2017 ANNUAL CONFERENCE

THURSDAY & FRIDAY
MAY 4 & 5, 2017

L.V. EBERHARD CENTER
GRAND RAPIDS, MI

Title Sponsor

MONASH UNIVERSITY | LOW FODMAP DIET

Promoting Nutrition and Well-Being
Register and attend both days of the 2017 Michigan Academy annual conference to have your name entered into a drawing for a free registration for the 2018 Michigan Academy Annual Conference! One winner’s name will be drawn on Thursday, May 4 at the end of the Poster Session winner’s announcement. The second winner’s name will be drawn on Friday, May 5 at the conclusion of the conference. Must be present to win!

PLUS Complimentary Academy Membership Renewal! Two Academy membership renewals for 2017 – 2018 will be awarded at the 2017 Annual Conference. Approximate value of $240 per membership. Must be present to win!

**Special Thank You to Sponsors and Exhibitors**

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**Two FREE 2018 CONFERENCE REGISTRATIONS!**

Register and attend both days of the 2017 Michigan Academy annual conference to have your name entered into a drawing for a free registration for the 2018 Michigan Academy Annual Conference! One winner’s name will be drawn on Thursday, May 4 at the end of the Poster Session winner’s announcement. The second winner’s name will be drawn on Friday, May 5 at the conclusion of the conference. Must be present to win!

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**50 YEAR MEMBERS**

**Congratulations!**

The Michigan Academy is pleased to acknowledge the following 50 year members:

- Sandra Blackwell, Carol Fletcher
- Ann Fridrich, Paulette Johnson
- Louise Jones, Margaret McGovern
- Carolyn Templeton, Ellen Wells

In Gratitude: Michigan Academy extends its sincere appreciation to Morrison Management Specialists for graciously providing the conference registration bags.
DAY ONE: Thursday May 4, 2017

7:30 am
Registration Opens

7:30 am – 8:30 am
Continental Breakfast

8:30 am – 9:30 am Speaker
Keynote Address: Probiotics and their Impact on Human Health: On the Road from Hype to Clinical Efficacy
Speaker: Robert A. Britton, PhD
On the surface, probiotics seem to have great potential to improve one’s health, but is there enough scientific evidence to promote their use to our patients? Rob will discuss the latest research on probiotics, the importance of knowing which bacterial strains a probiotic contains, and prospects for the future.
Dr. Britton is a professor in the Department of Molecular Virology and Microbiology at Baylor College of Medicine.
CPE Level: 2 CPE Credit: 1.0 LNC: 2080, 4040

9:30 am – 10:30 am Speaker
General Session: Finding Truth in the Failed Theories of Heart Disease
Speaker: James Painter, PhD, RD
As a contributor to the Nutrition Care Manual, Dr. Painter will review the popular tenets of MNT in cardiovascular disease so practitioners can provide consistent evidence-based treatment. This session will dispel misconceptions associated with heart disease etiology, discuss what is still relevant in heart disease education, and provide the skinny on dietary fats.
Dr. Painter is currently an Adjunct Professor at the University of Texas, School of Public Health.
CPE Level: 2 CPE Credit: 1.0 LNC: 5160, 9020
Sponsored by: Sun-Maid Growers of California

10:30 am – 10:50 am
Break and One Mile Walk!
See your Daily Agenda for location.

10:50 am – 11:50 am Speaker
General Session: Foods of the Future
Speaker: Abigail Copenhaver, RDN, CDN
With the growing world population, the focus of this presentation will include emerging trends in agriculture. After a brief overview of the history of food production, examples will be shared regarding how foods might be produced in the future, like poultry in petri dishes! A discussion of the role of GMOs as well as the pros and cons of new technologies will be presented. Attendees will leave this session with a new appreciation for how and why food is grown/raised, and will gain practical tips for evidence-based application of new information. Participants of this session will be able to communicate sound information with credible resources to consumers.
Abigail Copenhaver is a dairy farmer and owner/founder of Farmstead Nutrition and Consulting in Stanley, New York.
CPE Level: 2 CPE CREDIT: 1.0 LNC: 2040, 4070, 8018
Sponsored by: the Academy of Nutrition and Dietetics Foundation through an educational grant from National Dairy Council

11:50 am – 12:55 pm
Lunch and Michigan Nutrition and Dietetics Institute Scholarships
Sponsored in part by: Meijer

THURSDAY BREAKOUT SESSIONS

1:00 pm – 2:00 pm Speakers
(A) Food: Too Good to Waste – A Toolkit for Communities & Households
Speaker: Julie Schilf
It is estimated that 25% of the food that is purchased by a family is wasted. Julie will discuss successful programs that she has managed, which aim to reduce food waste. This session will cover program planning, resource allocation, partnership with various organizations, outreach strategies, and evaluation methods.
Julie Schilf is an Environmental Scientist with the US Environmental Protection Agency’s Region 5 office.
CPE Level: 2 CPE Credit: 1.0 LNC: 4000, 4010, 4070

(B) Expanding Your Nutrition Reach: Social Media, Blogs, Books & More!
Speaker: Nicole R. Morrissey, MS, RD, CDE
Would you like to have a better understanding of how nutrition and dietetics can be promoted by way of social media, blogs, and other media streams? This session will focus on the key components needed to grow social media platforms. You’ll learn how to expand your reach in communicating effective nutrition-related messages.
Nicole Morrissey is the supervisor and coordinator of Lakeland Health’s Diabetes Education Program and has been blogging since 2009, reaching close to a quarter million readers each month.
CPE Level: 1 CPE Credit: 1.0 LNC: 1090, 1140, 8080, 8100

Early Bird Registration is open NOW! Reduced pricing runs through April 11. Price increase of $50 begins April 12.
DAY ONE: Thursday May 4, 2017

2:00 pm – 2:05 pm
Break

2:05 pm – 3:05 pm Speakers
(C) Immune Modulating Effects of Human Milk Components
Speaker: Sarah Comstock, PhD
Interested in learning more about the importance of human milk for infant development? This session will specifically cover the effects of human milk components on immune development in infants. Understanding the immune modulating benefits of human milk will help facilitate dietitians’ efforts and education with breastfeeding mothers. Recent research about how nutrition affects health and contributes to immune function will also be discussed.
Dr. Comstock is an Assistant Professor in the Food Science and Human Nutrition department at Michigan State University.
CPE Level: 2  CPE Credit: 1.0  LNC: 2020, 2060, 4150

(D) Food for Thought - How the Brain Learns About Food Signals and Contributes to Eating Behaviors
Speaker: Alexander W. Johnson, PhD
When it comes to eating behaviors, the term “mindless eating” has become part of our lexicon. But, is it really? How exactly does the brain learn about food signals and in what ways does it contribute to overeating? Take a behind-the-curtain look at how disparate influences such as advertising and artificial sweeteners can trigger your brain to either control appetite, or let it go off the rails.
Dr. Johnson is an Assistant Professor in the Department of Psychology at Michigan State University. He uses cutting-edge neuroscience techniques to examine the relationship between the brain and eating behaviors.
CPE Level: 2  CPE Credit: 1.0  LNC: 2000, 2100, 5370, 9020

3:05 pm – 3:15 pm
Break

3:15 pm – 4:15 pm Speakers
(E) Yoga and Nutrition – Enhancing the Client’s Experience
Speaker: Beverly Price, RD, MA, E-RYT CEDS
Have you ever wondered how yoga can be effectively integrated into a nutrition practice? Learn about the philosophy of yoga and the benefits of incorporating yoga into the eating experience. Beverly will have the audience participate in some light poses or a short sequence of postures that can also be shared with your clients.
Beverly Price is an author, newspaper columnist, national presenter, and the creator of the Reconnect with Food Program.
CPE Level: 2  CPE Credit: 1.0  LNC: 4000, 5420, 6010, 6020

(F) Preventing Diabetes in America — What’s Next?
Speaker: Joyce B. Patterson, MPH, RDN, BC-ADM
According to the CDC, 86 million Americans now have Prediabetes - that is 1 out of 3 adults! What is the Diabetes Prevention Program (DPP), and the status of Medicare’s proposal for coverage? Which patients qualify for the DPP and where are the DPP programs in Michigan? Attend this session and find out how to take action against the increase in type 2 diabetes.
Joyce B. Patterson is a registered dietitian and diabetes educator at the University of Michigan Adult Diabetes Education Program.
CPE Level: 2  CPE Credit: 1.0  LNC: 4000, 4040

4:15 pm – 5:00 pm
Poster Session, Networking and Cash Bar
CPE level: 1  CPE Credit: 1.0

5:00 pm – 5:25 pm
Awards Ceremony and 50 Year Members
Hors d’oeuvres

5:30 pm – 6:30 pm Speaker
General Session: Redefining Work/Life Balance
Speaker: Kendra Bylsma
What are the essential roles you hold in your life? Employee, spouse, parent, friend, child - do these roles conflict with each other and affect how you perform? Kendra will examine the importance of mindfulness, making intentional choices, and being present amidst your busy and stressful days. Learn how to balance professional and personal time during this thought provoking session.
Kendra Bylsma is the owner and CEO of Allegro Coaching in Grand Rapids, Michigan.
CPE Level: 2  CPE Credit: 1.0  LNC: 1000, 1120, 4000, 4090

6:30 pm
Important Announcements: Poster Session Winners, and 2018 Free Conference Registration Winner; Thursday’s CPE Certificate, Academy Membership Winner

7:00 pm
The Tale of Beer City USA 5K Walk and Run
See page 8 for exciting details and registration information.

Photos at the conference
Photos taken at the 2017 Michigan Academy Annual Conference may be used for promotion by the Michigan Academy 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.

Early Bird Registration is open NOW! Reduced pricing runs through April 11. Price increase of $50 begins April 12.
6:45 am – 8:00 am
Registration and Breakfast
Breakfast sponsored in part: Eggland’s Best Eggs/Herbruck Poultry Ranch, Inc.

8:00 am – 9:00 am Speaker
General Session: Soy, Soy Isoflavones & Health: Where Does the Science Stand?
Speaker: Mark Messina, PhD
Are your clients asking you about soy? Do you want to know how soy consumption affects health so that you can effectively counsel your clients? Dr. Messina will discuss both the benefits and the misconceptions concerning soy and soyfoods on conditions such as cardiovascular disease, osteoporosis, menopause, breast cancer and men’s health. This session will examine the facts and enable you to make recommendations for individuals of all ages and health status.
Dr. Messina is the co-owner of Nutrition Matters, Inc., is an adjunct associate professor in the Department of Nutrition, School of Public Health, at Loma Linda University and is the executive director of the Soy Nutrition Institute.
CPE Level: 2 CPE Credit: 1.0 LNC: 2010, 2020, 2040
Sponsored by: Michigan Soybean Promotion Committee

9:00 am – 10:00 am Speaker
Keynote Address: Harnessing the Dynamics of Change
Speaker: Ken Wasco
Get empowered with Ken Wasco as he takes you through the steps to embrace the dynamics of change, leadership and innovation. While leadership is about people, successful change focuses on innovation. Leadership and innovation working together harnesses the pillars of change.
Ken Wasco is a customer success advocate at Gordon Food Service and has been involved in creating new thinking within the hospitality industry for over 35 years.
CPE Level: 2 CPE Credit: 1.0 LNC: 1070, 6010, 6080

9:00 am – 12:30 pm
Michigan Nutrition & Dietetics Institute (MNDI) (Formerly MDAI) Scholarships Silent Auction
Proceeds to benefit the dietetic student scholarship fund.

9:30 am – 12:00 pm
Meet with the Exhibitors
CPE Level: 1 CPE Credit: 1.0

11:25 am
One Mile Walk! See your Daily Agenda for location.

11:45 am – 12:30 pm
Boxed Lunch
Sponsored in part by: Aunt Millie’s Bakeries

FRIDAY BREAKOUT SESSIONS

12:30 pm – 2:00 pm Speakers
(G) Indirect Calorimetry: Taking the Guesswork Out of Feeding Critically Ill Patients
Speaker: Jennifer A. Wooley, MS, RD, CNSC
Indirect calorimetry (IC) is the gold standard for determining energy expenditure in critically ill patients, a population in which malnutrition is prevalent and energy needs can be difficult to assess. Learn to identify the ideal parameters for conducting IC, and how to interpret the results of an IC study to integrate them into an effective nutrition care plan.
Jennifer Wooley is a clinical nutrition specialist at GE Healthcare.
CPE Level: 2 CPE Credit: 1.5 LNC: 3000, 3010, 5010, 5170
Sponsored by: GE Healthcare

(H) The Top Foods to Reduce your Risk of Heart Disease
Speaker: James Painter, PhD, RD
We tell our patients and clients “no salt, low fat” as part of heart disease education, but what they hear is “no fun.” So let’s kick start a conversation about the foods to include, not exclude, which can reduce risk of heart disease. Dr. Painter will cover the top heart-friendly foods that should be on every shopper’s grocery list. You will discover the mechanisms that make these foods so effective.
Dr. Painter is currently an Adjunct Professor at the University of Texas, School of Public Health.
CPE Level: 2 CP Credit: 1.5 LNC: 5160, 9020
Sponsored by: Sun-Maid Growers of California

(I) Nutrition Labeling: Can Labels Reshape the United States?
Speaker: Melissa Card, JD
A new food label is coming! How will the new laws regarding the label and labeling affect you and your clients? Is there an opportunity to make a real change in the health of Americans with the new regulations? Melissa will answer your questions and help you navigate the world of food law and nutrition labeling.
Melissa Card is the Associate Director for the Institute for Food Laws and Regulations at Michigan State University.
CPE Level: 2 CPE Credit: 1.5 LNC: 4030, 8040

2:00 pm – 2:15 pm
Break

Early Bird Registration is open NOW! Reduced pricing runs through April 11. Price increase of $50 begins April 12.
2:15 pm – 3:45 pm Speakers

(J) Link between Nutrition and Autoimmune Disease
Speaker: Mitali Kapila, MS, RDN

Have you ever counseled a patient who was suffering from a chronic medical condition, who wanted to know more about WHY it was happening to them, and HOW you were going to address the underlying issues? Look no further. Join Integrative/Holistic Registered Dietitian Nutritionist, Mitali Kapila, as she addresses autoimmune diseases as a whole, the role of chronic inflammation and gut permeability, as well as dietary treatment strategies.

_Mitali Kapila is a dietitian who specializes in functional medicine._

CPE Level: 2  CPE Credit: 1.5  LNC: 5000, 5120, 5290

(K) Get Hands On: Explore the Latest Kitchen Tools & Trends that Support Healthy Eating
Speaker: Laura Chalela Hoover, MPH, RDN

Are you struggling to keep up with the latest culinary trends? In a fun and interactive presentation, Laura will discuss popular kitchen tools and gadgets that help to promote fruit and vegetable intake. You will learn what impacts healthy eating habits and how to motivate clients with practical strategies and cooking tips.

_Laura Chalela Hoover, is a nutrition communications consultant, writer, and the founder of Smart Eating for Kids._

CPE Level: 2  CPE Credit: 1.5  LNC: 6000, 6030, 6040, 8060

(L) Nutrition for the Patient with Cancer
Speaker: Christy McFadden, MS, RDN, CSO

Come to learn about Medical Nutrition Therapy for the patient with cancer. Christy will discuss the types of cancer associated with the highest risks for malnutrition, nutrition-related side effects of treatment and the MNT skills to help manage them. Additionally, she will review how to determine when enteral nutrition is appropriate for patients with cancer.

_Christy McFadden is a Certified Specialist in Oncology Nutrition (CSO) with over 10 years of experience working with cancer patients. She currently serves as the Medical Nutrition Therapy (MNT) Supervisor at Spectrum Health Medical Center._

CPE Level: 2  CPE Credit: 1.5  LNC: 5000, 5150

Sponsored by: Rachel Schemmel Endowed Lecture in Clinical Nutrition

3:45 pm

2018 Free Conference Registration Winner; Friday’s CPE Certificate; Evaluations are online.

L.V. Eberhard Center:
301 W. Fulton, St. Grand Rapids, MI 49504

Holiday Inn Grand Rapids Downtown:
310 Pearl St. NW, Grand Rapids, MI 49504

Holiday Inn Room rates are **$128 plus tax** per night. Reservations can be made by calling (616) 235-7611.

Online: Go to: www.higrdt.com. Be sure to include the group code “AND” for the discounted rate for the Michigan Academy of Nutrition and Dietetics. **Make reservations by April 14, 2017** to receive discounted rate. Complimentary parking is provided at the hotel if staying overnight.

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### Conference Planning Committee

**Conference Co-Chairs:** Melissa Lonsberry, MS, RDN  
Julie Poole, MS, RD

**Speaker Planning Committee:** Caren Dobreff, MA, RDN  
Heather Dover, RDN  
Allison Tropf, MS, RDN, CSSD  
Janice Jackson, MS, RDN  
Tina Miller, MS, RDN  
Leslie Neubecker-Czubko, RDN  
Amy Viselli, RDN

**Poster Chair:** Diane Delhey, MS, RDN  
**Poster Co-Chair:** Erika Ford, RDN  
**Awards Chair:** Sarah Clark, MS, RD  
**Awards Co-Chair:** Shannon Stover, RDN  
**MNDI Scholarship Awards:** Cinde Rutkowski, MA, RDN, FAND  
**CPE Coordinator:** Emily Ahle, MS, RD  
**Conference Coordinator:** Susanne Consiglio, RDN

### Board of Directors

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**MNDI President:** Cinde Rutkowski, MA, RDN, FAND  
**Reimbursement Chair:** Jennifer Farnham, RDN

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**14 CPEs**

**Continuing Professional Educational Hours (CPEs)** have been approved for Registered Dietetic Professionals as follows:

- **Thursday Conference Sessions:** 7 CPE  
- **Thursday Poster Session:** 1 CPE  
- **Friday Conference Sessions:** 5 CPE  
- **Friday Exhibits:** 1 CPE

_Early Bird Registration is open NOW! Reduced pricing runs through April 11. Price increase of $50 begins April 12._
Conference Registration

Please print neatly for badge information:

Name: _______________________________________________
Email: _______________________________________________
Credentials: __________________________________________
Academy Member Number: _____________________________
Area of practice: _____________________________________
Employer: __________________________________________
Daytime phone: _______________________________________
City: __________________________ State:____ Zip:________

How did you hear about this program:
__Blast Email __Brochure __Colleague __Link __ Website
If you do not want your email address provided to exhibitors, please check here:____

Conference Fees:

<table>
<thead>
<tr>
<th></th>
<th>Academy Member</th>
<th>Academy Member: Dietetic Intern, Student, Retiree</th>
<th>Non-Academy Member</th>
</tr>
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<tbody>
<tr>
<td>Thursday Only Conference</td>
<td>$140</td>
<td>$40</td>
<td>$250</td>
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<tr>
<td>Friday Only Conference</td>
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<td>Total Conference: Thur/Fri</td>
<td>$205</td>
<td>$75</td>
<td>$370</td>
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Registrations postmarked after April 11: add $50.00 to the total.

Cancellations/Refunds
Written cancellations postmarked by April 18 will be refunded less $55 processing fee. No refunds after April 18, 2017.

Meals:
Indicate the meals you will attend for accurate food guarantee. Meals are complimentary thanks to our sponsors.

___ Thursday breakfast   ___ Friday breakfast
___ Thursday lunch       ___ Friday lunch

Indicate your menu preference for the meals you will attend:
Your choice for Thursday lunch:
___ Grilled Chicken Fajita Salad
___ Vegan Mediterranean Salad

Your choice for Friday lunch:
___ Turkey & Cheese Wrap
___ Vegan Wrap

Of Special Interest:
□ First time attendee  □ Past Michigan Academy President
□ Member less than 5 years □ Academy member since ______

BREAKOUT SESSIONS
Sessions will be assigned based on date registration is received. Please indicate your first choice with a checkmark for each group of breakout sessions.

THURSDAY BREAKOUT SESSIONS:
1:00 pm  ____Session A  ____Session B
2:05 pm  ____Session C  ____Session D
3:15 pm  ____Session E  ____Session F
5:30 pm  ____Redefining Work/Life Balance

FRIDAY BREAKOUT SESSIONS:
12:30 pm  ____Session G  ____Session H  ____Session I
2:15 pm  ____Session J  ____Session K  ____Session L

Not an Academy Member?
Save up to $125 by joining the Academy of Nutrition and Dietetics NOW for the remainder of this year and all of the 2017 – 2018 membership year ending May 31, 2018. If you would like to attend the conference at the member-only rate you must join the Academy by March 29, 2017.

Become an Academy member today by visiting www.eatrightPRO.org/Join, or join over the phone by calling the Academy Member Service Center at (800) 877-1600, ext. 5000 (Monday through Friday, 8:00 am – 5:00 pm Central Time). Be sure to mention promo code A17 and we’ll waive the $25 application fee.

CONFERENCE AND PAYMENT OPTIONS
Please note all fees include a $5.00 tax deductible donation to the Academy of Nutrition and Dietetics Foundation. If you do not wish to contribute, subtract $5.00 from your total.

Online Registration and Payment: www.eatrightmich.org
Click on conference registration link.

The Tale of Beer City USA 5K Walk and Run - $16___________

Pay by check: Total conference fee due  $_________________
Make check payable to: MI Academy of Nutrition & Dietetics
Visa or MasterCard Only
Total conference fee due: $_________________
Name: _______________________________________________
Card #: _______________________________________________
Expiration date: ___________ _____________
3 digit V-code/security code on back of card: _______________
Signature: ___________________________________________

Additional checks you may write:
Each contribution must be written with a separate personal check made payable to:
□ MI Academy PAC    □ MNDI    □ Academy Foundation

Paying by check: mail registration and payment to: Michigan Academy c/o Susanne Consiglio, RDN, Executive Director, 22811 Greater Mack, Suite 105, St. Clair Shores, MI 48080 or Fax to: (586) 778-3004 with credit card information.

All registrations will receive confirmation. If you have not received an email by April 18, please call the office to make sure your registration has arrived: (586) 774-7447.
Register During Early Bird Discount

Go to: www.eatrightmich.org Click on conference registration link.

The Tale of Beer City USA 5K Walk and Run

The Tale of Beer City USA, also known as Grand Rapids, as told to you by a fit and fun tour guide, begins with the influx of German-born immigrants in the 1840’s into west Michigan City. This influx increased the local demand for beer and the need for more breweries and brewmasters. In the narrative of this fun and fascinating tour, you will learn about the history of the beer brewing industry in Grand Rapids, its demise, and its recent comeback that earned Grand Rapids the “Beer City” title. You will be so captivated by the story that your feet won’t even know they are moving! http://grandrapiidsrunningtours.com

The Walk and Run group tours takes place Thursday May 4, 2017 at 7:00 pm, rain or shine. All paces are accommodated! Registration fee is only $16, nonrefundable under any circumstances. See registration information on page 7.