



## Iowa Academy Annual Meeting Agenda November 4 th , 2020

### **8am-8:15am - Welcome and Opening Remarks**

Jody Gatewood, RD, LD - President, Iowa Academy of Nutrition and Dietetics

### **8:15am-9:15am - Opening Keynote - No...Before Yes: The Debilitating Power of Perfection and Getting Out of Your Own Way**

Presenter: Tiffany O'Donnell

Chief Executive Officer, Women Lead Change

#### **Learning Objectives:**

1. Attendees will be able to identify red flags in their own decision-making process in pursuit of goal achievement.
2. Learn tactical strategies to recognize, react, and respond when faced with new opportunities.

**Suggested Learning Needs Codes: 1070, 7070 - CEU 1**

**Level of the Lecture: Level 1**

### **9:15am-10:15am - Genetic Testing for Personalized Nutrition: Where are We at?**

Presenter: Nanci Guest PhD, RD, CSCS

#### **Learning Objectives:**

1. Gain a better understanding of the science behind genetic variation and how this can affect nutritional requirements and eating behaviors and detect the likelihood of food sensitivities and intolerances.
2. Learn how to incorporate genetic testing for personalized nutrition into your practice as a new service and revenue stream.
3. Identify the strengths and limitations of consumer genetic testing, what genetics test can and cannot tell us, and learn what to look for when choosing a nutrigenomic test will be reviewed.

**Suggested Learning Needs Codes: 2020, 2050, 5110, 7010, 7070 - CEU 1**

**Level of the Lecture: Level 1**

### **10:15am-10:25am - Break**

**10:25am-10:45am - Awards - 50-year members & award winners**

Presenter: Rachel Sweeney, MS, RD, LD - Awards Committee

**10:45am-11:45am - Simplified Diet Manual - Let's Plan the Meal!**

Presenters: Christine Jacobson, RDN, LD; Paula Watkins, RD, LD, CDCES

**Learning Objectives:**

1. Identify how an evidenced-based resource such as the Simplified Diet Manual may be used to meet regulations and promote medical nutrition therapy.
2. State three evidence-based medical nutrition updates included in the 13th edition of the Simplified Diet Manual.
3. Learn how supplemental materials included with the Simplified Diet Manual may be used to provide nutrition care and education, assist with menu planning, and more.

**Suggested Learning Needs Codes: 4030, 5000, 5210, 6030, 6050, 7100, 8090 - CEU 1 Level of the Lecture: Level 2**

**11:45am-12:15pm - Lunch Break**

**12:15pm-1:15pm - One Size Doesn't Fit All: Transforming Health to Achieve Excellence**

(Sponsored by Midwest Dairy)

Presenter: Clancy Harrison, MS, RDN, FAND

**Learning Objectives:**

1. Demystify the hidden epidemic of food insecurity in the United States.
2. Identify tools to distinguish people at risk for malnutrition related to food insecurity.
3. Understand strategies to break down resistance, build connection, and improve access to healthy food through effective community collaboration.

**Suggested Learning Needs Codes: 1050, 1070, 4010, 4070, 7050, 7180 - CEU 1**

**Level of the Lecture: Level 2**

**1:15pm-2:15pm - Believing Children are Our Future: Serving Equity & Impartiality with Child Meals**

Presenter: Teresa Turner, MS, RD, LDN, SNS, FAND

**Learning Objectives**

1. Define Social Determinants of Health & systemic racism and explore their impact on equity and on the behaviors and mindsets of those we serve.
2. Examine how implicit bias, racial colorblindness, microaggressions, and the concept of "polite discrimination" influence our interactions.
3. Summarize methods to provide optimal service and care throughout child nutrition environments.

**Suggested Learning Needs Codes: 1040, 4150, 4160, 8010, 8110 - CEU 1**

**Level of the Lecture: Level 1**

**2:15pm-2:35pm - Awards - scholarships & member career enrichment grants**

Presenter: Rachel Sweeney, MS, RD, LD - Awards Committee

## **2:35pm-2:45am - Break**

## **2:45pm-3:45pm - Advance Your Communication Skills through Podcasting**

Presenter: Amber Pankonin, MS, RD, LMNT

### **Learning Objectives:**

1. Describe how podcasting can help communicate key messages and grow your brand.
2. Outline the barriers to podcasting and learn why many podcasts fail.
3. Identify best practices when podcasting, including basic tips for getting started and what type of equipment you should be using.

**Suggested Learning Needs Codes: 1130, 1090, 7120, 7070 - CEU 1**

**Level of the Lecture: Level 1**

## **3:45pm-4:45pm - What's the New "Normal" in Our Quest for Food? Creating the Future from Lessons Learned**

(Sponsored by Iowa Beef Industry Council)

Presenter: Marianne Smith Edge, MS, RDN, LD, FADA, FAND

### **Learning Objectives:**

1. Identify current consumer food purchasing and eating habits as a foundation for new opportunities for professional growth.
2. Evaluate the complexity of the food distribution system through the lens of efficiency, accessibility and sustainability.
3. Analyze the effectiveness of the nutrition professional's nutrition communications and programs as related to consumer needs.

**Suggested Learning Needs Codes: 1020, 1000, 1130, 4010, 8050 - CEU 1**

**Level of the Lecture: Level 2**

## **4:45pm-5pm - Closing Remarks**

Alison St. Germain, MS, RD, LD - President Elect, Iowa Academy of Nutrition and Dietetics