

November 12, 2025- Day 1

7:00-8:00 Registration, Networking and Light Breakfast

8:00-8:15 Welcome and Opening Remarks, Iowa Academy President, Jessica Schroeder

8:15-9:15 Session 1- Following the Leader: Principles of Effective Followership, Micheline Orlowsky, MS, RDN, LDN, FAND

Learning Objectives:

1. Define Followership and Identify the Principles of Followership
2. Discuss the Relationship Dynamic Between Followers and Leaders
3. Assess their Followership Style
4. Discover Scenarios to Apply Followership to Practice

CDR Competencies: 4.1, 3.3, 3.4; Level 2

9:15-10:15 Session 2- Survey Says! Addressing Iowa Academy Members A.I. Interests & Needs, Drew Hemler, MSc, RD, CDN, FAND

Learning Objectives:

1. Explore current and emerging AI applications in dietetic practice.
2. Apply ethical guardrails when selecting, implementing, and evaluating AI tools.
3. Develop an action plan to integrate AI-driven strategies to improve efficiency, decision-making, and client outcomes.

CDR Competencies: 6.1.10, 6.2.7, 6.3.5; Level 2

Meets the CDR requirement for 1 CPEU for ethics

10:15-10:30 Break

10:30-11:30 Session 3- Roots of Health: Closing the Maternal Gap Through Early Life Nutrition, Caroline Weeks, PA-C, MPAS, RDN

Learning Objectives:

1. Discuss the systemic, provider, and community factors contributing to maternal health disparities with patients.
2. Explore the critical role of maternal nutrition in pregnancy, lactation, and infant development as well as opportunities to strengthen the health system through early-life nutrition.
3. Understand how to support patients in making food decisions through culturally relevant dietary guidance, including nutrient-dense, affordable options like dairy.

CDR Competencies: 3.1.1, 3.1.2, 7.3.1, 7.3.2, 9.2.3, 10.4. 13.1, Level 2

11:30-1:30 Buffet Lunch/ Exhibits

1:30-2:30 Session 4- Weight Management and GLP-1 Medications, Stephen Hoelscher, MD

Learning Objectives:

1. Understanding how GLP-1 and other similar hormones work in the body.
2. Awareness of the GLP-1 agonist therapies available, how they work, and their side effects.
3. Understand the appropriate diet and exercise plan one should be on while taking GLP-1 medication.

CDR Competencies: 5.1, 5.2, 9.1, 10.6, 11.4, Level 2

2:30-3:30 Session 5- Fueling Growing Bodies: Practical Approaches to Child & Adolescent Nutrition, Alex Turnbull, RDN, LD

Learning Objectives:

1. Identify key nutrients of concern for children and adolescence- such as iron, choline, and high-quality protein- and explain their roles in supporting growth and development.
2. Evaluate practical and culturally relevant strategies for improving diet quality in school and home environments, including ways to increase nutrient-dense foods that kids are more likely to accept and enjoy.
3. Apply flavor-first approaches and emerging nutrition trends to design balance, appealing meals and snacks that align with the diverse needs of today's youth.

CDR Competencies: 1.7.5, 9.1.1, 9.5.1; Level 1

3:30-3:45 Break

3:45-4:45 Session 6- More than Skin Deep: Nutrition Management of the Chronic Wound, Katie Robinson, PhD, MPH, RD, LD

Learning Objectives:

1. Describe the process of wound healing and requirements for macro- and micro-nutrients.
2. Discuss the nutrition care process for individuals at high nutritional risk including those with wounds.
3. Examine the details of different wound types such as pressure injuries, diabetic foot ulcers, venous leg ulcers, surgical wounds, cancer-associated wounds, etc.
4. Discuss nutrition interventions to augment wound healing.

CDR Competencies: 11.2, 11.3; Level 2

5:00-6:30 President's Reception

TBD- Board and Council Meeting

November 13, 2025- Day 2

7:15- Regional Directors Meeting

7:00-8:00 Registration, Light Breakfast

8:00-8:15 Welcome/ Opening Remarks, President Elect, Tina Bauermeister

8:15-9:15 Session 7- Beating the Midlife Spread: Strategies for Sustainable Weight Management, Monica Reinagel, MS, LN, CNS

Learning Objectives:

1. Describe the factors that contribute to weight gain and abdominal adiposity during midlife.
2. Explain the importance of dietary protein in preserving muscle mass and supporting metabolism.
3. Implement practical dietary strategies to maximize muscle protein synthesis.
4. Identify and recommend adjustments to meal and snack composition to manage weight.
5. "Evaluate various forms of exercise to complement nutrition strategies for weight management and muscle maintenance.

CDR Competencies: 11.2.7, 5.2.4, 5.2.7, Level 2

9:15-10:15 Session 8- Grocery Trends and Choices: Our Values vs. Our Shopping Carts, Krystal Dunham, MS, RDN, LD

Learning Objectives:

1. Discuss emerging food and nutrition trends- including high protein snacks, clean label products, and Food as Medicine-and how to guide clients in evaluating and approaching these trends practically.
2. Navigate the gap between consumers' stated value (e.g., sustainability, label transparency) and actual purchasing behaviors (e.g., taste, price, convenience) and explore strategies to help clients make realistic, nutrient-dense food choices.
3. Apply behavioral insights and real-world strategies to help clients filter through nutrition trends, to incorporate affordable, nutritious foods that support their long-term health goals.

CDR Competencies: 5.2.1, 1.7.5, 11.2.9; Level 2

10:15-10:30 Break

10:30-11:30 Session 9-Intuitive Eating for the Everyday Athlete, Katie Hake, RDN

Learning Objectives:

1. Understand the fundamental principle of Intuitive Eating and its relevance to the athletic population.
2. Explore the impact of diet culture, restrictive eating patterns, and external influences on active folks' nutrition choices and body image.
3. Learn how to integrate intuitive eating principles into the dietary guidance of active individuals to enhance performance, improve energy levels, and support mental health.
4. Develop practical strategies for helping active individuals establish a balanced and intuitive approach to fueling and nourishing their bodies.
5. Recognize the potential challenges and misconceptions related to intuitive eating in the fitness world and gain tools to address them effectively.

CDR Competencies: 10.4.3, 10.6.2, 10.6.4; Level 1

11:30-12:00 Virtual Welcome from Academy of Nutrition and Dietetics, Past President, Livleen Gill, MBA, RDN, LDN

12:00-1:15 Lunch, Business Meeting, Awards

1:15-1:45 Break

1:45-2:45 Session 10- Alcohol: The Carcinogen No One is Talking About, Noelle LoConte, MD, FASCO

Learning Objectives:

1. Review the data supporting alcohol as a carcinogen
2. Discuss barriers to implementing alcohol control

CDR Competencies: 7.2, 7.3, 9.1.1, 9.1.2, 9.2.1, Level 1

2:45-3:45 Session 11- Cooking Up Student Success: Dietitians in School Nutrition, Jen Gach, DrPH, MPH, RD, LD, Kristy Schmidt, MPP-D, RD, LD, Kaitlyn Scheuermann, MPP-D, RDN, LD

Learning Objectives:

1. Understanding dietitians roles in schools
2. Understand federal guidelines as they pertain to school meals.
3. Understand the guidelines that dietitians take with special diets.
4. Understand the different nutrition education programs and what that means for students.

CDR Competencies: 13.3.1, 13.3.2, 13.4.2, 14.2.1, 14.2.2, Level 1

3:45-4:00 Closing Remarks