

Live Presentations
Exhibit Hall | Posters
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Michigan Academy of
Nutrition and Dietetics



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Academy of Nutrition and Dietetics

Spring Conference

May 4 & 5, 2023

Sheraton Ann Arbor
Hotel & Conference Center

2023 SPRING CONFERENCE



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**Check-In and Badges from
12:00 p.m. – 1:00 p.m.
on Thursday, May 4**

In gratitude: MiAND extends its sincere appreciation to Compass Group for graciously providing the conference registration bags.

SPONSORS AND EXHIBITORS

Virtual Exhibitor Hall Opens in May Prior to the Conference

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Sponsors and exhibitors are vetted prior to inclusion in the conference based on the benefits and relevance of their products and services to nutrition and dietetics professionals and their clients. You will receive information from the conference sponsors and exhibitors unless you contact us by March 10, 2023.

12:00 P.M. – 1:00 P.M.

Check in and Badges



Embracing Change in the Work Environment-Making it work for you! Keynote Address

Linda Farr, RDN, CSOWM, LD, FAND

As nutrition professionals, we work with clients daily, guiding them toward positive change for improved health and well-being. You may be someone who thrives on change and creating new paths forward, but what happens when you don't have a say in the changes you face? Change can sometimes bring resistance due to feelings of being threatened or fear of loss. Adapting to the uncertainty of change in the workplace is within your control. This session will offer ways you can positively move forward to achieve personal growth and new opportunities.

Sponsored by: The Michigan Beef Industry Commission

1:00 P.M. – 2:00 P.M.

Suggested Spheres:

2.3, 3.1, 4.2

1 CPEU: Level 2

Linda Farr is an experienced media resource and sought after speaker for dietetics professionals. She has been in private practice over 25 years and is a past President of the Academy of Nutrition and Dietetics.

2:00 P.M. – 2:15 P.M.

15 Minute Break



Enteric Gila: A New Player in Gastrointestinal Health & Disease Breakout A

Brian Gulbransen, PhD

The intestine has its own “brain” called the enteric nervous system that provides local control for ongoing gut functions. This presentation will focus on cellular mechanisms that control gut motility and new data which suggest that interactions between enteric neurons and the surrounding nonneuronal cells, called enteric glia, play important roles in shaping gut functions in health and disease.

2:15 P.M. – 3:15 P.M.

Suggested Spheres:

6.1, 6.2, 6.4

1 CPEU: Level 2

Dr. Brian Gulbransen is a MSU Foundation Professor in the Department of Physiology at Michigan State University and holds leadership roles in the American Gastroenterological Association and the American Neurogastroenterology and Motility Society.



Building Resilient Food Systems for Institutions Breakout B

Grant Fletcher, System Director, Healthy Living & Sustainability

Resilient food systems guarantee reliable access to high-quality, nutrient-dense foods, with minimal impact on the natural environment, and ensure livable wages across the supply chain. This session explores how institutional food environments can enhance the food system and improve the quality of life for those who rely upon it through responsible sourcing, thoughtful menu planning, and an optimized business model.

Sponsored in part by: Gordon Food Service.

Grant Fletcher has been a leader with Bronson Healthcare Group for more than 15 years, overseeing food & nutrition services, retail operations, athletic club(s), and environmental sustainability.

2:15 P.M. – 3:15 P.M.

Suggested Spheres:

1.8, 7.2

1 CPEU: Level 2

3:15 P.M. – 3:30 P.M.

15 Minute Break



Advanced Practice in Treatment of Eating Disorders Breakout C

Allison Reed, RD

Mental health diagnoses, including eating disorders, have been on the rise since the COVID-19 pandemic. As a result, dietitians are increasingly sought after to provide assistance and expertise in this area of nutrition practice. You will learn advanced practice counseling strategies to identify, treat, motivate, and determine appropriate level of care for patients with eating disorders.

Allison Reed is owner of Crossroads Nutrition Therapy LLC. She specializes in eating disorders, mindful and intuitive eating, and the non-diet approach to health management.

3:30 P.M. – 4:30 P.M.

Suggested Spheres:

8.9

1 CPEU: Level 2



Oncology Nutrition: Myths, Misunderstandings and Diet Trends Breakout D

Amy Bragagnini, MS, RD, CSO

Proper nutrition is an integral component of the treatment of cancer, but individuals must navigate various nutrition topics as they relate to cancer, such as sugar feeding cancer, the effect of soy on breast cancer, the use of supplements, and juicing. As a certified expert in oncology nutrition, Amy will provide science-based information and explain the dangers of blindly following recommendations from the Internet.

Sponsored by: Rachel Schemmel Endowed Lecture in Clinical Nutrition

Amy Bragagnini has been a certified oncology specialist dietitian at Mercy Health Lacks Cancer Center with over 20 years of experience.

3:30 P.M. – 4:30 P.M.

Suggested Spheres:

8.1, 8.2

1 CPEU: Level 2



Your Powerful Productive Career and Life General Session

Susan Katz-Scheinker, MBA, RD

With so much to manage every day, when is there time to conquer bigger visions? Are you someone who finds yourself saying “someday” when you think about new projects and ideas? What would it feel like to learn a system to accomplish everyday tasks while you work toward your goals and dreams? In this session you will learn how to build trust into your lifestyle to create confidence and space to work toward your aspirations. With practice, completing everyday tasks while simultaneously chipping away at your vision can become a strong, natural habit.

Susan Katz-Scheinker is the owner of Cambium Nutrition LLC where she works with individuals and corporate clients.

4:45 P.M. – 5:45 P.M.

Suggested Spheres:
2.3, 3.1, 4.2
1 CPEU: Level 2



Awards Ceremony, Closing Remarks, Prize Drawing

Join us in honoring your colleagues and 50-Year Member Honorees
Please check your email for Thursday’s CPEU Certificate and Evaluations.

5:45 P.M. – 6:15 P.M.

DAY 2

Friday, May 5, 2023

7:00 A.M. – 8:00 A.M.

Registration and Breakfast

7:45 A.M.

Announcements



Motivational Interviewing – The Secret Ingredient in Effective Nutrition Care General Session

Amy Schneider, MS, RD, CDCES

During this presentation, attendees will identify at least two “practice pearls” that will serve as a step towards more effective Motivational Interviewing (MI) skills. In this interactive session, Amy will provide strategies to implement MI in all areas of dietetics—inpatient or outpatient, in-person or virtual, in group or one-on-one! Since MI is more of an art than a science, there will also be an explanation of how the learner will be able to continue their skill development beyond today’s course.

Amy Schneider currently works as the Clinical Lead with the Michigan Institute for Care Management and Transformation where she helps strengthen patient engagement throughout the state of Michigan.

8:00 A.M. – 9:00 A.M.

Suggested Spheres:
2, 4, 9
1 CPEU: Level 2

9:00 A.M. – 9:15 P.M.

15 Minute Break



5 Tips for Creating Sustainable Weight Loss With your Patients Breakout E

Erin Dunny, RD

According to data from NHanes, it is predicted that by 2030, 51% of U.S. adults will have obesity. It is estimated that \$147 billion dollars are spent each year on obesity-related costs and about 45 million Americans go on diets annually, spending \$33 billion dollars on weight loss products. This presentation is meant to discuss the latest peer-reviewed research and explore how you can use a functional medicine approach to help your clients succeed with long-term fat loss.

Erin Dunny specializes in using a functional medicine approach to chronic disease management as she coaches and supports patients struggling with chronic illness.

9:15 A.M. – 10:15 A.M.

Suggested Spheres:

8.1, 8.2, 9

1 CPEU: Level 2



Home Tube Feeding with Blenderized Foods Breakout F

Susan Hill, M.A.P.S., RD, CSO

Homemade tube feeding formulas can be a great option for some tube-fed patients. Patients can customize formulas according to their personal preference, and it allows the patient to have more control over what is being put in their body. It can also be a cheaper alternative to commercial products. Learn how to instruct your patients on how to achieve this goal easily and safely.

Susan Hill is employed by Henry Ford Cancer Institute, providing MNT in the outpatient settings of Medical Oncology, Radiation Oncology, and Surgical Oncology.

9:15 A.M. – 10:15 A.M.

Suggested Spheres:

7.2,

1 CPEU: Level 2



Visit Sponsors and Exhibitors at the conference

Learn about the latest innovative products and services from our sponsors and exhibitors in healthcare, nutrition, and dietetic practice. The Virtual Exhibit Hall (VEH) will be available on the MiAND website for viewing sponsor and exhibitor resources and educational materials starting in May and ending in October 2023. The VEH offers you valuable educational resources.

10:00 A.M. – 12:30 P.M.

1 CPEU



Poster Session

Stay up-to-date on the latest nutrition and dietetics research completed by practitioners, researchers, and students from across Michigan. Virtual conference attendees will view the e-posters on the MiAND website, followed by a visit with presenters from 10:30 - 11:30 a.m. during the dedicated virtual Q&A session on Zoom. In-person conference attendees will view posters and visit with presenters from 11:30 a.m. - 12:30 p.m. during the dedicated Q&A session at the conference.

10:30 A.M. - 12:30 P.M.

1 CPEU: Level 1

11:45 A.M. - 12:30 P.M.

Lunch



Performance Nutrition: Practical Fueling Strategies and Nutrition Interventions for the Desk Jockey Athlete Breakout G

Rob Masterson, RD, CSSD

In this presentation Rob will provide practical strategies to help meet the nutritional needs of individuals who want to compete in athletic events, but also have the added complexity of the 9-5 work life. From planning meals and supplementation to injury prevention and treatment, these tried-and-true methods can be used to help fuel any client at any stage of their athletic career.

12:30 P.M. - 1:30 P.M.

Suggested Spheres:
8.3, 8.5

1 CPEU: Level 2

Rob Masterson is the Director of Performance Nutrition at Michigan State University, overseeing sports nutrition programming for all twenty-one varsity sports.



Nuts and Bolts of Diabetes Self-Management Using Continuous Glucose Monitoring (CGM) and Insulin Pump Therapy: The Crucial Role of the Nutrition Professional Breakout H

Amy Hess-Fischl, MS, RDN, LDN, BC-ADM, CDCES

In this presentation, Amy will discuss pertinent education topics for nutrition professionals working with people with diabetes using insulin pumps and continuous glucose monitors. The focus will be on practical information and problem solving techniques for the successful use of diabetes technology and the integral role the nutrition professional plays.

12:30 P.M. - 1:30 P.M.

Suggested Spheres:
8.1, 8.3, 10.4

1 CPEU: Level 2

Amy Hess Fischl is an advanced practice dietitian and diabetes care and education specialist for over 20 years. She works at the University of Chicago Kovler Diabetes Center with both adult and pediatric endocrinologists sharing the same clinic to more effectively allow transition care throughout the life span.

1:30 P.M. – 1:45 P.M.

15 Minute Break



Understanding Microaggressions and Implicit Bias General Session

Asha Shajahan, MD, MHSA

Microaggressions can negatively impact a person on many levels. They are often unintentional but still happen everywhere, from social to work settings. In this session, you will learn about microaggression and the outcomes associated with them. You will also learn techniques to minimize the occurrence of microaggressions and how to be an ally to a person experiencing them.

Dr. Shajahan is a board-certified family physician and an associate professor in the Department of Family Medicine at Oakland University William Beaumont School of Medicine, the GME Director of Health Equity and Disparities at Beaumont Health, and the Medical Director of Community Health at Beaumont Grosse Pointe.

1:45 P.M. – 2:45 P.M.

Suggested Spheres:

1.5, 4.2

1 CPEU: Level 2

2:45 P.M. – 3:00 P.M.

15 Minute Break



Food Insecurity and Spending Across Age Groups: Insights from a Monthly Consumer Tracking Survey General Session

Samuel S. Polzin, M.S.

The Center for Food Demand Analysis and Sustainability at Purdue University surveys American adults with the goal of tracking national food security, and food behaviors, attitudes, and preferences. Data reveals that members of Gen Z experienced food insecurity at over twice the rate of the average American in 2022. Determinants like education and income are key drivers of this disparity. This survey offers a broader view of what consumers are thinking, and discovered differences in what they can afford and what food attributes are most important to them. We will discuss the consumption behaviors differentiating Gen Z from the rest of the adult population.

Sponsored by: Milk Means More

Sam S. Polzin is a food systems researcher who uses survey methodologies to track monthly trends in consumer food spending, food security, and other food sustainability behaviors. He currently runs the Consumer Food Insights survey project for the Center for Food Demand Analysis and Sustainability at Purdue University.

3:00 P.M. – 4:00 P.M.

Suggested Spheres:

1.7, 7.2

1 CPEU: Level 2

4:00 P.M.

Closing Remarks, Prize Drawings

Please check your email for Friday's CPEU Certificate and Evaluations.

CONTINUING PROFESSIONAL EDUCATION UNITS: UP TO 15 CPEU

What's the breakdown of the 15 CPEUs?

- 9 CPEUs for attending educational sessions during MiAND's two-day spring conference
- 1 CPEU* for visiting the exhibits on Friday
- 1 CPEU for attending the poster session on Friday
- 4 CPEUs **after** the conference for watching recordings of the alternate breakout sessions

CPE certificates will be emailed to attendees after each day along with conference evaluations. The two-day conference registration includes recordings of each session, which you will receive approximately two weeks after the spring conference.

*Not available to virtual attendees

TWO FREE 2024 CONFERENCE REGISTRATIONS

All registered attendees will have a chance to receive a free 2024 MiAND Spring Conference registration! One winner's name will be drawn and stated at the conclusion of each day's conference. The winner must be present at the conference, either in-person or virtually, and acknowledge their presence.

HOTEL INFORMATION

Sheraton Ann Arbor Hotel 3200 Boardwalk, Ann Arbor, MI 48108

Reservations

- A block of rooms is reserved for the conference at the Sheraton Ann Arbor at the rate of \$149 plus tax per night. This special rate is available until April 3, 2023.
- Reserve your room by calling (734) 996-0600. Ask for the Michigan Academy discount rate. Online reservations can be made at [marriott.com](https://www.marriott.com) (be sure to click on your arrival and check-out dates).
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Hotel Amenities and Directions

- Review hotel amenities and directions to the hotel at www.sheratonannarbor.com.
- The Sheraton Ann Arbor is located at Interstate 94 at State Street (exit 177), 25 miles west of Detroit Metropolitan Airport. The hotel is five minutes from downtown, University of Michigan Campus

CONFERENCE REGISTRATION DETAILS

Register early and save \$\$

REGISTRATION CATEGORY	ADVANCED REGISTRATION (FEB 10 - MAR 31)	LATE REGISTRATION (APRIL 1 - MAY 5)
MiAND Active Members In-person and Virtual	\$189	\$239
MiAND Retiree, Dietetic Intern or Student In-person and Virtual	\$89	\$139
Non-Michigan Academy Members In-person and Virtual	\$219	\$269
Non-Members In-person and Virtual	\$350	\$400



The conference **registration fee is non-refundable**. Recordings of all general and breakout sessions will be provided after the conference for a total of 13 CPEUs. Please note that you must interact with poster presenters on Friday, May 5 to receive the 1 CPEU. Interaction with presenters must be either in-person or during the dedicated virtual Q&A session. Exhibits are in-person only.

Register at eatrightmich.org
Payment: All major credit cards or PayPal are accepted

NOT AN ACADEMY MEMBER?

Save by joining the Academy of Nutrition and Dietetics **NOW** for the remainder of the current 2022-2023 membership year **and all** of 2023-2024 with membership **valid through May 31, 2024**.

If you would like to **attend the conference at the member-only rate**, you must join the Academy by **March 23, 2023**. Go to: www.eatrightPRO.org/Join or call the Academy Member Service Center at 800/877-1600, ext. 5000 (Weekdays, 8 a.m. - 5 p.m., Central Time). Be sure to mention promo code **MI24**, and the \$25 application fee will be waived.

CONTRIBUTIONS

MNDI

If you wish to contribute to the Michigan Nutrition & Dietetics Institute student scholarship fund, you can add it to your conference registration. You can also donate directly from the [MNDI page](#) on our website at any time. All donations to MNDI are tax-deductible.

MiAND PAC

People deserve to receive safe and accurate medical nutrition therapy for their health conditions from registered dietitian nutritionists, the food and nutrition experts. **Political Action Committee (PAC) contributions keep Michigan dietitians visible in Lansing and provide us a seat at the table to discuss issues that are important to you.**

The MiAND PAC is your voice to help elect legislators who understand and support our interests. ***We need your help to reach our goal of \$10,000.*** If you would like to contribute, please go to eatrightmich.org/political-action-committee.

Prefer to make your donation by check? Personal checks can be made payable to: *Michigan Academy PAC*. Mail to: Michigan Academy, 22811 Greater Mack, Suite 105, St. Clair Shores, MI 48080.

OPEN CALL FOR POSTER PRESENTATIONS



Share your nutrition and dietetics research with dietitians, diet technicians, and students from across Michigan on Friday, May 5 from 10:30 a.m. - 12:30 p.m. Presenters will have sessions with both in-person and virtual attendees. The top three presenters (1st-\$100, 2nd-\$75, 3rd-\$50) will be announced after the conference.

Submit an abstract through [Google Forms](#) by April 7, 2023. Authors will be notified by April 14, 2023, if selected to present. The primary/coordinating author must be an Academy/MiAND member. Email questions to Kate Kloss at klossk@umich.edu

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View the entire MiAND Board of Directors at eatrightmich.org/about/board-members/

Photos taken at the 2023 MiAND Annual Conference may be used for promotion by MiAND for future programs. If you do not want photography used that includes your image, please submit a request in writing to the Michigan Academy of Nutrition and Dietetics prior to the conference.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. MiAND cannot guarantee that you will never get exposed to the virus or get sick from it. By attending MiAND's Annual Conference, you voluntarily assume all risks related to exposure to COVID-19.

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For questions, contact Susanne Consiglio, RDN
Michigan Academy Executive Director
at 586.774.7447 or mda.execdir@bcglobal.net.

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