MAND Annual Meeting

Friday, May 12, 2017

The Grass Is Greener on the Other Side:

Dietetics into the 2nd Century

Keynote Speaker

"Motivating You"

Chere Bork, MS, RDN

Closing Session

"Talking About Obesity"

Scott Kahan, MD, MPH

AND MORE!

Earn up to 8 CEs! requested

Early Bird Specials End April 13th!

Cutting edge presentations in clinical, public health & emerging trends tracks!

Join us at...

The Maritime Conference Center
692 Maritime Boulevard
Linthicum Heights, MD 21090

New!

- **Photo Booth**
- **Public Policy Corner**
- **Student Volunteer Opportunities**

Free parking | Continental breakfast

Lunch | SWAG!

Agenda – Friday, May 12, 2017

The Grass Is Greener on the Other Side: Dietetics into the 2nd Century

7:00 – 4:30 pm	**Exhibits and Poster Displays** *1.0 CPE available for each*		**Foyer**
7:00 – 7:45 am	**Registration and Continental Breakfast**		**Foyer**
7:45 – 8:30 am	**Welcome, Board Recognition and Annual Business Meeting** *Livleen Gill, MBA, RD, LDN* *President, Maryland Academy of Nutrition and Dietetics*		**Auditorium**
8:30– 9:00 am	**Lobbyist Update** *Barbara Marx Brocato & Associates, Inc.* *1.0 CPE, Level: 1, LNC: 7000, 1080*		
9:00 – 10:15 am	**Keynote:** Motivating You: 3 Steps to Attracting What You Want With Energy, Enthusiasm, and Empowerment *Chere Bork, MS,RDN* ***1.0 CPE, Level: II, LNC: 1120, 7120***		**Auditorium**
10:15 – 10:45 am	**Break:** Exhibit and Poster Viewing		
	Concurrent Sessions I & II		
	Clinical Track	**Public Health Track**	**Emerging Trends/Topics**
10:45 - 11:45 pm	Using Genomics to Personalize Nutrition Therapy and Achieve Better Client Outcomes *Susan Allen-Evenson, RDN, LDN, CCN* ***1.0 CPE, Level: III, LNC: 2050, 2090***	Food Labeling Panel *Mark Kantor, Ph.D. (FDA)* *& Lauren Swann, MS, RD, LDN* ***1.0 CPE, Level: II, LNC: 4030, 8000, 4000***	Powerful Social Platforms for Dietitians: Instagram, Pinterest, & Facebook Live Streaming *Chrissy Carrol, MPH, RD, cPT* ***1.0 CPE, Level: II, LNC: 1020, 1100,7070,7120***
11:45 – 12:00 pm	**Break:** Exhibit and Poster Viewing		
12:00 – 1:00 pm	Diet and the Human Microbiome *Hannah Holscher, Ph.D., RD* ***1.0 CPE, Level: II, LNC: 4040, 9020***	360 Degree Approach to a Healthy, Sustainable Diet *Becky Ramsing, MPH, RD* ***1.0 CPE, Level: II, LNC: 8018, 4070***	Navigating Change in Private Practice *Natalie Stephens, RDN, LD* ***1.0 CPE, Level: II, LNC: 4125, 7070, 7170***
1:00pm – 2:00pm	**Lunch**		
	Concurrent Session III		
	Clinical Track	**Public Health Track**	**Emerging Trends/Topics**
2:00 – 3:00 pm	Incorporating Mind-Body Skills in Group & Individual Nutrition & Diabetes Care *Cynthia Moore, MS, RD, CDE, FAND* ***1.0 CPE, Level: II, LNC: 4090, 6030***	Enhancing Breastfeeding Outcomes: Hospital Breastfeeding Policies and the Evidence-Based Payoffs that Result *Amy Kovar Resnik, MS, RD, CSP, LDN, IBCLC* ***1.0 CPE, Level: I, LNC: 4140, 7000***	Taste Rules: Food Appreciation for Nutrition Professionals *Annette Hottenstein, MS, RDN, LDN* ***1.0 CPE, Level: II, LNC: 8000, 8130***
3:00 – 3:15 pm	**Break:** Exhibit and Poster Viewing		
3:15 – 3:30 pm	**Poster Award of Excellence**		**Auditorium**
3:30 – 4:30 pm	**Talking about Obesity: Communicating with Patients, Colleagues, Policymakers, and the Public** *Scott Kahan, MD, MPH* ***1.0 CPE, Level: II, LNC: 5370, 4000***		**Auditorium**
4:30 – 5:00 pm	**Awards Ceremony** *Lucille Beseler, MS, RDN, LDN, CDE, FAND - President, Academy of Nutrition and Dietetics*		**Auditorium**

Speakers

Annual Business Meeting, Welcome & Board Recognition

LIVLEEN GILL, MBA, RD, LDN

Livleen Gill is a Registered Dietitian with over 20 years of experience in the field of nutrition and has worked in various healthcare settings as both a Clinical and Food Service Manager. Presently, she is the Co-Owner of 3 Bethesda based firms which include a care coordination company that provides services for seniors aging at home, a multidisciplinary primary care and wellness company that provides services onsite, at the client's home and at Assisted Living Facilities. The third company provides healthcare providers billing and office management services. Livleen continues to work clinically in private and group settings specializing in weight management, diabetes, hypertension, and kidney disease. She has served as an expert witness in medical malpractice cases.

A sought-after speaker, Livleen has presented on reimbursement issues for the Weight Management DPG, Iowa Academy of nutrition and Dietetics, physician groups and MAND to name a few. Included in her presentations, she spoke on Essential Health Benefits at the Public Policy Workshop for AND, and has been a frequent panelist for senior services.

Livleen is an active volunteer in her community and professional organizations. To name just a few, she serves on the AND Nutrition Services Payment Committee, and is **President of the Maryland Academy of Nutrition and Dietetics**.

Lobbyist Update, Barbara Marx Brocato & Associates

Barbara Marx Brocato, Founder and President & DANIEL E. SHATTUCK, SR. ASSOCIATE

Barbara Marx Brocato is the Founder and President of Barbara Marx Brocato & Associates (est. 1990). Born and raised in Annapolis, she has spent the majority of her professional life working in Annapolis both in the public and private sector. Her work with Maryland political and governmental institutions began in 1982. She served eight years as Director of Legislative and Policy Services for the Maryland Department of Budget and Planning. During this time she helped to develop and strengthen the legislative policy arm of the Department.

For the last 23 years Barbara has owned and operated her own consulting firm based in Annapolis. In her private practice, she has established a successful and highly regarded firm known for its expertise in procurement, budgetary and fiscal matters, health care policy, and the legislative and regulatory process. She has represented a broad spectrum of clients with interests in transportation, health care, education, biotechnology, law, elder care, business and industry.

Daniel Shattuck earned his Master's Degree in the Liberal Arts from St. John's College in Annapolis. He completed his undergraduate studies at Western Maryland College (now known as McDaniel College) in 1998 and graduated as a member of Phi Beta Kappa. Dan has worked within the legislative and policy arena since 1998, and has been with the firm for 8 years. Prior to joining Barbara Marx Brocato & Associates, he worked in Washington, D.C. for the lobbying firm Robert A. Rapoza Associates. Dan represents clients before legislative committees, administrative agencies, health occupation boards, task forces, work groups, and coalitions. He provides research, writing, and drafting services for our clients and oversees the day to day operations and association management activities of the firm.

Keynote: Motivating You: 3 Steps to Attracting What You Want with Energy, Enthusiasm, and Empowerment

CHERE BORK, MS, RDN

This year's keynote speaker will be Chere Bork. Known as "The Dietitian Energy Igniter," she is the owner of Savor Your Life Today, Inc. is on a mission to inspire, challenge and cheer dietitians on to a life of passion, purpose and vibrant good health. Chere gives RDNs a confidence boost to live the lives they have always wanted; she helps them find clarity so that they can be their best. With more than 35 years of experience she has coached over 800 clients, many of them RDNs. Chere is a graduate of Coach U and is a Certified Executive Wellcoach® and an examiner for Wellcoaches®.

For the past 8 years, Chere has been an active board member of the Nutrition Entrepreneur Dietetic Practice Group, serving as Chair and as Chair of the Coaches and Speakers Specialty Group. She currently serves as the NE Positivity Ambassador, ensuring that NE's members are feeling empowered, inspired and entrepreneurial! She wants RDNS to stand up and show up to be their best to show the world they are America's nutrition experts and take their place at the table.

Presentation Summary: Using the Law of Attraction, learn 3 crucial steps to attract what you want in your life with clarity and confidence and leave with a game plan to live your authentic best self and attract your best life ever!

Learning Objectives:

- Create your personalized life vision, time line and game plan for your successful happy life
- Discover your one MUST have intention to live time rich instead of time poor
- Identify one thing you must DO that is MORE important than creating goals

Clinical Track: Using Genomics to Personalize Nutrition Therapy and Achieve Better Client Outcomes

SUSAN ALLEN, RD, CCN

Susan Allen-Evenson is a recognized expert in nutritional aspects of Functional Medicine. With 25 years' experience, she's consulted for notable Integrative Medicine Centers and the nutraceutical industry alike.

Considered an authority, Ms. Allen lectures nation-wide, has had numerous media appearances, and is a published author. She's held appointments on many professional boards including 3-year Chair for DIFM - Dietitians in Integrative and Functional Medicine.

Having recognized the significant divide between traditional training and emerging trends in Functional Medicine; almost five years ago, Ms. Allen launched a successful national training initiative, Next Level Functional Nutrition, providing Dietitians a step into the 21st century where cutting edge of science, nutrition, and Functional Medicine meets.

Although her professional training program keeps her very busy, Susan also enjoys a thriving private practice specializing in Integrative and Functional Medical Nutrition Therapy, where she takes on her own clients in addition to consulting with healthcare professionals on their most challenging patients.

Presentation Summary: In this session, you'll learn that knowing one's specific gene single nucleotide polymorphisms (SNPs) and the assessment parameters to help determine epigenetic expression enables the RDN to create a personalized diet and nutritional supplement program by evaluating genes involved in key aspects of nutrient utilization, along with factors influencing food choices.

Learning Objectives:

- Identify Genomic single nucleotide polymorphisms (SNPs) indicating increased risk for nutrient utilization
- Examine key assessment parameters that help identify epigenetic expression of SNPs

Clinical Track: Using Genomics to Personalize Nutrition Therapy and Achieve Better Client Outcomes

- Explore diet, nutritional supplement and lifestyle support to influence gene expression and overcome genomic weaknesses.

Public Health Track: Food Labeling Panel

MARK KANTOR, PhD
LAUREN SWANN, MS, RD, LDN

Dr. Mark Kantor is a nutrition scientist at the Center for Food Safety and Applied Nutrition, U.S. Food and Drug Administration, in College Park, Maryland. His main responsibilities include writing nutrition-related regulations, reviewing public comments, responding to questions from industry related to food labeling, and reviewing and responding to health claim petitions. He also assists in developing and preparing technical papers and presentations that are relevant to FDA's public health mission, and in FDA research studies that address consumer understanding of food labels. He is currently serving a two-year appointment on the American Heart Association's Nutrition Committee and is an FDA liaison to the Healthy People 2020 program. He is a former chair of the Nutrition Division of the Institute of Food Technologists.

Prior to joining FDA in 2010, Dr. Kantor was a faculty member in the Department of Nutrition and Food Science at the University of Maryland where he was involved in a variety of teaching, research, advising, and outreach activities in both nutrition and food safety. He received his B.S. and Ph.D. degrees in food science and nutrition from Rutgers University, an M.S. degree from Cornell, and he conducted postdoctoral research focusing on cardiovascular risk reduction through diet and exercise at the Miriam Hospital in Providence, Rhode Island. Dr. Kantor worked with other FDA scientists in developing the recently published regulations that modernized the Nutrition Facts label and updated the "serving sizes" on food product labels.

Lauren Swann's consulting business Concept Nutrition, Inc. offers strategies to effectively deliver accurate nutrition messages for industry, media and public health by providing food labeling advisory & nutrient analyses; marketing communications & freelance writing; and ethnic dietary practices consulting services. Sought for thought-leader conferences and frequently tapped as a social media influencer, she owns Linked-In's largest food labeling and advertising group, has delivered webinar presentations with record-breaking attendance, presented at major conferences, guest lectured at leading universities, developed customized label training presentations, published in leading industry publications, co-authored books for the popular and professional press and been interviewed by national and local media. Lauren has a Master of Science in Nutrition Communications from Boston University, a Bachelor of Science in Medical Dietetics from Howard University and is a Registered Dietitian, Licensed in the State of Pennsylvania.

Presentation Summary: Food regulatory experts share different perspectives on the challenges of creating and implementing food-labeling guidelines.

Learning Objectives:

- Understand the process by which the FDA initiates and executes changes to food labeling requirements
- Gain insight into how food and beverage companies roll out changes to respond to changes in food labeling and/or regulatory laws
- Identify ways for dietitians to get involved in the regulatory process including through public comments

Emerging Trends/Topics: Powerful Social Platforms for Dietitians: Instagram, Pinterest, & Facebook Live Streaming

CRISSY CARROL, MPH, RD, cPT

Chrissy Carroll (@ChrissyTheRD) is a spirited RD blogger and social media enthusiast. On her blog, Snacking in Sneakers, she posts about balancing food, fun and fitness and also offers sports nutrition coaching for endurance athletes. Many of her blog posts and social shares are centered on running and triathlon – including training and fueling tips – as Chrissy is a marathoner and triathlete herself, as well as a USAT Level I Triathlon Coach. Combining her professional and personal passions, she authored "Eat to Peak: Sports Nutrition for Runners and Triathletes" in 2013. Her blog and online presence have led to incredible opportunities, including unique partnerships and revenue streams. Chrissy is passionate about the opportunities that blogging and social media success can bring to dietitians!

Presentation Summary: From image and video quality, to engagement strategies, to leveraging social media for revenue opportunities - learn more about optimizing your use of thee three powerful platforms in this session.

Learning Objectives:

- Describe qualities of successful photos and videos on Pinterest, Instagram and Facebook Live Streaming
- Plan strategies for increasing social following/engagement across all three platforms
- Discuss the connection between social media success and increased revenue opportunities, as well as ethical use when it comes to brand partnerships

Clinical Track: Diet and the Human Microbiome

HANNAH HOLSCHER, PhD, RD

Dr. Hannah Holscher received her B.S. in Food Science and Human Nutrition and her Ph.D. in Nutritional Sciences from the University of Illinois. She is also a Registered Dietitian, having completed clinical training at Ingalls Memorial Hospital in Harvey, Illinois. Research in Dr. Holscher's laboratory, the Nutrition and Human Microbiome Laboratory, integrates the areas of nutrition, gastrointestinal physiology, and the microbiome. Her research focuses on the clinical application of nutritional sciences with an overarching goal of improving human health through dietary modulation of the gastrointestinal microbiome. Current clinical research in the Nutrition and Human Microbiome Laboratory includes controlled feeding studies investigating the impact of specific whole foods and beverages, including, avocados, broccoli, walnuts, almonds, whole grains, and kefir on the human gastrointestinal microbiome, metabolic health, and the gut-microbiota-brain axis. The long-range goal of her research program is to develop targeted dietary interventions for disease prevention and treatment by identifying key foods and/or nutrients that can be utilized for modulation of the human gastrointestinal microbiome for health benefit.

Presentation Summary: The presentation will focus on the effect of diet on the human gastrointestinal microbiome.

Learning Objectives:

- Identify lifestyle, dietary, and microbial influences on human health and disease
- Implement dietary regimens that target the gut and gastrointestinal microbiota to improve or maintain optimal physical and mental health

Public Health Track: 360 Degree Approach to a Healthy, Sustainable Diet

BECKY RAMSING MPH, RDN, LDN

Becky Ramsing is a senior program officer with the Food Communities and Public Health Program at the Johns Hopkins Center for a Livable Future. She is primarily responsible for managing the Center's technical advisory role with the Meatless Monday Campaign and other nutrition related activities at the Center. Becky has over 25 years' experience initiating and overseeing health and nutrition programs and research projects. Prior to joining the CLF, Becky worked with University of Maryland as a Technical Advisor for Nutrition and Food Security for projects in Afghanistan and Ethiopia, helping women produce and utilize food for family consumption and income generation. She also worked as a nutrition consultant and educator for community, worksite, and school-based programs developing and implementing health and nutrition curricula with clients such as Head Start, Howard County Public School System and other business and community partners.

After becoming a Registered Dietitian (way back in 1990) and working as a clinical dietitian at Boston's Brigham and Women's Hospital for four years, she worked with a diabetes education project in Tanzania, East Africa for another four years. She returned to the states and obtained her MPH from Johns Hopkins Bloomberg School of Public Health and has worked in the nutrition/public health field since then focusing on helping individuals and organizations make healthful, lifestyle choices that are evidence based, relevant, and sustainable. Linking nutrition with agriculture has been a focus of her passion and work over the past years from working with local farmers and food suppliers, to promoting consumption of local foods, to helping resource limited families access fresh, affordable food.

Presentation Summary: Reconciling health, environment, community and food safety issues in a fast-paced world.

Learning Objectives:

- Describe how components of the food system - diet, public health, food production, and the environment - interact and shape our daily lives, and how the food system faces constant pressures from resource depletion, lack of equity, population growth and climate disruption
- Describe the environmental, health and climate impacts of the food we eat
- Define a sustainable diet and provide guidelines for helping people make sustainable, healthy food choices

Emerging Trends/Topics: Navigating Change in Private Practice

NATALIE STEPHENS, RDN, LD

Natalie Stephens is a Registered, Licensed Dietitian practicing 12 years at The Ohio State University Wexner Medical Center. Her current role as Lead Dietitian for Nutrition Services is to grow and organize ambulatory practices for the department's 17 outpatient dietitians. Natalie is a prior private practice dietitian and current consultant for Simply EZ Home Delivered Meals.

Her leadership experiences include:

- Past Policy Chair – Columbus Dietetic Association
- Past President – Ohio Academy of Nutrition and Dietetics
- Current State Policy Representative & Consumer Protection Coordinator for the Ohio Academy
- Current Appointed member to AND's Nutrition Service Payment Committee

Presentation Summary: How to start a private practice in a landscape of change.

Learning Objectives:

- Attendees will have an understanding of key steps to starting a private practice
- Attendees will understand various forms of reimbursement for private practice

Clinical Track: Incorporating Mind-Body Skills in Group & Individual Nutrition & Diabetes Care

CYNTHIA MOORE MS, RD, CDE, FAND

Cynthia Moore has a lot of pioneering and firsts in her history, but today the focus of Cynthia's presentation at MAND will be on the benefits of stress resilience and how RDN practitioners can incorporate mind-body skills such as mindfulness, yoga and progressive muscle relaxation into individual and group nutrition and diabetes practice settings.

She trained at San Diego State University, completed her MS in nutrition science at University of California, Davis and internship at the Medical College of Virginia. She enjoyed graduate courses in counseling including at Loyola in Columbia MD. Her commitment to whole person health and the value of mind-body skills, meditation and yoga as health basics began in childhood and led her to her interest and study with Herbert Benson MD at the Harvard Mind-Body Institute, Jon Kabat Zinn PhD, founder of MBSR-Mindfulness Based Stress Reduction, Jim Gordon MD with the Center for Mind-Body Medicine. She took Integral Yoga teacher training in 1998 shortly before starting work as the Senior Nutritionist at the Joslin Diabetes Center affiliate, University of Maryland, Medicine. Cardiac Yoga, Yoga for Stress Management and Meditation Teacher training followed. She's been a provider/trainer of Emotional Brain Training (EBT) since 2002. She completed training and certification as an Integrative Health Coach at Duke In 2012, and helped start the Health Coach training program at Georgetown University, 2014-2016. Her primary role since 2007 has been as Assistant Clinical Nutrition Manager, University of Virginia where she sees patients for nutrition and diabetes self-management care, offers EBT/nourishing resilience and 7-weeks toward wellness group trainings, and supervises the outpatient RD team at University of Virginia.

Presentation Summary: How to use experiential mind-body skills including mindfulness to boost patient stress resilience and healthy choice making.

Learning Objectives:

- Identify 2 ways the mind-body skills that promote healthy coping and ideal health decision making can be utilized in your setting
- Experience several mind-body skills during the workshop/session and (if workshop setting) be able "teach back" at least one skill
- Explain the effects of chronic, unmitigated stress on body & brain function, the effect on health outcomes and 2 ways that mind-body skills can put the brakes on chronic stress

Public Health Track: Enhancing Breastfeeding Outcomes: Hospital Breastfeeding Policies and the Evidence-Based Payoffs that Result

AMY RESNIK MS, RD, CSP, LDN, IBCLC

Amy Resnik oversees breastfeeding promotion and support for the Maryland WIC Program, working with staff from 18 local WIC agencies to enthusiastically support breastfeeding families. Amy developed and implemented three levels of breastfeeding education/training for all new WIC staff. During her tenure with Maryland WIC, breastfeeding initiation rates increased from 31% to 71%. Amy assisted in developing and expanding a state-wide Breastfeeding Peer Counselor Program, including 28 protocols to help standardize information provided by paraprofessional staff and insure its accuracy.

She is on the Maryland Hospital Breastfeeding Policy Committee, developing standards for hospitals to improve patients' breastfeeding outcomes. Amy is co-developer of a 15-module educational program for maternity nursing staff, co-leader in implementing a 6-hour physician education series, and co-coordinator of technical assistance teleconferences to support hospitals achieve the 10 steps within Maryland's Hospital Breastfeeding Policy. She helped create the Maryland Breastfeeding Coalition, serving in many leadership capacities and working on community grant projects, and served on the National WIC Association Breastfeeding Committee. Amy helps families succeed with breastfeeding when appropriate and an alternative when not. She remains focused on how breastfeeding impacts nutrition and health outcomes, including less picky eaters, reduced childhood obesity, and healthier post-pregnancy weight for mothers. She has conducted breastfeeding research, has published multiple articles, has spoken at numerous state and national meetings, and has precepted both dietetic interns and masters nursing students. Amy has one daughter, whom she successfully breastfed.

Presentation Summary: This presentation will focus on how breastfeeding has been unintentionally undermined in the past, and what practices are being implemented today to support and guide mother/baby dyads to enhance breastfeeding success. It will include ways RDs in both clinical and management areas can incorporate current initiatives, some of which are federal requirements.

Learning Objectives:

- The attendee will be able to describe what it means when a hospital is designated "Baby Friendly"
- The attendee will be able to state two things that the registered dietitian can do within his/her job that are in line with Baby Friendly Hospital Initiative practice
- The attendee will be able to describe what is required by managers of lactating employees who wish to express milk during their workday

Emerging Topics/Trends: Taste Rules - Food Appreciation for Nutrition Professionals

ANNETTE HOTTENSTEIN, MS, RD, LDN

Annette Hottenstein, MS, RD, LDN, is a sensory scientist, speaker, and author who consults for the food industry and with nutrition professionals. Annette leverages her background in nutrition and food science to help her clients "discover the taste of good health". She completed her B.S. in Nutrition from The Pennsylvania State University and completed her dietetic internship at Texas A&M University with clinical rotations completed at Scott and White Memorial Hospital and the Olin E. Teague Veterans Medical Center. She also holds a Master's in Food Science and Technology from Texas A&M University. A sought-after speaker, she has presented at the Society of Sensory Professionals, various Academy of Nutrition and Dietetics affiliate organizations. Her publications appear in leading professional journals such as Appetite, Food Quality and Preference and the Journal of Sensory Studies.

Presentation Summary: This presentation will provide an in-depth look at cutting-edge research in sensory science and highlight practical ways to use the senses to encourage increased consumption of health-promoting foods.

Learning Objectives:

- Describe how sensory attributes affect how people perceive and respond to food and beverages
- Understand where to find and how to use innovative, sensory specific lexicons to describe foods with illustrative and intriguing details
- Leverage sensory techniques to increase appeal and promote consumption of healthy foods

Closing Session: Talking about Obesity: Communicating with Patients, Colleagues, Policymakers, and the Public

DR. SCOTT KAHAN MD, MPH

Dr. Scott Kahan is a physician trained in both clinical medicine and public health. He is the only known physician to be board-certified in Preventive Medicine, Obesity Medicine, and clinical nutrition. His clinical practice specializes in weight management and obesity medicine, and he serves as Director of the National Center for Weight and Wellness.

Dr. Kahan serves on Faculty of Johns Hopkins Bloomberg School of Public Health and George Washington University. He teaches numerous courses on obesity, nutrition, and public health, and he created the first course devoted to nutrition at George Washington University School of Medicine, as well as the first undergraduate course devoted to obesity at Johns Hopkins University. He has served as the Co-Director of the George Washington University Weight Management Program and the Associate Director of the Johns Hopkins Weight Management Center, as well as core faculty of the Johns Hopkins Preventive Medicine Residency Program.

He is a columnist for The Huffington Post and has written articles in numerous newspapers and scientific journals. He often speaks at professional and public conferences and events, and is regular contributor to national and local media outlets, including USA Today, Washington Post, New York Times, CNN, C-SPAN, MSNBC, PBS, CBS radio, Fox News, Men's Health, Self Magazine, The Atlantic, U.S. News and World Report, L.A. Times, and others.

Dr. Kahan received his undergraduate degree in bioengineering from Columbia University, medical degree from the Medical College of Pennsylvania, and Masters of Public Health from Johns Hopkins, where he also completed residency training.

Presentation Summary: This lecture will discuss the importance of productive communication strategies for effective obesity management and minimization of weight stigma.

Learning Objectives:

- Attendees will become familiar with the ways in which weight stigma and bias affects interactions with patients, and how to communicate productively with patients to minimize the risk of weight stigma
- Attendees will be able to identify strategies for enhancing communication about obesity with patients, colleagues, policymakers, and the public

Registration

2017 Registration Deadlines:

- Early Bird ends April 13
- Regular registration rate April 14-28
- Online registration ends April 28

2017 Registration Fees:

MAND Members

- Early Bird… $140
- Online/*Onsite after Deadline… $160

Retired MAND Members

- $55 (no further discount for early bird)

Non-MAND Members

- Early Bird… $160
- Online/*Onsite after Deadline… $180

Student Members

- Student MAND Member…$55
- Student AND Member…$75

(Student AND members from other states: Please email a scan of your AND Membership Card to execdirector@eatwellmd.org)

**Additional fee for onsite registration is $30.*

IMPORTANT: All registration this year will be ON-LINE! Use your credit card to pay online: http://www.eatwellmd.org and follow the links to the Annual Meeting. Please call or email if you have any questions or need assistance with registration. execdirector@eatwellmd.org or 410.929.0764

An option for paper copies of presentations will be available at checkout for an additional fee. Presentations will also be available on our website, www.eatwellmd.org before the meeting.

Thank you for helping MAND be GREEN!

MAND Poster Award of Excellence

You are invited to submit an abstract for poster presentation at the Maryland Academy of Nutrition and Dietetics (MAND) Annual Meeting. We have three categories for the poster contest this year. A category for practitioners and two categories for students/interns research and case study categories. There will be two prizes for each of the categories: The first-place winner will receive $50. The winners will be determined and announced during the MAND Annual Meeting. In addition, the award will be highlighted on the MAND website and in the Chesapeake Lines. Copies of the abstracts will be posted on the MAND website.

For more information, contact Cathy Ferraro at caferraro@umes.edu.

ALL ABSTRACTS ARE DUE TO Cathy Ferraro BY MONDAY, APRIL 10, 2017, 11:59 PM.

Venue

Lodging:

A block of rooms has been reserved at the rate of $139/night at The Conference Center at the Maritime Institute. To reserve a room, please call 410/859-5700 and ask for reservations with the Maryland Academy of Nutrition and Dietetics.

Directions:

692 Maritime Boulevard, Linthicum Heights, MD 21090
866/629-3196 http://www.ccmit.org

From Baltimore and points North: Take 695 (Baltimore Beltway) South toward Glen Burnie Use Exit #7 – MD-295 (Baltimore/Washington Parkway) Go South on MD-295 Exit at West Nursery Road (the first exit south of 695) Turn left off of the exit Turn left at International Boulevard (3rd light) Turn left onto Aero Drive (first street) Proceed 2 blocks and enter through the gate onto the property Follow signs for Parking Lot A OR Parking Lot D. The conference entrance is in Building #4

From Washington DC and points South via I-95: Take I-95 North to 195 Take 195 East to MD-295 (Baltimore/Washington Parkway) Take 295 North Exit at West Nursery Road (just after BWI exit) Bear right at the end of the ramp onto West Nursery Road Turn left onto International Drive (the first accessible light) Turn left onto Aero Drive (first street) Proceed 2 blocks and enter through the gate onto the property Follow signs for Parking Lot A OR Parking Lot D. The conference entrance is in Building #4 Parking in lots A and D is free of charge.

For more information regarding directions to The Conference Center at the Maritime Institute, please see http://mccbwi.org/directions

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- Maryland Beef Council
- Maryland Insurance Administration
- The Renfrew Center
- Dietitians in Business and Communication Dietetic Practice Group
- Nutrition Entrepreneurs Dietetic Practice Group
- Oncology Nutrition Dietetic Practice Group
- AND Foundation
- MAND Foundation

!!!And you don't want to miss this year's SWAG bag filled with fabulous goodies!!!

MARYLAND ACADEMY OF NUTRITION AND DIETETICS

eat right. an affiliate of the Academy of Nutrition and Dietetics

The MAND annual meeting is a fantastic local opportunity for Maryland's Nutrition Professionals to earn continuing education!