

# **2010 Challenging Times: Adapting to a New Decade 78<sup>th</sup> Annual Spring Meeting**

**Indiana Dietetic Association  
Marten House Hotel/Lilly Conference Center, Indianapolis, IN**

## ***PROGRAM DESCRIPTION***

**WEDNESDAY, April 21, 2010**

**8:00 am**

**Keynote Address - HEALTH CARE REFORM                      Mike Schatzlein, MD, MBA, FACHE**

Dr. Schatzlein will provide an overview of recent proposed, or approved, Federal Health Care Legislation and impart the anticipated impact on Hoosiers. Dr. Schatzlein holds numerous leadership roles in the Community Health System and its integrated care in the northern Indiana affiliate, Lutheran Health Network. LHN operates over 1000 inpatient beds in eight hospitals, plus physician practices, surgery centers and other associated health care facilities. His insight into the impact health care reform will have on nutrition professionals, as both consumers and health care professionals. This will provide considerable insight into future challenges and opportunities.

**9:00 am - concurrent session**

**UNINTENDED WEIGHT LOSS IN OLDER ADULTS:**

**2009 Evidence-Based Practice Guidelines                      Mary Ellen Posthauer, RD, CD, LD**

This session showcases the nutrition guidelines developed by ADA to effectively impact unintended weight loss for older adults, in order to increase energy, protein and nutrient intakes, while improving quality of life. This presentation will define evidence-based unintended weight loss nutrition recommendations for Registered Dietitians that are carried out in collaboration with other healthcare providers. The data presented will make recommendations to adjust MNT or recommend other therapies to achieve desired outcomes within the cost restraints of the healthcare environment. This information will reduce variations in practice, guiding decisions that integrate medical, nutritional and behavioral strategies for interventions that have measureable clinical outcomes. Mary Ellen has successfully served as a Consultant Dietitian for 40 years, and is currently President of MEP Healthcare Dietary Services, Inc., in southern Indiana.

**9:00 am - concurrent session**

**FORT WAYNE MOVING FOR FITNESS**

**Marsha Worthington, BSN**

In 2003, the Center for Disease Control designated Fort Wayne, IN, as the 4<sup>th</sup> fattest city in the nation. This claim spurred a grassroots movement in the community and a coordinated effort of community resources has evolved to reverse this trend. Marsha will present baseline data and rationale leading to the development of intentional programming to improve physical activity levels in Fort Wayne. She will highlight the components of Fort Wayne Walks 1 Million Miles, America on the Move, and Fort 4 Fitness. This presentation should seek to motivate other communities to collaborate efforts to improve their community health and fitness levels, and to share contacts and “lessons learned.” Marsha has been involved in health promotion and wellness activities for the past 20 years. She serves as Director of Health Promotion and Marketing at Fort Wayne Cardiology. In her roles she has responsibility for patient education, employee health and wellness, and community outreach. She is the Executive Director of America on the Move in Fort Wayne.

**10:30 am – concurrent session**

**LATEST IN CLINICAL NUTRITION**

**Michael Gregor, MD**

Every year Dr. Gregor reviews the English-language scientific nutrition literature and compiles what he feels is the most interesting, groundbreaking, and practical research results into a “quiz show” style presentation. This is his 2009 presentation, covering research published in peer-reviewed literature between summers 2008-2009. His key areas include B12 deficiency and supplementation, compare and contrast benefits of microalgae based DHA supplements versus fatty fish in supplying long chain omega 3 fatty acids, and the top three antioxidant-containing foods by weight, serving and unit cost. Dr. Gregor is a graduate of Tufts University of Medicine, and holds a BS in Biology from Cornell University College of Agriculture. He is currently the Director of Public Health and Animal Agriculture, Humane Society International. He has held numerous leadership positions dealing with issues of public health.

**10:30 am – concurrent session**

**RESOURCE MANAGEMENT**

**Deanna Franklin, MS**

In this presentation, participants will gain information to help with the resources of your clientele in these difficult economic times. You would discover ways to reduce spending and find community resources. Ms Franklin has both a BS and MS in Family & Consumer Sciences, and has worked professionally as a facilitator and educator. She currently serves as an educator with the Consumer & Family Sciences Extension Service, Purdue University Cooperative Extension, in Terre Haute, IN.

**1:30 pm**

**LEGISLATIVE UPDATE: Why go there???**

**Martha Rardin, MSM, RD, CD**

**Juliana Smith, Director ADA State Government Relations**

Martha will bring us up to date on the 2010 General Assembly Session. She will share legislative issues that affect dietetic practices in Indiana, challenge dietetic professionals to be involved in legislative and public policy issues, and help participants develop a greater understanding of how our practices are shaped by public policy decisions. Juliana has worked with all states to optimize the role of dietetic professionals through the public policy and legislative process. She will share her experience as it applies to issues in the state of Indiana.

**2:30 pm**

**FOOD SECURITY**

**Travis Goodman, BS**

This presentation will describe the activities of the Food Protection Program, explain "Food Defense" activities in Indiana, and will present information about the National Food and Agriculture Initiatives at the US Department of Homeland Security. Travis Goodman has a BS in Environmental Health Science from Indiana State University. He is the Public Health Administrator and Food Defense Program Coordinator in the Division of Food Protection at the Indiana State Department of Health. He was detailed to the US Department of Homeland Security from June 2008 -2009. He currently chairs several national and state councils/committees, which focus on food security.

**4:00 pm**

**PROSPECTIVE IN PRACTICE: Nutrition Counseling for Type 2 DM**

**Laura Coti Garrett, MS, RD, CDE**

This presentation will help participants identify target goals for FBG, 2 hour postprandial BG, and their correlation to HbA1C values. Lifestyle change, medication, nutrition components and health organization recommendations, impact of illness, exercise and stress, and supplements will be explored. Case studies will be presented using the information outlined above. Lori has been a Registered Dietitian for over 25 years. She has her BS in dietetics from Marywood University, and her MS in Nutrition Communications from Boston University. She is co-owner of Realtime Nutrition where she serves as a counselor, coach, spokesperson and nationally recognized professional speaker. Her MNT specialties are diabetes, heart disease, and weight management. She has a specific interest in glycemic index.

**5:30 pm OPTIONAL EVENING DINNER EVENT featuring wine and chocolate**

***Extra fee for this 2 CEU event***

This event is in response to comments on the 2009 Spring IDA Conference. Numerous participants requested we include a wine and/or chocolate component for 2010. Please enjoy and take advantage of this event. Speakers will include Amy Preston of Hershey's (yes... The Hershey Company in Pennsylvania) and Chef Frances Show of Indianapolis. The presentation will include the phytonutrient components of chocolate and wine. This will include the epidemiologic and nutrition research significant to clients and consumers. Additionally we will learn about pairing wine with food.

## **THURSDAY, April 22, 2010**

**8:00 am**

**Keynote Address- INDIANA HEALTHY WEIGHT INITIATIVE: Impact on RDs**

**Ellen Whitt**

Indiana is among six target areas in the country to receive funding from the Center for Disease Control and Prevention to develop a state plan to address our obese/overweight population. The audience will get an overview of the planning process in the state, and will learn about specific ways that RDs can be involved in implementation of various aspects of the plan. Ms Whitt has an undergraduate degree in political science and English from Augustana College, with a law degree from George Washington University National Law Center. She currently manages the Division of Nutrition and Physical Activity at the Indiana State Department of Health, which is charged with development of a 10-year statewide obesity prevention plan called the "Indiana Healthy Weight Initiative."

**9:00 am**

**POOR POSTURE BITES**

**Michelle Miller**

This presentation will be interactive and educational. Participants will learn about principles of posture as it applies to the brain and body. Cues for appropriate sitting and standing in our everyday lives, at work and play will be explored. This presentation will energize the audience and provide great tips that can be shared with clients, family and friends. Michelle is currently working on her PhD in Health Behavior with emphasis on both exercise physiology and Gerontology at Indiana University. She currently holds two master's degrees, one in Clinical Exercise Physiology, and Physical Education and Health K-12. She has extensive experience both as an educator at IU and practical experience with fitness and health, through a variety of positions since 1984. You'll enjoy hearing more about her extensive career during her introduction for this presentation.

**10:00 am – 12:00 noon EXHIBITS**

**10:30 am STUDENT SESSION**

**Susan Straub, RD, CD**

**who serves as our IDA New Member Communication Chair and State Professional Recruitment Coordinator**

**1:00 pm AWARDS PRESENTATIONS.....**

Enjoy supporting and recognizing your co-professionals and students

**1:30 pm**

**BEHAVIOR CHANGE AND BODY IMAGE AFTER BARIATRIC SURGERY**

**David Creel, PhD, RD, CDE**

Dr. Creel will give us his insights and success strategies in counseling bariatric patients. Dr. Creel currently works at St Vincent Carmel Bariatric Center of Excellence, working with both surgical and nonsurgical adults. He serves as the LIFE for Kids Program at St Vincent. He has a doctorate in psychology from Louisiana State University. He also has professional education and experience as a Registered Dietitian, Certified Diabetes Educator and Exercise Specialist certified through the American College of Sports Medicine. This topic is very timely as our society struggles with issues of obesity into future decades.

**2:30 pm**

**REDISCOVERING NATURAL RESISTANT STARCH –  
Old Fiber with Modern Health Benefits**

**Hope Warshaw, MMSc, RD, CDE, BC-ADM**

This presentation will define resistant starches, and review the scientific database to support increased consumption of these foods. Ms Warshaw has nearly 30 years experience publically promoting nutrition, to include diabetes education. She is known for her expertise in areas of healthy restaurant eating and diabetes nutrition management. She serves as a consultant dietitian and diabetes educator, and works with several well known companies. She has written nutrition books, to include several promoted through the American Diabetes Association. She serves as a media spokesperson and has appeared on several national television programs. Clinicians will gather practical ways to promote increased intake of these resistant starches as a part of a healthy eating plan.

**3:30 pm**

**CHANGE IS INEVITABLE: Growth is Optional**

**Bob Ash, BS, MS, EdD**

Due to popular demand Bob Ash returns to the IDA Spring Meeting. He will address change as we deal with it in our individual lives and work places. This presentation will focus on why people resist change, and how to positively work through the change process. He will provide specific strategies to apply to our daily lives, and to share with our employees/clients as we facilitate changes in their lives. Dr. Ash has had an illustrious 25 year career in the public school system, from educator to superintendent. He is currently President of Life Lessons, a business focused on training and motivating individuals and organizations. This will be a dynamic presentation to conclude our 2010 Spring Meeting – Challenging Times: Adapting to a New Decade.

**5:00 pm**

**Evaluation and Adjourn**