs should be clear on whether their goal is to educate around research, evidence-based practice, or both. This hands-on session will introduce a new model that categorizes skills as research, EBP, or both (core). Participants will work in small groups to assess their own program’s curriculum and whether they fall under research or EBP.

(CPEU 1, Level 2, PI 7.4.1, 7.5.1, 7.5.7)

- Describe a model (CEAR—Core, Evidence Application, Research) that differentiates between research skills and evidence-based practice (EBP) skills for dietitians.
- Identify which ACEND competencies map to CEAR model research skills and which map to CEAR model EBP skills.
- Identify which teaching strategies and assessments from their program map to CEAR model research skills and which map to CEAR model EBP skills, and plan programmatic revisions accordingly.

Rosanna Watowicz, PhD, RDN, CSOWM, LD is an associate professor in the Department of Nutrition at Case Western Reserve University. At CWRU, Dr. Watowicz teaches nutrition courses related to pediatric obesity, nutrition during pregnancy, evidence-based practice, and MNT. Her research interests include best practices for training healthcare professionals on evidence-based practice and obesity, as well as best practices for the clinical treatment of pediatric obesity.

Rosa Hand, PhD, RDN, LD, FAND is an associate professor in the Department of Nutrition at Case Western Reserve University. Her research in dietetics staffing has led to an extensive publication/presentation list and recognition as the Ohio Research Dietitian of the Year for 2020. Dr. Hand is passionate about teaching research skills and evidence-based practice to aspiring and practicing RDNs.

2:45 pm – 3:45 pm **Concurrent Session 3 (Repeat from 1:30 pm)**
Pre-registration required – Limit 25 attendees

Computed Tomography and Malnutrition Diagnosis

Speaker: *Amanda Bode, RDN, CSO, LD*

3:45 pm – 4:00 pm **Break, Exhibits and Silent Auction**

4:00 pm – 5:00 pm **General Session Closing Keynote**

Nutrition Implications When Initiating GLP-1 for Weight Loss

GLP/GIP medications have been shown to be effective in weight loss for those with the disease of obesity. These medications cause a change in appetite which may result in decrease in lean body mass and potential micronutrients. The RDN is a pivotal member of the health care team and should be involved in screening and assessment throughout the treatment.

(CPEU 1, Level 2, PI 1.1.5, 1.4.1, 9.1.1)

- Understand the mechanism of action of GLP/GIP medications for intended weight loss.
- Identify areas of nutrition assessment for patients initiating GLP/GIP and long-term implications.
- Optimize the use of obesity medications with MNT to minimize side effects and loss of lean body mass while developing long term behavior changes.

Beth Czerwony MS, RD, CSOWM, LD is a Clinical Registered Dietitian with the Cleveland Clinic's Center for Human Nutrition since 2007. She initially earned her Certification Specialist in Obesity and Weight Management in 2019 and serves as a preceptor for dietetic interns and mentor for American Society for Bariatric and Metabolic Surgery and the Academy of Nutrition and Dietetics Weight Management DPG.

5:00 pm **Closing Remarks and Drawings**