



SHOW-ME NUTRITION:



ROOTED
IN AGRICULTURE
NURTURED
BY SCIENCE

2020 VIRTUAL CONFERENCE



Conference Attendees,

Let's have some fun on social media! Using **#ShowMeNutrition2020**, post yourself in comfy conference wear and/or your fabulous conference meal choices! When using Twitter or Instagram tag **@EatRightMo**. Facebook users tag **@MissouriAcademyofNutritionandDietetics**. Pictures may also be sent to info.moand@gmail.com. MOAND may reshare your posts through the monthly newsletter or social media platforms. Prizes will be given for the Top 3 Posts shared before the end of the conference!

2020 VIRTUAL CONFERENCE



AGENDA

FRIDAY, APRIL 17, 2020

TIME	TOPIC	SPEAKER
7:45 – 8:10 am	President's Welcome Foundation Update	Shelly Summar , MEd, RD, LD William Barkley , MBA, RD, LD, FAND
8:15 – 9:15 am	The Dietitian's Guide to Integrating Agriculture, Food, and Health	Kim Kirchherr , MS, RD, LDN, FAND, ACSM-CPT
9:20 – 10:20 am	Behavioral Approaches to Eating Healthy	Aisha Lubinski , MA, LPC, RDN, LDN
10:25 – 11:25 am	Food Systems Impact on Nutrition in Missouri	Melissa Vatterott , JD
11:30 – 12:30 pm	Rethinking Health: Building Sustainable Plates with Beef	Cara Harbstreet , MS, RD, LD
12:35 – 1:35 pm	Beef Up Your Communications Toolkit: A Conversation with Industry Experts	Cara Harbstreet , MS, RD, LD Kelly Ast , West Central Missouri CAA, Tiffanie Weekley , RN, IBCLC Mark Russell , Missouri Beef Council
1:40 – 2:40 pm	Food allergy and Intolerance: When What Is on Your Plate Makes You Ill	Ellen Karlin , MMSc, RDN, LDN, FADA
2:45 – 3:55 pm	RDs as Advocates in Childhood Obesity Treatment and Prevention Implications in Public Policy	Sarah Hampl , MD Angela Lima , MBA, RD, LD Lauren Landfried , PhD, RD, LD, FAND Tom Reichard , Chairman, Missouri State Board of Dietitians Brenda S. Roling , Lobbyist
4:00 – 5:15 pm	Pork, Real Farmers, Real Solutions: Sustainable Food Production Announcements	Heather Fowler , VMD, PhD, MPH, DACVPM, Director of Producer and Public Health National Pork Board Laka Huyette , MS, RDN, LDN, ACE

2020 VIRTUAL CONFERENCE



CONFERENCE SPEAKERS



Kim Kirchherr, MS, RD, LDN, FAND, ACSM-CPT

Kim Kirchherr is President of K2 Outcomes LLC. She specializes in the connection of agriculture, food, and health for individuals and organizations. Her unique background includes leadership, program development, direct patient care, and spokesperson experience in agriculture, supermarket, media, and hospital-based health and fitness centers. She served as the Chair of the Food & Culinary Professionals Dietetic Practice Group (FCP) for 2017-2018, previously chaired both the FCP Agriculture and Supermarket Subgroups, and served as President of the Illinois Academy of Nutrition and Dietetics in 2012-2013. Kim was honored as the

Recognized Young Dietitian of the Year in 2006 and Outstanding Dietitian of the Year in 2011 by the Academy of Nutrition and Dietetics. Kim was also among the national leaders of the ADA who were selected to attend ADA's Leadership Institute in June 2009 and June 2011. www.kimkirchherr.com

The Dietitian's Guide to Integrating Agriculture, Food, and Health

Learning Codes: 1070, 1130, 4030, 8018

Performance Indicators: 1.3.6, 2.1.8, 2.1.1, 2.1.10, 4.1.2, 6.3.8, 6.3.7, 9.3.1, 11.2.8, 11.3, 12.2, 12.4



Aisha Labinski, MA, LPC, RD, LD

Aisha received her Masters of Arts in Counseling from Lindenwood University in St. Charles, Missouri. She has a passion for helping people find freedom from the areas that keep them feeling stuck and unfulfilled. She has received specialized training in specific techniques targeted at helping clients heal from their trauma and becoming more emotionally focused. Aisha received her Bachelor's Degree in Nutrition and Dietetics from Saint Louis University in Saint Louis, Missouri. She completed her dietetic internship at Saint Louis University. She is passionate about helping her clients heal their relationship with food and find freedom from their

Eating Disorders and body dissatisfaction. Aisha's passion for helping clients find freedom in their lives comes from her name meaning "Free" in Arabic. She found early on in her life that she had a calling for helping people by listening, understanding, and offering compassion in tough moments. Aisha looks forward to seeing how she can help you move back to being the best version of yourself.

Behavioral Approaches to Eating Healthy

Learning Codes: 1130, 6010, 6020, 6070

Performance Indicators: 2.2.2, 8.2.1, 8.2.2, 8.4.5, 9.1, 9.2, 9.6, 10.25, 10.3

2020 VIRTUAL CONFERENCE



Melissa Vatterott, JD

Melissa graduated from Michigan State University College of Law in 2014, where she focused her studies in environmental and natural resource law. With a B.S. in environmental science and a minor in agricultural economics from the University of Missouri, Melissa has particular appreciation for soil conservation and environmental and agricultural policy. Since writing MCE's St. Louis Regional Food Study published in 2014, Melissa works to support environmentally-responsible farming practices and local food systems across the state, which includes directing the St. Louis Food Policy Coalition.

Food Systems Impact on Nutrition in Missouri

Learning Codes: 1080, 4020, 4080, 8018

Performance Indicators: 2.2.1 3.3.4, 4.1.3, 11.2.6, 11.2.7, 11.2.9, 12.4.1, 12.4.2



Cara Harbstreet, MS, RD, LD is a Kansas City-based Intuitive Eating Registered Dietitian and nationally-recognized food and nutrition expert, author, and consultant. She obtained a Bachelor's of Science in Dietetics & Nutrition from Southeast Missouri State University before completing her Dietetic Internship and Masters of Science in Dietetics & Nutrition at the University of Kansas Medical Center. Cara has experience in community nutrition, corporate wellness, retail nutrition, and nutrition education. In 2016, Cara founded her private practice with a focus on sports nutrition, intuitive eating, and applying the Health At Every Size model for clients in

the Kansas City area. She frequently partners with major media groups, food brands, grower & producer organizations, and contributes regularly to digital and print publications. Cara is also an active volunteer in the dietetics field, serving as a multi-year Board Member for KSAND. In 2017, she was awarded "Recognized Young Dietitian of the Year" by her professional peers. She is also the current Communications Director for the SCAN Dietetic Practice Group.

Rethinking Health: Building Sustainable Plates with Beef

Learning Codes: 1130, 6010, 6020, 8018

Performance Indicators: 2.2.3, 4.1.2, 7.2.6, 8.4.4, 9.6, 10.2.9, 10.3, 11.3

Beef Up Your Communications Toolkit: A Conversation with Industry Experts

Moderator: Cara Harbstreet, MS, RD, LD and **Panelists:** Kelly Ast, West Central Community Action Agency, Tiffanie Weekley, RN, IBCLC, and Mark Russell, Missouri Beef Council

Learning Codes: 1130, 8018

Performance Indicators: 2.2.1, 3.3.4, 11.2.6

2020 VIRTUAL CONFERENCE



Ellen Karlin, MMSc, RDN, LDN, FADA

Ellen Karlin, a nutrition consultant with vast professional and personal knowledge in nutrition and food allergy, has been a nutrition consultant in private practice in Owings Mills, Maryland for the past 34 years. She has also been a nutrition consultant at the Comprehensive Asthma and Allergy Center for the past 32 years. Ellen holds a Master of Medical Science degree in nutrition education from Emory University. She is a fellow of the Academy of Nutrition and Dietetics (ADA), a member of Food Allergy Awareness and Education, and serves as a volunteer for these organizations. A nationally recognized speaker, she has delivered numerous

nutrition lectures at national and local dental, dental hygiene, medical, nurse practitioner, dietitian, nutritionist and school nurse conferences throughout the United States. She was the co-author of “Dental and Oral Considerations in Pediatric Celiac Disease” published in J Dent Child, May 2016. Ellen has contributed to a variety of other resources.

Food allergy and Intolerance: When What Is on Your Plate Makes You Ill

Learning Codes: 3010, 5110, 4120, 8040

Performance Indicators: 1.3.6, 4.1.1, 4.1.2, 8.3.6, 8.4.4, 9.1, 9.2.1-4, 9.6, 10.2.5, 10.3



Tom Reichard Executive Director, State Board of Dietitians

Missouri’s State Committee of Dietitians is the licensing board for dietitians in Missouri. It is made up of 6 people appointed by the Governor—5 licensed dietitians and 1 public member. These members are Nancy Brody, Chair, Terry Powell, Eric Cartwright, Jean Howard, Connie Dieckmann, and Anita Marley. The Executive Director is Tom Reichard. The State Committee meets a minimum of once a year to discuss licensing regulations, any complaints submitted regarding violations of the dietitians practice act, and actions needed by the board concerning these violations. There are currently over 2500 dietitians licensed in the state of Missouri.

The State Committee receives frequent challenges by outside groups threatening legal action on the grounds of "fair trade", referring to nutrition therapy and education as though it is a commodity verses necessary for good health. The state committee deals with these threats and continues to protect Missourians. Please consider volunteering to work with this outstanding group of professionals.

2020 VIRTUAL CONFERENCE



Sarah Hampl, MD General Pediatrics and Weight Management, Center for Children’s Healthy Lifestyles & Nutrition, Children’s Mercy Kansas City, Professor of Pediatrics, UMKC School of Medicine. Dr. Sarah Hampl is a member of the Division of General Academic Pediatrics at Children’s Mercy and a Professor of Pediatrics at the University of MO-Kansas City School of Medicine. She leads the advocacy focus area at the Center for Children’s Healthy Lifestyles & Nutrition, a partnership between Children’s Mercy and the University of KS Medical Center. She has been working with children and families with obesity for the past 20 years, and provides clinical care in the Promoting Health in Teens and Kids (PHIT Kids) Weight Management Clinic and as the medical director of Weight Management group programs. She is a member of the AAP Section on Obesity, and serves as an adviser for pediatric healthcare providers in DHHS Region VII



Angela Lima, MBA, RD, LD Senior Project Manager Washington University-St. Louis Angela Lima is a program manager in the Center for Healthy Weight and Wellness. She received her bachelor’s degree in nutrition and dietetics in 2001 and her MBA from Webster University in 2013. Lima’s research interests include increasing access to care, reducing health disparities, improving health literacy, and dissemination and implementation of evidence-based treatment for childhood obesity.

Advocates in Childhood Obesity Treatment and Prevention

Learning Codes: 1080, 5070, 5080, 5370

Performance Indicators: 3.2.6, 3.2.5, 2.1.10, 6.3.11, 8.2.4, 9.2.4, 10.1.3, 10.2

2020 VIRTUAL CONFERENCE



Brenda S. Roling, Lobbyist

Brenda Roling has been Executive Director for the Missouri Academy of Nutrition & Dietetics (MOAND) for over 25 years. She is employed by R.J. Scherr and Associates, one of the largest government relations and association management firms in Missouri. Brenda is a registered lobbyist and has been retained by MOAND as their lobbyist since 1997. Brenda was instrumental in acquiring licensure for MOAND in 1998 and in getting the mandated licensure bill passed in 2001.

Brenda is a member of the Missouri Society of Association Executives (MSAE) and served as President in 2006-2007. MSAE promotes and supports excellence and professionalism among association executives and works diligently to increase the effectiveness, the image and the impact of associations as they serve their members and society.

Brenda was a recipient named in Strathmore's Who's Who for 2000-2001. Inclusion is limited to individuals who have demonstrated leadership and achievement in their occupation, industry or profession. Brenda was awarded the "First Missouri Dietetic Association Service Award" in April 2002 in recognition of her support to the dietetic profession and commitment to the realization of the mission and vision of the Missouri Academy of Nutrition & Dietetics.



Heather Fowler, VMD PhD MPH DACVPM

Director of Producer and Public Health
National Pork Board

Dr. Fowler completed her Veterinary Medical degree at the University Of Pennsylvania School Of Veterinary Medicine in 2010, a Master in Public Health in Applied Biostatistics and Epidemiology at the Yale School of Public Health in 2011, and a PhD in Environmental and Occupational Hygiene from the University of Washington School of Public Health in 2017. She is board certified in veterinary preventive medicine and has expertise in the areas of zoonotic disease, public

health, worker safety and health, and One Health application. In the summer of 2017, Heather began work as the Director of Producer and Public Health at the National Pork Board where she oversees public health as well as occupational safety and health issues as they relate to swine production in the United States.

Real Pork, Real Farmers, Real Solutions: Sustainable Food Production

Learning Codes: 1050, 7100, 8018

Performance Indicators: 1.5.2, 2.1.10, 3.3.4, 7.2.6, 8.4.4

2020 VIRTUAL CONFERENCE



ACADEMY UPDATE

eat right. Academy of Nutrition and Dietetics



Kevin L. Sauer, PhD, RDN, LD, FAND

Sauer is a professor in the department of food, nutrition, dietetics and health at Kansas State University and co-director of the national Center for Food Safety Research in Child Nutrition Programs. He specializes in administrative dietetics and has previous experience in health care food and nutrition services, school nutrition, and university dining. A Fellow of the Academy of Nutrition and Dietetics, Sauer's extensive service to the Academy includes past chair of the Commission on Dietetic Registration, and past chair of CDR's Examination Panel. He is a current Director at-Large on the Board of Directors and has provided leadership on

numerous academy committees and programs. Sauer will serve as the Academy's president in 2021-2022.

ACADEMY IN ACTION 2020 HIGHLIGHTS

The *Academy in Action 2020* presentation highlights current activities and recent developments at the Academy and the Foundation. The Academy's activities and successes in such vital areas as membership, malnutrition, public policy and advocacy and the Foundation are addressed.

COVID-19 Resources

The Academy is committed to helping all members and the public to stay informed of updates and to reinforce to patients and clients the importance of following recommendations of local and federal government agencies. A dedicated COVID-19 Nutrition Resource Center and professional hub has been created containing a wealth of information and resources on www.eatrightPRO.org/coronavirus.

Academy Member Benefits and Resources

The Academy offers numerous tools and professional resources. Visit www.eatright.pro/membership to learn more. Student resources and benefits include *Student Scoop* monthly newsletter, Student Liaison volunteer opportunities and Foundation scholarships (for members only). The Academy's best annual source of education and networking opportunities is the Food & Nutrition Conference & Expo. FNCE 2020 will be held October 17-20. Visit www.eatrightFNCE.org for more information.

Malnutrition Quality Improvement Initiative (MQii)

To help RDNs working in the in-patient care setting, and with support from Abbott, the Academy has partnered with Avalere Health to develop the Malnutrition Quality Improvement Initiative. MQii's dual-pronged approach of maximizing clinician resources and reporting measures is vital to implementation of malnutrition quality improvement. In December, the Centers for Medicare and Medicaid Services approved inclusion of the Malnutrition Quality Measures into two Qualified Clinical Data Registries for RDNs to participate for 2020 in the Merit-Based Incentive Payment System. Including Malnutrition Quality Measures in the Premier Clinician Performance Registry and the U.S. Wound Registry will promote health care team collaboration with measures for physician and RDN reporting.

2020 VIRTUAL CONFERENCE



Public Policy and Advocacy Efforts

A critically important area of the Academy's work is achievement of the public policy priorities. With the COVID-19 outbreak, advocacy is targeting food security, access to MNT via telehealth, protection and safety of RDN/NDTR workforce and small business owner support and relief. The Academy's policy efforts include initiatives at the local, state and federal level. At the federal level the focus is on making progress to enhance professional and reimbursement opportunities for members. Expanding coverage of nutrition services will create job opportunities for additional disease states and conditions and will ensure patient access to covered nutrition care when indicated. At the state level, advocacy is expanding with a roll out of national goals for state advocacy and integrating malnutrition efforts.

The Academy is dedicated to protecting consumers from harm by unqualified individuals. New and convenient resources for RDNs with questions on licensure requirements, telehealth and interstate practice and updated state statuses for therapeutic diet ordering are available on

www.eatrightPRO.org/advocacy.

Strengthening the Academy's political action committee (ANDPAC) is one of the most effective ways members can help elect and support pro-nutrition decision makers. To make a donation to shape the future of the nutrition and dietetics profession and the health of Americans, visit

www.eatrightPRO.org/ANDPAC.

Academy Foundation

The Foundation is the only charitable organization devoted exclusively to the food and nutrition profession. It recognizes excellence in field of nutrition and dietetics through annual awards to members. The Foundation also funds food and nutrition research in emerging areas and disseminates results to position RDNs as experts in public health. In addition, it provides public education programs that equip members with tools and resources to take these programs into their communities. The Foundation does not receive a portion of any member dues and it relies on donation support to thrive. Visit www.eatrightFoundation.org for more information and to donate.

2020 VIRTUAL CONFERENCE



2020 MEMBERSHIP AWARDS

OUTSTANDING DIETITIAN OF THE YEAR

Karin Pennington

RECOGNIZED YOUNG DIETITIANS OF THE YEAR

Michael O'Halloran & Julie Husmann

LIFETIME ACHIEVEMENT AWARD

Jean Howard

MOAND 50 YEAR MEMBERS

Carolyn Dunham & Carolina Javier & Barbara La Vella

PRESENTATION OF THE 2020 STUDENT AWARDS AND SCHOLARSHIPS

MISSOURI OUTSTANDING DIETETICS STUDENTS

Coordinated Program in Dietetics

Erin Kincaid

Didactic Program in Dietetics

Lydia Browning

SCHOLARSHIP WINNERS

EUGENIA SHRADER SCHOLARSHIP

James Malloy

MOAND SCHOLARSHIP

Samantha Findley

2020 VIRTUAL CONFERENCE



CONFERENCE PLANNING COMMITTEE

Sarah Eber, Chair

Ginger Meyer

Michael O'Hollaran

Adrienne Hartley-Pullins

Takako Tagomi

Janet Kimmons

Lauren Landfried

Jennifer Willoughby

Melissa White-Stollhaus

Shelly Summar

Laka Huyette

2020 VIRTUAL CONFERENCE



SPECIAL THANKS TO OUR SPONSORS

PLATINUM LEVEL



center for children's
healthy lifestyles &
nutrition



GOLD LEVEL



2020 VIRTUAL CONFERENCE