




2019 HAND Conference Topics

Speaker	Topic Learning Objectives
 <p>Marcia Kyle RDN, LD, CDE, FAND Speaker for the Academy House of Delegates</p>	<p>Keynote: Your Academy in Action An update from the Academy of Nutrition and Dietetics</p> <p>Topic: Jump Starting your Diabetes Prevention- How Simple Can be Effective</p> <ul style="list-style-type: none"> 1 How the science of food and exercise promotes blood glucose control and weight loss 2 Carbohydrate consumption at varying times of the day can affect blood glucose control 3 Learn the basics of “Jump Start” Meal Plan 4 Learn key points of Medicare Diabetes Prevention Program
 <p>Justin Robinson MA, RD, CSSD, CSCS, TSAC-F, FA FS</p>	<p><u>Topic: Metabolic Flexibility: Adaptations to Carbohydrate and Fat Manipulation</u></p> <ul style="list-style-type: none"> 1) Identify three specific methods to achieve a glycogen-depleted (low carbohydrate availability) status and how to best incorporate them into a training plan. 2) Implement nutritional strategies to enhance both performance (acute) and adaptation (chronic) sessions. 3) Provide practical fueling recommendations, corresponding to a periodized training program, for both training and competition.
 <p>Vicky Chaffin MPH, RD, CSR, CNSC</p>	<p><u>Topic: Volume Based Enteral Nutrition Protocols- Should You Get on Board?</u></p> <p>Evaluate enhanced feeding protocols to improve delivery of enteral nutrition</p>



Cyndy Endrizal
PhD, MPH, RDN, LD, FAND
&



Marie Kainoa Fialkowski
Revilla
PhD, MS, RDN, LD

Topic: AN EXAMINATION OF CULTURALLY SAFE DIETETICS PRACTICE IN THE PACIFIC ISLAND AND HAWAI'I REGION

- 1) To identify dimensions of culturally safe practice in Western-trained dietitians
- 2) To be able to distinguish between Indigenous and Western worldviews and values in relation to nutrition and health care services
- 3) To understand the eight dimensions of Cultural Safety



Penni Hicks
PhD, RD, LD

Topic: What's in Prenatal Supplement and Why do we Need It?

1. Define Dietary Reference Intakes (DRIs) for pregnant and lactating women
2. Understand the goals of prenatal and postnatal supplement use
3. Describe vitamin and mineral content in over the counter and prescription prenatal supplements



Jen Draper
MA, RD, LD

Topic: “Working Through Resistance to New Habits with Emotional Over-Eaters and Binge Eaters”

- 1) Participants will be able to identify ways diet culture sets the stage for resistance
- 2) Participants will be able to give examples of the barriers that prevent clients from meeting nutrition and exercise goals.
- 3) Participants will be able to make client centered recommendations that work with the resistance presented by the client or patient.



Kim Kulp
RDN

Topic: Nutrition for Anxiety and Depression: Microbes, Neurotransmitters and Popular Diets

- 1)** Learn about the gut-brain axis, and how microbes and neurotransmitters are affected by stress, inflammation, and diet, **2)** Analyze popular diets and supplements to determine the best choices for decreasing anxiety and depression
- 3)** Apply practical nutrition solutions to help improve one’s mood.



Connie Wang
RD, CSOWM, LD

Topic: Nutrition Management after Bariatric Surgery

Participants will be able to identify causes and treatment methods for the most common side-effects after bariatric surgery (dumping syndrome, nausea/vomiting, constipation); identify risks and symptoms of micronutrient deficiencies; and provide recommendations for nutrition and weight maintenance in the long term, including strategies that address weight regain.