

Live Presentations  
Exhibit Hall | Posters  
Networking Opportunities

# Michigan Academy of Nutrition and Dietetics



an affiliate of the  
Academy of Nutrition and Dietetics

Annual Conference  
April 25 & 26, 2024

Sheraton Ann Arbor  
Hotel & Conference Center

# 2024 ANNUAL CONFERENCE



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**Check-In and Badges from  
12:00 p.m. – 1:00 p.m.  
on Thursday, April 25**

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

## SPONSORS AND EXHIBITORS

Virtual Exhibit Hall Opens in April Prior to the Conference

### SILVER SPONSOR



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### SPEAKER SPONSORS

**Rachel Schemmel**  
**Endowed Lecture**  
**In Clinical Nutrition**

### EXHIBITORS



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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 5, 2024.

12:00 P.M. – 1:00 P.M.

Check In and Badges

1:00 P.M. – 2:00 P.M.

**Lifelong Learners and Teachers: Where Does it Begin and End?  
Keynote Address*****Nancy Radcliff, RN, CPC***

Where are you today compared to where you want to be as a learner and a teacher? Nancy will help you explore the benefits of lifelong learning and teaching in addition to overcoming possible barriers.

Suggested Competency:

4.2, 9.1, 9.4.

1 CPEU: Level 1

Nancy Radcliff works as a director over nine departments operationally. She is a certified professional coach focused in healthcare and coaches providers and leaders.

2:00 P.M. – 2:15 P.M.

15 Minute Break

2:15 P.M. – 3:15 P.M.

**Beyond Bananas: Managing Hyperkalemia in CKD with Updated  
Guidelines and Medications  
Breakout A*****Melanie Betz, MS, RD, CSR, FAND***

In 2020, new Kidney Disease Outcomes Quality Initiative (KDOQI) guidelines were released for the nutritional management of people with chronic kidney disease (CKD). These guidelines included exciting changes that promote many healthful plant-based foods traditionally restricted in chronic kidney disease. Melanie will dive into the updated guidelines, new research-based strategies to manage potassium levels, and describe how eating more plants can slow the progression of CKD and keep patients off dialysis.

Sponsored by: Rachel Schemmel Endowed Lecture in Clinical Nutrition

Suggested Competency:

8.2

1 CPEU: Level 2

Melanie Betz specializes in kidney stones and is the founder of The Kidney Dietitian. She also volunteers for the National Kidney Foundation of Illinois and the Renal Dietitians DPG.



2:15 P.M. – 3:15 P.M.



Suggested Competency:  
7.2  
1 CPEU: Level 1

## Integrating Food Safety into Michigan Agriculture to Prevent Foodborne Illnesses Breakout B

**Lori Yelton, MS, RDN and Julie Melia**

Safeguarding Michigan's food supply is a top priority for the Michigan Department of Agriculture and Rural Development. Learn how cases of foodborne illnesses constitute a significant but largely preventable public health issue and how prevention can reduce the burden on healthcare systems and provide a safer food supply, from farm to table.

Lori Yelton has 30 years of experience as a dietitian and currently is a Nutrition-Food Consultant for the Michigan Department of Agriculture and Rural Development.

Julie Melia is an accomplished food safety inspector with over 30 years of experience participating in food recalls and investigating foodborne illness complaints. She works with the MI Department of Agriculture and Rural Development in the Food and Dairy Section.

3:15 P.M. – 3:30 P.M.

15 Minute Break

3:30 P.M. – 4:30 P.M.



Suggested Competency:  
1.1, 1.3, 4.1, 8.1, 8.2, 10.1  
1 CPEU: Level 2

## Semaglutide and GLP-1 Medications: Can They Coexist with Intuitive Eating? Breakout C

**Holly Dykstra, MA, RD**

GLP-1 medications are gaining popularity in the U.S. as a form of weight control. As some nutrition providers are choosing to practice from a weight-inclusive or non-diet approach, it can be difficult to understand if these medications align with these practices. Holly will review these medications and discuss ethical considerations as well as clinical practices to determine if they could exist in a non-diet setting, and how to support those who choose to pursue them.

Holly Dykstra is a certified intuitive eating counselor and owner of The GR Dietitian where she specializes in preventive health, disordered eating, and eating disorders. Her mission is to help others eat without guilt and cultivate body respect, while maintaining food and body autonomy.

3:30 P.M. – 4:30 P.M.



Suggested Competency:  
7.2  
1 CPEU: Level 1

## 'Forever Chemicals' in Food: Dietary Exposure Pathways to Per- and Polyfluoroalkyl Substances (PFAS) Breakout D

**Courtney Carignan, PhD**

Chemical contaminants can enter the food chain in a variety of ways. Dr. Carignan will highlight these 'Forever Chemicals' that have been used widely for their stain, water, grease, and fire-resistant properties. The importance of considering chemical contaminants when making recommendations for nutritional supplementation will also be highlighted.

Dr. Carignan is an exposure scientist, epidemiologist, and assistant professor at Michigan State University. She investigates exposure to contaminants in food, water, and consumer products and effects on reproductive and child health.

4:30 P.M. – 4:45 P.M.

15 Minute Break

4:45 P.M. – 5:45 P.M.

## Healthcare for Every Body – Caring for Higher-Weight Clients General Session

**Ragen Chastain, BCPA**

Ragen will provide a comprehensive look at what research and lived experience tell us about the best ways to care for higher-weight clients and the ways that weight stigma impacts care from research to direct care. She will also review what healthcare providers can do to ensure they are providing the highest level of evidence-based and ethical care to clients of all sizes.

Ragen Chastain is a speaker, writer, researcher, Board Certified Patient Advocate, multi-certified health and fitness professional, and thought leader in weight science, weight stigma, health, and healthcare.

Suggested Competency:

4.1, 4.2

1 CPEU: Level 1

5:45 P.M. – 6:15 P.M.

## 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.

DAY 2

**Friday, April 26, 2024**

7:00 A.M. – 8:00 A.M.

Registration and Breakfast

7:45 A.M.

Announcements

8:00 A.M. – 9:00 A.M.

## The Benefits of Creatine on Muscle, Bone, and Brain Health General Session

**Scott Forbes, PhD, CISSN, CEP**

Creatine is a commonly used dietary supplement across the lifespan from athletes to long term care residents. Dr. Forbes will highlight key mechanisms and discuss emerging evidence that creatine can have a therapeutic impact on muscle function, brain, and bone health.

Suggested Competency:

6.1, 8.2

1 CPEU: Level 2

Dr. Forbes is an associate professor at Brandon University. He is a scientific advisor and certified sport nutritionist through the International Society of Sports Nutrition (ISSN), and a clinical exercise physiologist and high-performance specialist through the Canadian Society for Exercise Physiology (CSEP).

9:00 A.M. – 9:15 P.M.

15 Minute Break

9:15 A.M. – 10:15 A.M.

## Overview of the Global Malnutrition Composite Score Breakout E

***Sarah Clark, MS, RD, CDE***

The global malnutrition composite score (GMCS) was adopted by Centers for Medicare and Medicaid Services (CMS) as a reportable electronic clinical quality measure (eCQM) starting in 2024. This is an exciting opportunity for the clinical nutrition team to affect specific quality measures for the hospital and Medicare reimbursement. In this presentation, Sarah will review the specific elements of the GMCS and empower dietitians to take action.

Sarah Clark is the system manager of clinical nutrition at Bronson Healthcare. She has been a nutrition professional for over twenty years and advocates for expanding the role of the dietitian by taking on new projects and embracing challenges.

Suggested Competency:

5.1, 5.2, 7.4

1 CPEU: Level 1

9:15 A.M. – 10:15 A.M.

## Entrepreneurship and Content Creation for Dietitians Breakout F

***Kathryn (Kat) Durston, RDN***

Learn the necessary steps to start as a dietitian entrepreneur in Michigan. Different start-up ideas and secondary income sources for nutrition professionals will be reviewed. Attendees will gain knowledge and insight into the best practices for nutrition content creation and ethical disclosure on social media.

Kat Durston started her first business in her senior year at Western Michigan University, helping dietitians with content creation, writing, and social media management. She offers nutrition content and entrepreneurship training, including live webinars and conferences, an online course, and 1:1 consulting services.

Suggested Competency:

1.3, 2.1, 6.3, 9.2, 9.3,  
9.4, 11.1, 11.2

1 CPEU: Level 2

10:00 A.M. – 12:30 P.M.

## Visit Sponsors and Exhibitors at the conference

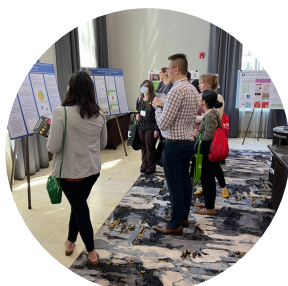
Learn about the latest innovative products and services from our sponsors and exhibitors in healthcare, nutrition, and dietetic practice. The Virtual Exhibit Hall (VEH) will be available on the MiAND website for viewing sponsor and exhibitor resources and educational materials starting in April and ending in October 2024. The VEH offers you valuable educational resources.



1 CPEU

10:45 A.M. – 11:45 A.M.

## Poster Session



1 CPEU: Level 2

Stay up-to-date on the latest nutrition and dietetics research completed by practitioners, researchers, and students from across Michigan. In-person conference attendees will view posters and visit with presenters during this dedicated Q&A session at the conference.

11:45 A.M. – 12:30 P.M.

Lunch

12:30 P.M. – 1:30 P.M.

### Diabetes Technology – Where Are We Now and Where Are We Headed? Breakout G

**Melissa Scott, RN, RD, CDCES**

Learn to identify the different diabetes technologies from a specialist with both a nursing and dietetics background. Melissa will empower attendees to gain confidence in utilizing diabetes technology to improve patient outcomes in this ever-changing field.

Suggested Competency:  
4.1, 8.2  
1 CPEU: Level 2

Melissa Scott is a dynamic healthcare professional with over 20 years of experience in the diabetes arena. She was a cardiac ICU nurse for 6 years and has previously worked as a diabetes educator for maternal-fetal medicine. Melissa is currently a Senior Clinical Diabetes Specialist with Tandem Diabetes Care.

12:30 P.M. – 1:30 P.M.

### “Meeting Them Where They’re At”: Using ‘ABCD’ Approaches to Promote Positive Health Outcomes Breakout H

**Dr. Yvonne Greer, DrPH, RD, CD**

Dr. Greer will enlighten attendees on how to incorporate an Asset Based Community Development (ABCD) Approach into our existing practice, that focuses on assessing and building upon strengths. Thus, the narrative from a problem oriented, risk reduction mindset will be transformed to an asset building construct that facilitates positive client/community connections and successful health outcomes.

Dr. Greer is the owner of Y-EAT Right...Nutritional Consultant for Healthy Living, in Milwaukee, where she conducts special workshops to promote healthy nutritional and living behaviors. She received the 2023 Award for Excellence in the Practice of Community and Public Health from the Academy of Nutrition and Dietetics.



Suggested Competency:  
9.2, 9.3, 9.4, 12.3, 12.4  
1 CPEU: Level 2



1:30 P.M. – 1:45 P.M.

15 Minute Break

1:45 P.M. – 2:45 P.M.

## Sweet Dreams: Improving The Health of Your Patients Through Sleep General Session



### *Robin Tucker, PhD, RD, FAND*

Sleep problems are linked to all ten leading causes of death in the US, including diet-related chronic diseases. Dr. Tucker will discuss the physiology of sleep, the mechanisms by which sleep problems influence diet-related chronic disease risk and management, and tips and resources you can share with patients and clients to improve sleep.

Suggested Competency:  
4.2, 9.6, 10.5  
1 CPEU: Level 2

Dr. Tucker is an associate professor of Food Science and Human Nutrition at Michigan State University. She studies the effects of sleep problems on diet-related chronic disease management.

2:45 P.M. – 3:00 P.M.

15 Minute Break

3:00 P.M. – 4:00 P.M.

## The Origins of Modern Eating General Session



### *Helen Veit, PhD*

Food took on urgent new importance in the early 20th-century United States. Public health depended on nutrition science and national strength depended on an abundant food supply. At the same time, World War I sparked the creation of the nation's first foreign aid program, which infused food choices with morality. Food was modernized in this era and understanding how this happened is key to understanding food and nutrition today.

Suggested Competency:  
8.1, 12.2, 12.4  
1 CPEU: Level 2

Dr. Veit is an associate professor of history at Michigan State University. Her first book, *Modern Food, Moral Food*, explored food and nutrition in the Progressive Era. She is now writing a book called *Picky*, which traces the emergence of picky eating among children in the United States.

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 annual conference
- 1 CPEU\* for visiting and interacting with the exhibitors on Friday
- 1 CPEU\* for attending and interacting with the poster session presenters 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 conference.

For suggested competencies in Sphere 1 Ethics: The Academy of Nutrition and Dietetics and Commission on Dietetic Registration are not responsible for the provider's interpretation of the Academy/CDR Code of Ethics for the Nutrition and Dietetics Profession or its enforcement as it relates to the scenarios and content presented in this activity.

\*Not available to virtual attendees

## TWO FREE 2025 CONFERENCE REGISTRATIONS

All registered attendees will have a chance to receive a free 2025 MiAND Annual Conference registration! One winner's name will be drawn and stated after 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 **March 24, 2024**.
- 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).

#### Hotel Amenities and Directions

- Review hotel amenities and directions to the hotel at [www.sheratonannarbor.com](https://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 12 - MAR 31)	LATE REGISTRATION (APR 1 - APR 25)
<b>MiAND Active Members</b> In-person and Virtual	\$190	\$245
<b>MiAND Retiree, Dietetic Intern or Student</b> In-person and Virtual	\$90	\$145
<b>Academy Members (Non-Michigan)</b> In-person and Virtual	\$220	\$275
<b>Non-Members</b> In-person and Virtual	\$354	\$409

Attendees will receive a reminder to view the education handouts and agendas one week prior to the conference. Virtual attendee registrants will also receive the Zoom session links.

The conference **registration fee is non-refundable**. Recordings of all general and breakout sessions will be provided after the conference to all those registered, for 13 CPEUs. Please note that you must interact with poster presenters on Friday, April 26 to receive the 1 CPEU. Interaction with presenters must be in person. Exhibits are in-person only.

Register at [eatrightmich.org](https://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 2023–2024 membership year **and all** of 2024–2025 with membership **valid through May 31, 2025**.

If you would like to **attend the conference at the member-only rate**, you must join the Academy by **March 23, 2024**. Go to: [www.eatrightPRO.org/Join](https://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 donate directly: [MNDI Donations](#). Visit our [MNDI page](#) for more information and to donate 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 candidates and re-elect legislators who understand and support dietitians' interests. ***We need your help to reach our goal of \$10,000.*** Contribute to the [MiAND PAC](#) and visit our page often for updates and more information: [MiAND PAC page](#).

Prefer to make your donation by check? **Personal** checks can be made payable to: *Michigan Academy PAC*. Mail to: Michigan Academy, c/o Megan Armstrong, PO Box 721, Northville, MI 48167.

## OPEN CALL FOR POSTER PRESENTATIONS



Share your nutrition and dietetics research with dietitians, diet technicians, and students from across Michigan on Friday, April 26th from 10:45 a.m. – 11:45 a.m. Those individuals sharing their research will present to in-person 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 1, 2024. Authors will be notified by April 5, 2024 if selected to present. The primary/coordinating author must be an Academy/MiAND member. Email questions to Kate Kloss at [klossk@umich.edu](mailto:klossk@umich.edu)



## 50 YEAR MEMBERS



Janice L. Cox, MS, RD



Shirley A. Hopkins, MPA, RD



Dayle K. Wright, MPH, RDN

Not Pictured: Barbara J. Ivens, MS, RDN, FADA, FAND  
Joanne E. Sycko, MBA, MS, RDN  
Barbara P. Zabitz, MEd, RD

## CONFERENCE PLANNING COMMITTEE



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Diane Delhey, MS, RDN  
Conference Co-Chair



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Stephanie Schacher, MS, RDN



Andrea Woolley, MA, RDN

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Cassie Whiddon, MS, RDN  
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Kate Kloss, RDN, CDCES  
Posters Chair



Connor Bailey  
Posters Co-Chair  
Student-GVSU



Tabor Gleason  
Posters Co-Chair  
Student-GVSU

## CONFERENCE COORDINATOR & BROCHURE DESIGNER



Megan Armstrong, RD  
Conference Coordinator



Mary Width, MS, RD, FAND  
Brochure & Website

View the entire MiAND Board of Directors at [eatrightmich.org/about/board-members/](https://eatrightmich.org/about/board-members/)

Photos taken at the 2024 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.



[eatrightmich.org](http://eatrightmich.org)

For questions, contact Megan Armstrong, RDN  
Michigan Academy Executive Director  
at 586.774.7447 or [miand.execdirec@gmail.com](mailto:miand.execdirec@gmail.com).

Michigan Academy of  
Nutrition and Dietetics



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